



# FOODS TO AVOID

ON THE AUTOIMMUNE PROTOCOL

## GRAINS

amaranth  
barley  
buckwheat  
bulgur  
corn  
farro  
kamut  
millet  
oats  
quinoa  
rice  
rye  
sorghum  
spelt  
teff  
wheat

## NIGHTSHADES

cayenne  
chili pepper  
eggplant  
goji berry  
ground cherry  
habañero  
jalepeno  
paprika  
poblano  
potato  
sweet pepper  
tobacco  
tomato  
tomatillo  
wolf berries

## SPICES

allspice  
anise  
annatto  
canola  
caraway  
cardamom  
celery seed  
coriander  
cumin  
fennel seed  
fennugreek  
juniper  
mustard  
nutmeg  
pepper  
poppy

## BEANS + LEGUMES

adzuki beans  
black beans  
black-eyed peas  
chickpeas  
fava beans  
kidney beans  
lentils  
lima beans  
peanuts  
soybeans

## NUTS + SEEDS

almond  
brazil  
cashew  
chestnut  
chia  
coffee  
cocoa/chocolate  
flax  
hazelnut  
hemp  
macadamia  
pecan  
pine  
pistachio  
pumpkin  
sesame  
sunflower  
walnut

## DAIRY

butter  
cheese  
cream  
cream cheese  
ghee  
milk  
yogurt

## EGGS

chicken eggs  
duck eggs  
goose eggs

## ALCOHOL

all alcohol

---

\* Optional Restrictions: fruit, starchy vegetables, gluten cross-reactive foods, FODMAPs