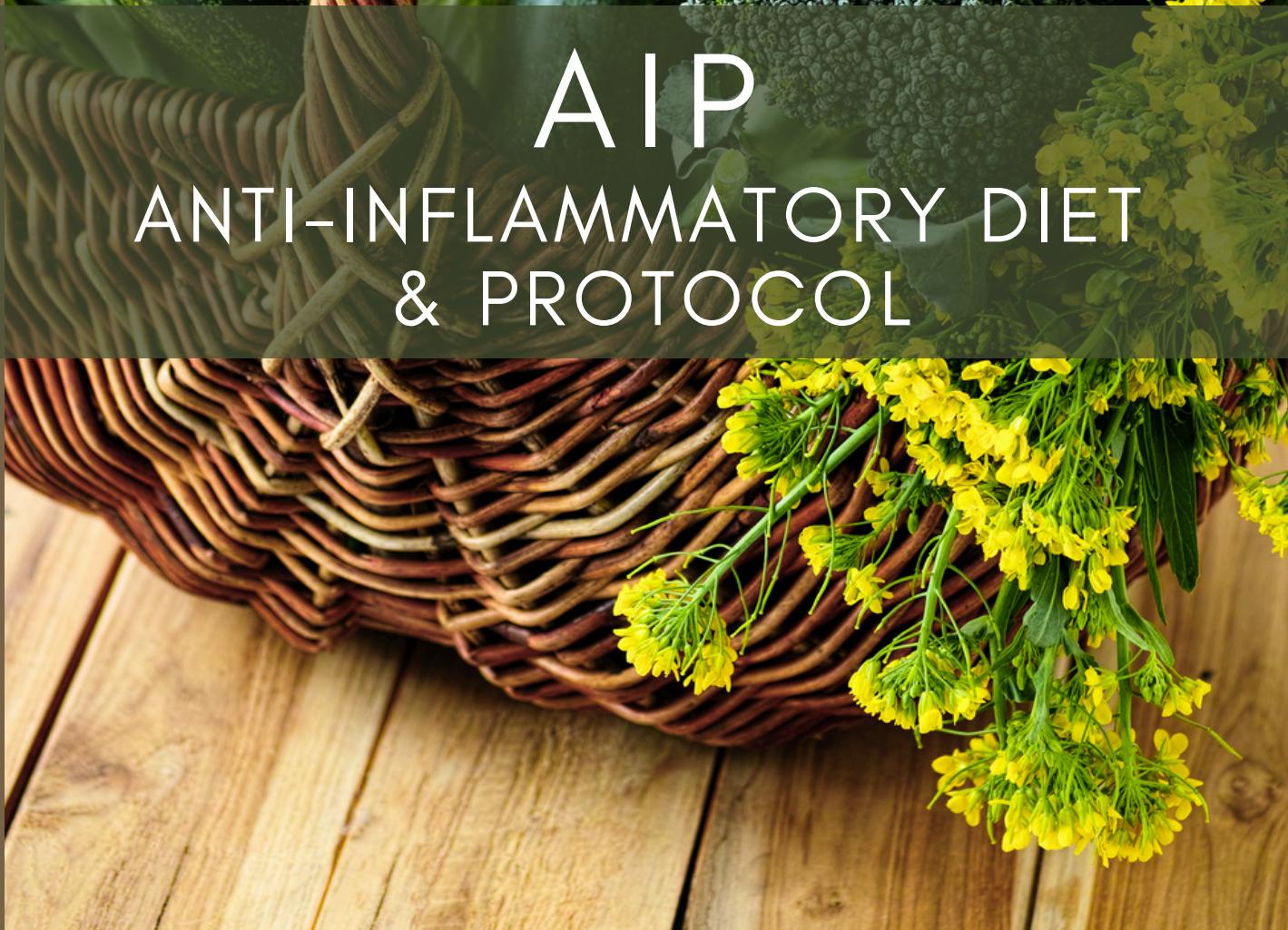




AIP ANTI-INFLAMMATORY DIET & PROTOCOL



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

Foods to Include in the AIP Diet

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.

RESOURCES

To Help You Be Successful On Your Journey To Good Health



Ambitious Kitchen

www.ambitiouskitchen.com

Ambitious Kitchen is a healthy food blog with wholesome cooking & feel-good inspiration. This mom will help you find healthy recipes to fuel your wellness journey.



Eat Right

www.Eatright.org

The Academy of Nutrition and Dietetics offers information on nutrition and health, from meal planning and prep to choices that can help prevent or manage health conditions and more.

To Help You Be Successful On Your Journey To Good Health



Cooking Classy

www.cookingclassy.com

From comfort foods to indulgent dishes browse hundreds of recipes that your family will love and make over and over again. Cooking Classy has never been easier, let me inspire you today!



FitLiving Eats by Carly Paige | Culinary Nutrition Expert & Chef

www.fitlivingeats.com

Offers plant-based recipes, cooking videos, and wellness services. Cooking healthy foods can be easy and should always be delicious. Redefine the way you look at your favorite ingredients, flavors and recipes by trading the old for "nutritious" without sacrificing flavor so that you can feel your best from the inside out.

To Help You Be Successful On Your Journey To Good Health



Damn Delicious

www.damndelicious.net

Join in a culinary adventures where we'll be using simple, fresh ingredients and transforming them into sophisticated and elegant meals for the everyday home cook

Download App

Fooducate

www.fooducate.com

(Available for download on the Apple store and Google play for iPhone, Android, and online.)

Fooducate is a mobile application to help you lose weight & improve your health with real food.

- Fooducate is your healthy diet toolbox. Eat Better. Lose Weight. Get Healthy.
- See personalized nutrition facts for products you view
- See a history of all the products you have previously viewed
- Comment on products
- Sync info with your mobile Fooducate app
 - Low-carb diet
 - Ketogenic diet
 - Track all nutrients
 - Paleo diet
 - Gluten-free diet
 - Avoid GMOs

To Help You Be Successful On Your Journey To Good Health



Grateful Plates

www.grateful-plates.com

Whether you want to lose weight, experience amazing energy all day long, or simply figure out how to ditch those toxic products in your house, Grateful Plates is the perfect place for you to be!



Half Baked Harvest

www.halfbakedharvest.com

Offers recipes known for their wholesome decadence, non-fussy approach, and smart twists on comforting favorites. Half Baked Harvest Every Day delivers all-new recipes that will feed your body as well as your soul. Be sure to sign up for the newsletter.



How Sweet Treats

www.howsweeteats.com

For people who, like, totally love food.



The Loopy Whisk

www.theloopywhisk.com

Here, you'll find allergy friendly recipes that are basically indistinguishable from their "regular" equivalents: from gluten free to vegan!



The Modern Proper

www.themodernproper.com

Cherish your loved ones and feed them well. We create and photograph delicious recipes for you to make and share with those you love.



Smitten Kitchen

www.smittenkitchen.com

Fearless cooking from a tiny NYC kitchen.



Two Peas & Their Pod

www.twopeasandtheirpod.com/recipes

The recipes you'll find here are simple, fresh, family friendly, and sometimes a little decadent.

Download App

Yuka

www.yuka.io/en/

(Available for download on the Apple store and Google play)

Yuka is a mobile application that scans food products to give you clear information on the health impacts of the products you consume.

Instagram

Laurent Dagenais

www.instagram.com/laurent.dagenais/