

Purely Wellness

AUTOIMMUNE PROTOCOL

A Diet Plan for Autoimmune Conditions



MIRIAM GUSCOTT

Naturopath

AUTOIMMUNE PROTOCOL DIET



The autoimmune protocol (AIP) diet aims to reduce inflammation and relieve other symptoms of autoimmune disorders.

The autoimmune protocol (AIP) diet is a food-based approach to eliminating inflammation in a person's body. It is a diet that's thought to help heal your gut to reduce inflammation created by autoimmune conditions. The diet is very restrictive and mainly includes meats and vegetables. Generally, you would try the AIP diet for several weeks before adding in foods outside of the diet.

Here are some of the basics of the AIP diet:

It's an elimination-focused diet. Its goal is to cut inflammation-causing foods to reset your body's immune system. The idea is to reduce inflammation in your body and put your autoimmune condition into remission with better eating habits.

It's often aimed at treating a "leaky gut." It's thought that autoimmune conditions may be caused by small holes in your intestines. These holes can allow food to be released into the rest of your body and trigger your immune system to react. By eating only foods in the AIP diet, you help heal this leaky gut.

It's rooted in the paleo diet, but it's even more restrictive.

It promotes vitamin- and nutrient-rich foods and also emphasises foods with omega-3 fatty acids.

You need to follow the strict eating plan for several weeks before you can start adding foods not included in the diet. Some people try it for a short period of time, while others adapt the AIP diet as a long-term lifestyle choice.

It takes time to add new foods to your diet, and they should be added gradually. Add a new food every few days to once a week, and monitor whether you have any reactions to it. If you notice any side effects of the food, take it out of your diet again.

AUTOIMMUNE PROTOCOL DIET

THE ELIMINATION PHASE - Foods to Avoid for 6 Weeks



Grains: Barley, corn, durum, fonio, Job's tears, kamut, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), and wild rice.

Gluten: Barley, bulgur, farro, rye, wheat, and foods derived from these ingredients.

Pseudo-grains and grain-like substances: Amaranth, buckwheat, chia, and quinoa.

Dairy: Butter, buttermilk, butter oil, cheese, cottage cheese, cream, cream cheese, milk, curds, dairy-protein isolates, ghee, heavy cream, ice cream, kefir, sour cream, whey, whey-protein isolate, whipping cream, and yogurt.

Legumes: Adzuki beans, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (aka garbanzo beans), fava beans (aka broad beans), Great Northern beans, green beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, peanuts, peas, runner beans, split peas, and soybeans (including edamame, tofu, tempeh, other soy products, and soy isolates, such as soy lecithin).

Processed vegetable oils: Canola oil (rapeseed oil), corn oil, cottonseed oil, grapeseed oil, palm kernel oil, palm olein, peanut oil, safflower oil, sunflower oil, and soybean oil.

Processed food chemicals and ingredients: Acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are okay), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated oil), yeast extract, and any ingredient with an unrecognised chemical name.

Added sugars: Agave, agave nectar, barley malt, barley malt syrup, beet sugar, brown rice syrup, brown sugar, cane crystals, cane juice, cane sugar, caramel, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, date sugar, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, invert sugar, inulin, jaggery, lactose, malt syrup, maltodextrin, maltose, monk fruit (luo han guo), muscovado sugar, palm sugar, panela, panocha, rapadura, raw cane sugar, raw sugar, refined sugar, rice bran syrup, rice syrup, saccharose, sorghum syrup, sucanat, sucrose, syrup, treacle, turbinado sugar, and yacon syrup

Sugar alcohols: Erythritol, mannitol, sorbitol, and xylitol. (Naturally occurring sugar alcohols found in whole foods like fruit are OK).

Nonnutritive sweeteners: Acesulfame potassium, aspartame, neotame, saccharin, stevia, and sucralose.

Nuts and nut oils: Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, or walnuts, or any flavors, flours, butters, oils, or other products derived from these nuts (Coconut is OK because it is not a nut).

Seeds and seed oils: Chia, chocolate, cocoa, coffee, flax, hemp seeds, poppy, pumpkin seed, sesame, and sunflower, and any flavors, butters, oils, and other products derived from them.

