

# Foods to Avoid on the AIP Diet

## Grains:

Amaranth  
Barley  
Buckwheat  
Bulgar  
Corn (including corn syrup  
corn starch  
Farro  
Kamut  
Millet  
Oats  
Quinoa  
Rice  
Rye  
Sorghum  
Wheat

## Dairy:

Butter  
Cheese  
Cream, cream cheese  
Ghee  
Half-n-half  
Milk  
Milk yogurt  
Whipped cream

## Vegetable Oils:

Canola oil  
Corn Oil  
Safflower oil  
Sunflower oil  
Soybean oil

## Nuts:

Almonds  
Brazil nuts  
Cashews  
Hazelnuts  
Macadamia nuts  
Pistachios  
Walnuts

## Seeds:

Anise  
Caraway  
Chia  
Coriander  
Cumin  
Fennel  
Fenugreek  
Mustard  
Nutmeg  
Poppy  
Pumpkin  
Sunflower  
Sesame

## Eggs (whites and yolks):

Chicken  
Duck  
Goose  
Quail

## Legumes:

Adzuki beans  
Black beans  
Black eyed peas  
Cacao  
Chickpeas  
Coffee  
Edamame  
Fava beans  
Green beans  
Kidney beans  
Lentils  
Lima beans

## Nightshades:

Ashwagandha  
Bell pepper  
Black pepper  
Cayenne, chili pepper  
Chipotle pepper  
Eggplant  
Goji berries

Habanero peppers  
Jalapeno pepper  
Sweet peppers  
Tobacco  
Tomatoes  
Tomatillo  
White Potatoes

## Soy:

Soy beans  
Soy sauce, soy nuts  
Soybean oil  
Teriyaki sauce  
Tofu  
Tempeh

## Processed Sugar:

Cane  
Confectioners  
Corn syrup

## Artificial Sweeteners:

Aspartame  
Erythritol  
Splenda  
Sorbitol  
Sucralose  
Xylitol

## Alcohol:

Beer  
Champagne  
Liquor  
Malt Beverages  
Wine

## NSAIDs:

Aspirin  
Ibuprofen