



FOODS TO INCLUDE

ON THE AUTOIMMUNE PROTOCOL

VEGETABLES

artichoke
arugula
asparagus
bok choy
broccoli
brussels sprout
cabbage
cauliflower
celery
chard
collard green
cucumber
fennel
green bean
kale
leek
lettuce
mushroom
rhubarb
snap pea
spinach
squash
watercress

ROOTS

beet
carrot
celeriac
jicama
onion
parsnip
turnip
radish
rutabaga
shallot
sweet potato
yam

FERMENTS

sauerkraut
fermented vegetables
(carrot, beet, etc.)
kombucha
water kefir

FRUIT

apple
apricot
avocado
banana
blackberry
blueberry
cantaloupe
cherry
clementine
coconut
date
fig
grape
grapefruit
guava
huckleberry
honeydew
kiwi
lemon
lime
mango
marionberry
nectarine
orange
papaya
peach
pear
persimmon
plum
pineapple
pomegranate
raspberry
strawberry
tangerine
watermelon

HERBS

basil
bay leaves
chamomile
chives
cilantro
dill
lavender
lemongrass
marjoram
mint
parsley
peppermint
rosemary
sage
spearmint
tarragon
thyme

SPICES

cinnamon
cloves
garlic
ginger
saffron
sea salt
shallots
turmeric

MEATS

beef
bison
buffalo
lamb
fish
shellfish
chicken
turkey
duck
pork
rabbit
venison

OFFAL

bone broth
liver
kidney
heart

PANTRY ITEMS

apple-cider
vinegar
anchovies
arrowroot
powder
coconut flour
coconut flakes
coconut vinegar
coconut aminos
dates
dried fruit
olives
salmon
sardines
tuna
ume plum
vinegar