Nightshades or spices derived from nightshades: Ashwagandha, bell peppers (aka sweet peppers), cayenne peppers, cape gooseberries (ground cherries, not to be confused with regular cherries, which are OK), eggplant, garden huckleberries (not to be confused with regular huckleberries, which are OK), goji berries (aka wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, paprika, pepinos, pimientos, potatoes (sweet potatoes are not nightshades and OK), tamarillos, tobacco, tomatillos, and tomatoes.

Spices derived from seeds: Allspice, anise, annatto, black caraway (Russian caraway, black cumin), cardamom, celery seed, coriander, cumin, dill seed, fennel seed, fenugreek, juniper, mustard, nutmeg, pepper, and poppy

Eggs: Chicken eggs, duck eggs, goose eggs, quail eggs, or any other type of egg.

Alcohol: Beer, liquor, wine, or any other form of alcoholic beverage (small amounts in kombucha is ok).

AUTOIMMUNE PROTOCOL DIET

THE DIET PHASE - Foods to Include



Meat: Antelope, bear, buffalo (bison), boar, caribou, cattle (beef, veal), deer (venison), elk, goat, hare, horse, kangaroo, moose, pig (pork), rabbit, and sheep (lamb, mutton).

Poultry: Chicken, dove, duck, goose, grouse, guinea hen, ostrich, pheasant, quail, and turkey.

Fish: Anchovy, arctic char, bass, bonito, carp, catfish, cod, eel, gar, haddock, hake, halibut, herring, marlin, mackerel, mahi-mahi, monkfish, perch, pollock, salmon, sardine, snapper, sole, swordfish, tilapia, trout, tuna, turbot, and walleye.

Shellfish: Clams, crab, crawfish, lobster, mussels, octopus, oysters, scallops, shrimp, and squid.

Leafy-vegetables: Arugula, beet greens, bok choy, broccoli rabe, brussels sprouts, cabbage, carrot, tops, celery, chicory, collard greens, cress, dandelion greens, endive, kale (many varieties), lamb's lettuce, lettuce (many varieties), mizuna, mustard greens, napa cabbage, radicchio, sorrel, spinach, summer purslane, swiss chard, tatsoi, turnip greens, watercress, and winter purslane.

Non-starchy vegetables: Artichoke, asparagus, broccoli, caper, cauliflower, celery, fennel, nopal, rhubarb (stems only), and squash blossoms.

Allium-family vegetables: Chive, garlic, leek, onion, shallot, scallion, and wild leek (ramp).

Roots, tubers, and bulb vegetables: Arrowroot, bamboo shoot, beet, burdock, carrot, cassava, celeriac, daikon, ginger, horseradish, Jerusalem artichoke, jicama, kohlrabi, lotus root, parsnip, radish, rutabaga, sweet potato, taro, tigernut, turnip, wasabi, water chestnut, yacon, and yam.

Sea vegetables: Arame, dulse, hijiki, kombu, nori, and wakame.

Vegetable-like fruits: Avocado, bitter melon, chayote, cucumber, okra, olives, plantain, pumpkin, squash, winter melon, and zucchini.

Berries: Acai, bilberry, blackberry, blueberry, cranberry, currant, elderberry, gooseberry, grape, huckleberry, lingonberry, loganberry, mulberry, muscadine, Oregon grape, raspberry, salmonberry, sea buckthorn, and strawberry.

Rosaceae-family fruits: Apple, apricot, cherry, nectarine, peach, pear, plum, quince, and rosehip.

Melons: Cantaloupe, honeydew, horned melon, melon pear, Persian melon, watermelon, and wintermelon

Citrus-family fruits: Blood orange, Buddha's hand, clementine, grapefruit, kaffir lime, key lime, kumquat, lemon, lime, mandarin, Meyer lemon, orangelo, orange, pomelo, tangelo, tangerine, and yuzu.

Tropical fruits: Acerola, banana, chayote, cherimoya, coconut, date, dragonfruit, durian, fig, guava, jackfruit, kiwi, loquat, lychee, mango, mangosteen, papaya, passionfruit, pawpaw, persimmon, pineapple, plantain, pomegranate, quince, rambutan, star fruit, tamarind, and vanilla.

Edible fungi/mushrooms: Chanterelle, cremini, morel, oyster, porcini, portobello, shiitake, and truffle.

Animal fats: Bacon fat, lard (rendered pig back fat), leaf lard (rendered pig kidney fat), pan drippings, poultry fat, salo, schmaltz (chicken or goose fat), strutto (clarified pork fat), and tallow (rendered fat from beef, lamb, or mutton).

