



AIP

ANTI-INFLAMMATORY DIET & PROTOCOL

AIP Diet & Protocol



The Autoimmune Protocol (AIP) Diet & Protocol

The Autoimmune Protocol (AIP) diet is a highly specialized and nutrient-dense dietary regimen designed to manage autoimmune diseases by reducing inflammation, promoting gut health, and identifying food sensitivities. This approach, rooted in the principles of the Paleo diet, involves eliminating foods that may trigger autoimmune responses and reintroducing them methodically to identify specific triggers.

AIP Diet & Protocol



Understanding Autoimmune Diseases

Autoimmune diseases occur when the immune system mistakenly attacks healthy cells in the body, leading to chronic inflammation and a variety of symptoms depending on the tissues or organs affected. Common autoimmune conditions include rheumatoid arthritis, Lupus, Hashimoto's thyroiditis, and multiple sclerosis.

Managing these conditions often involves addressing the underlying inflammation and immune system dysfunction.

The Structure of the AIP Diet & Protocol

The AIP diet is structured into three main phases: elimination, reintroduction, and maintenance. Each phase is designed to help individuals identify and eliminate foods that trigger symptoms and to promote long-term health.

Elimination Phase

- **Duration:** Typically lasts 30–60 days, but can vary based on individual needs.
- **Objective:** Remove all potentially inflammatory foods to reduce immune system triggers and allow the gut to heal.
- **Foods to Avoid:**
 - Grains (*e.g., wheat, rice, corn*)
 - Legumes (*e.g., beans, lentils, peanuts*)
 - Dairy products
 - Nightshade vegetables (*e.g., tomatoes, potatoes, eggplants, peppers*)
 - Nuts & seeds
 - Eggs
 - Coffee & alcohol
 - Processed foods & refined sugars
 - Food additives & preservatives
- **Impact on Health:** By eliminating these foods, the diet reduces inflammation and allows for the repair of the gut lining, which can alleviate symptoms of autoimmune diseases.



The Structure of the AIP Diet & Protocol

Reintroduction Phase

- **Duration:** Gradual, over several weeks or months.
- **Objective:** Carefully reintroduce eliminated foods one at a time to identify which foods cause adverse reactions.
- **Process:** Reintroduce one food every 3–5 days while monitoring for any changes in symptoms.
- **Impact on Health:** This phase helps personalize the diet by identifying specific food triggers, allowing individuals to avoid only those foods that negatively impact their health.

Maintenance Phase

- **Objective:** Develop a long-term eating plan that includes safe foods identified during the reintroduction phase while avoiding those that cause symptoms.
- **Impact on Health:** A tailored, sustainable diet supports long-term health by preventing autoimmune flare-ups and maintaining nutritional adequacy.

Foods To Include in the AIP Diet

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Vegetables:

Leafy greens, cruciferous vegetables, and non-nightshade vegetables such as carrots, zucchini, and cucumbers

Fruits:

Low-sugar options like berries and apples, in moderation

Meats & Seafood

Grass-fed, pasture-raised meats and wild-caught fish

Healthy Fats:

Avocado, olive oil, coconut oil, and tallow

Herbs & Spices:

Non-seed-based options like basil, oregano, thyme, and ginger

Fermented Foods:

Such as sauerkraut, kimchi, and kombucha to support gut health.

Foods To Include in the AIP Diet

Benefits of the AIP Diet

Reduced Inflammation:

Eliminating inflammatory foods can significantly reduce systemic inflammation, alleviating symptoms of autoimmune diseases.

Improved Gut Health:

By removing irritants and incorporating nutrient-dense, anti-inflammatory foods, the AIP diet supports the healing of the gut lining.

Symptom Management:

Many individuals experience significant improvements in symptoms such as pain, fatigue, and digestive issues.

Enhanced Nutrient Intake:

The diet emphasizes nutrient-dense foods that provide essential vitamins and minerals, supporting overall health and well-being.

Foods to Avoid on the Autoimmune Protocol (AIP) Diet

Grains

- Wheat
- Rice
- Corn
- Barley
- Oats
- Rye
- Millet
- Spelt
- Quinoa
- Amaranth
- Buckwheat

Legumes

- Beans (*e.g., black beans, kidney beans, navy beans*)
- Lentils
- Peanuts
- Soybeans and soy products (*e.g., tofu, tempeh*)
- Chickpeas
- Peas

Dairy

- Milk (*cow, goat, sheep*)
- Cheese
- Yogurt
- Butter
- Cream
- Ice cream

Nightshade Vegetables

- Tomatoes
- Potatoes (*white*)
- Eggplants
- Peppers (*including bell peppers, chili peppers, paprika, & cayenne*)

Eggs

- Chicken eggs
- Duck eggs
- Quail eggs

Processed & Refined Foods

- Processed meats (*e.g., sausages, hot dogs, deli meats with additives*)
- Refined sugars and sweets (*e.g., candies, cakes, pastries*)
- Artificial sweeteners (*e.g., aspartame, sucralose*)
- Processed snacks (*e.g., chips, crackers*)
- Fast food

Food Additives & Preservatives

- Emulsifiers
- Thickeners
- Food colorings
- Artificial flavors
- Preservatives (*e.g., sulfites, nitrates, nitrites*)

Beverages

- Alcohol (*all types*)
- Coffee
- Soda and other sugary drinks
- Energy drinks

Fats & Oils

- Vegetable oils (*e.g., soybean oil, canola oil, corn oil, sunflower oil*)
- Margarine and shortening
- Any processed oils

Additional Considerations

- **Spices:** Avoid seed-based spices (*e.g., cumin, mustard seeds, coriander seeds*).
- **Condiments:** Many commercial condiments contain non-compliant ingredients like sugar, vinegar, or preservatives.
- **Gums:** Such as guar gum, xanthan gum, and carrageenan.



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Instagram

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