Plant fats: Avocado oil (cold-pressed), coconut oil, olive oil (cold-pressed), palm oil, palm shortening, and red palm oil.

Probiotic foods: Fermented meat or fish, kombucha, kvass, lacto-fermented fruits and vegetables, non-dairy kefir, and sauerkraut.

Leaf, flower, root, and bark spices: Asafetida, basil leaf, bay leaf, chamomile, chervil, chives, cilantro (coriander leaf), cinnamon, cloves, curry leaf, dill weed, fennel leaf, garlic, ginger, horseradish (root), kaffir lime leaf, lavender, lemongrass, mace, marjoram leaf, onion powder, oregano leaf, parsley, peppermint, rosemary, saffron, sage, salt, savory leaf, spearmint, tarragon, thyme, truffles, turmeric, and vanilla.

Other flavorings (always check additional ingredients): Anchovies or anchovy paste, apple cider vinegar, balsamic vinegar, capers, carob powder, coconut aminos (a soy sauce substitute), coconut concentrate, coconut milk, coconut water vinegar, fish sauce, fruit and vegetable juice (in moderation), organic jams and chutneys, red wine vinegar, truffle oil (made with olive oil), and white wine vinegar.

Sweeteners to include in moderation: Coconut sugar, coconut syrup, honey, maple sugar, maple syrup, and molasses (trace amounts of cane sugar are OK in cured meats and kombucha).

Foods included in moderation: Green or black tea, yerba mate, fructose (less than 10–20 grams per day), omega-6 polyunsaturated fat-rich foods (poultry and industrially raised fatty meat), moderate to high glycemic load fruits/vegetables (dried fruit, plantain, taro, etc.), and coconut.

AUTOIMMUNE PROTOCOL DIET

SPICE CHART



It can be tricky to figure out which spices are in and which spices are out on the Autoimmune Protocol.

Many commonly used spices come from the seeds of plants, or from the nightshade family of plants, both of which are not included in the elimination phase. In addition, some people have sensitivities to fruit or berry-based spices (like black pepper!).

During the elimination phase, avoid all spices on the “avoid” and “be cautious” list. When it comes time for reintroduction, you will introduce those on the “be cautious” list first.

Spices to avoid

Seeds: Anise seed, annatto seed, black caraway (Russian caraway, black cumin), celery seed, coriander seed, cumin seed, dill seed, fennel seed, fenugreek, mustard, nutmeg, and poppy seed.

Nightshades: Capsicums, cayenne, chili pepper flakes, chili powder, curry (typically contains red pepper), paprika, and red pepper.

Spice blends: Curry powder (often contains coriander seed, cumin seed, fenugreek, and red pepper), Chinese five-spice powder (contains star anise, peppercorn, and fennel seed), garam masala (contains peppercorn, cumin seed, and cardamom pod), poultry seasoning often contains peppercorn and nutmeg), and steak seasoning (often contains peppercorn, chili pepper, cumin seed, and cayenne pepper).

Spices to be cautious about

Berries and fruit: Allspice, star anise, caraway, cardamom pod, juniper, pepper (from black, green, pink, or white peppercorns), and sumac.

Elimination-diet friendly spices

Leaf spices: Basil leaf, bay leaf, chervil, chives, cilantro (coriander leaf), curry leaf, dill weed, fennel leaf, kaffir lime leaf, lemongrass, mace, marjoram leaf, oregano leaf, parsley, peppermint, rosemary, sage, savory leaf, spearmint, tarragon, thyme, and wasabi (additive-free).

Bark and flower spices: Chamomile, cinnamon, clove, lavender, saffron, truffle, and vanilla.

Root spices: Asafetida, galangal, garlic, ginger, horseradish (root), onion powder, and turmeric.

AUTOIMMUNE PROTOCOL DIET

PROTEIN SNACK IDEAS



Nuts, seeds

Make a mix with your favourite nuts, seeds, organic coconut chips and goji berries

Boiled eggs

Chicken/turkey mince balls

Add egg, onion, garlic, fresh herbs, cumin etc, roll into golf size balls and bake in the oven.

Hummus, guacamole, pesto, cannellini dip with vege sticks

Nut butter or smashed avocado on rice cakes

Nut butter in celery sticks

Bliss balls

One cup nuts, ½ cup shredded coconut, 1/3 cup cacao, 1/3 cup coconut oil,
1 tablespoon chia seeds, 3 - 4 dates, 1 - 2 scoops protein powder

Tumeric Latte with coconut milk or almond milk

1 teaspoon butter optional

Pate

Protein smoothie

Chia pudding

Salmon and sweet potato patties

5 bean mix, drained, rinsed

Blend with olive oil, lemon juice, salt and pepper with corn crackers

AUTOIMMUNE PROTOCOL DIET

REINTRODUCTION STAGES



Stage 1

Egg yolks (not the whites): Chicken, duck, goose, quail, or any other type of egg yolk.

Legumes (beans with edible pods only): Green beans, peas, runner beans, snow peas, and sugar snap peas.

Fruit and berry-based spices: Allspice, star anise, caraway, cardamom pod, juniper, pepper (from black, green, pink, or white peppercorns), and sumac.

Seed-based spices: Anise seed, annatto seed, black caraway (Russian caraway, black cumin), celery seed, coriander seed, cumin seed, dill seed, fennel seed, fenugreek, mustard, and nutmeg.

Nuts and seeds (oils only): Macadamia, sesame, and walnut.

Dairy (ideally from grass-fed sources): Ghee.

Stage 2

Nuts and seeds (excluding cashews and pistachios): Almonds, brazil nuts, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, walnuts, chia, chocolate, cocoa, flax, hemp seeds, poppy, pumpkin seed, sesame, sunflower, or any other flavors, flours, butters, oils, and other products derived from them.

Egg whites (or whole eggs): Chicken, duck, goose, quail, or any other type of egg white.

Dairy (ideally from grass-fed sources): Butter and butter oil.

Alcohol (small quantities): Gluten-free beer or hard cider (8 oz. or less), wine (5 oz. or less), fortified wine (3 oz. or less), liqueur (3 oz. or less), or gluten-free spirits (1 oz. or less).

Stage 3

Nuts: Cashews, pistachios, or any other flours, butters, oils, and other products derived from them.

Nightshades (limited): Bell peppers (aka sweet peppers), eggplant, and paprika.

Seeds: Coffee.

Dairy (ideally from grass-fed sources): Cream, heavy cream, kefir, sour cream, whipping cream, and yogurt.

Stage 4

Dairy (ideally from grass-fed sources): Buttermilk, cheese, cottage cheese, cream cheese, milk, curds, dairy-protein isolates, ice cream, whey, and whey-protein isolate.

Nightshades or spices derived from nightshades: Ashwagandha, cayenne peppers, cape gooseberries (aka ground cherries), garden huckleberries, goji berries (aka wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, pepinos, pimientos, potatoes, tamarillos, tomatillos, and tomatoes.

Gluten-free grains, pseudo-grains, and other grain-like substances: Corn, fonio, Job's tears, kamut, millet, oats, rice, sorghum, spelt, teff, wild rice, amaranth, buckwheat, and quinoa (Grains may be more well-tolerated when soaked and fermented).

Legumes: Adzuki beans, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (aka garbanzo beans), fava beans (aka broad beans), Great Northern beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, peanuts, and split peas (Legumes may be more well tolerated when soaked and fermented).

Alcohol (moderate quantities): Gluten-free beer or hard cider, wine, fortified wine, liqueur, or glutenfree spirits

AUTOIMMUNE PROTOCOL DIET

REINTRODUCTION PROCEDURES



The actual procedure for reintroducing foods following the elimination phase of AIP is relatively simple.

It is taking the time to thoroughly repeat the procedure with each new food that can be a long process. However, it's worth it to have a completely customised diet at the end!

Follow these steps

- 1. Select a food to reintroduce (it is best to begin with a food in Stage 1, see the “Reintroduction Stages”).**
- 2. Start with half a teaspoon or less and wait 15 minutes.**
- 3. If there are reactions, stop and see below instructions.**
- 4. If there are no reactions, eat one full teaspoon and wait 15 more minutes.**
- 5. If there are reactions, stop and see below instructions.**
- 6. If there are no reactions, eat one-and-a-half teaspoons and wait two–three hours.**
- 7. If there are reactions, stop and see below instructions.**
- 8. If there are no reactions, eat a normal portion of the food and wait three–seven days.**

Do not reintroduce any other foods and track reactions during this time (see the “Food Reaction Checklist” to help you gauge possible reactions). If there are no reactions, that food can be brought back into your diet and you can begin another reintroduction.

If you have a reaction at any point in this process, stop and do not include this food in your diet at this time. Depending on the severity of your reaction, go back to the elimination phase until you reach the baseline of health that you had before you started reintroducing this food. This could take a matter of days or weeks to achieve but is important to “clearing the slate” before you begin the process again with a new food. If you do not give time to the “clearing the slate” process, it will be difficult to gauge positive or negative reactions to the next reintroduction attempts.

See the following page for answers to some common questions and important things to consider.

Important things to consider

- Food allergy testing does not replace the reintroduction process. A true allergy must be to a protein and can be identified through testing of IgE-antibodies. At this time in medicine, more common intolerances and sensitivities (IgA, IgD, IgG and IgM) can sometimes be identified through testing, but often this testing is unreliable and points to a leaky gut and not a true allergy (these reactions are often not to foods with a protein based substance). However, the symptoms of these sensitivities are similar to allergic reactions, which is why the elimination and reintroduction process of AIP uncovers them. Intolerances and sensitivities are usually the result of a damaged gut or digestive process and can generally be healed with time, a nutrient-dense diet, and lifestyle changes that support optimal function.
- If you have eliminated additional foods due to other conditions or sensitivities, start with those foods, rather than Stage 1 foods. (For example, high-FODMAP foods, high-histamine foods, high-sulfite foods, etc.). Some of these foods will generally be tolerated again if your gut is healed or treatment for root causes has been successful—they are a good place to start the reintroduction process. If you find that you still cannot tolerate them, your best course of action is to contact your healthcare team to see if they can help you resolve these complications.
- If you know you have a severe allergy or a condition that prevents you from ever eating a particular food, do not attempt reintroduction. For instance, no amount of healing is going to make a peanut allergy go away.
- If you have a negative reaction, especially a strong one, don't lose hope. Reactions can vary greatly so be diligent with tracking. Tracking will help you be more certain when reactions are mild and take time to build. It will also help you confidently spot a particularly bad reaction early on and hopefully minimise any flare it may cause. While these reactions can be disappointing, they are also valuable communication from your body. Finally, remember that a food that did not work today may work in the future. The negative reaction may just indicate a need for a bit more healing before the food will be tolerated.
- Be aware that you may find a food is tolerated when you eat it occasionally, but not when eaten regularly. Over time, you will find your threshold of tolerance will increase.

AUTOIMMUNE PROTOCOL DIET

FOOD REACTION CHECKLIST



Use this checklist daily for 3 to 7 days with each new food that is reintroduced. If any of these symptoms occur, note them in a food tracking diary.

SLEEP

- ☒ Unable to stay awake
- ☒ Unable to stay asleep
- ☒ Not feeling rested after sleep

CRAVINGS

- ☒ Sugar cravings
- ☒ Fat cravings
- ☒ Craving minerals from non-food items (like chalk, dirt, or clay)
- ☒ Craving caffeine

ACHES /PAINS

- ☒ Muscle aches or pains
- ☒ Joint aches or pains
- ☒ Tendon aches or pains
- ☒ Ligament aches or pains

MOOD

- ☒ Mood swings
- ☒ Depression
- ☒ Low stress tolerance
- ☒ Increased anxiety

ENERGY

- ☒ Reduced energy levels
- ☒ Fatigue
- ☒ Afternoon energy dips

SKIN

- ☒ Rash
- ☒ Acne
- ☒ Pink bumps or spots
- ☒ Dr hair, skin or nails

DIGESTION

- ☒ Stomach ache / Nausea
- ☒ Diarrhoea / Constipation
- ☒ Heartburn
- ☒ Bloating / Gas / Undigested food in stool

MISCELLANEOUS

- ☒ Headache (from mild to migraine) / Dizzy or light headed
- ☒ Disease symptoms returning or worsening
- ☒ Phlegm, runny nose or post-nasal drip
- ☒ Coughing or constant need to clear throat
- ☒ Itchy eyes, mouth or ears / Sneezing



AUTOIMMUNE PROTOCOL DIET



FOOD & SYMPTOM DIARY



Use this food tracking diary to record any symptoms during the reintroduction phase.

WEEK DAY	FOOD	BEVERAGE	SYMPTOM
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

NOTES: _____
