

# FOODS TO AVOID ON THE AIP

While I firmly believe that it's important to focus on what you can eat rather than what you can't, it's also important to spell out exactly which foods should be avoided for those with autoimmune disease. Don't be discouraged by this list, because the rest of this book focuses on all the delicious and wonderfully healthy foods you can eat. I promise you will not feel deprived!

- ☒ **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, rye, wheat, and foods derived from these ingredients. (See the table on page 99 for hidden sources of gluten and commonly contaminated foods.)
- ☒ **Pseudo-grains and grain like substances:** Amaranth, buckwheat, chia, and quinoa.
- ☒ **Dairy:** Butter, buttermilk, butter oil, cheese, cottage cheese, cream, milk, curds, dairy-protein isolates, ghee, heavy cream, ice cream, kefir, sour cream, whey, whey-protein isolate, whipping cream, and yogurt. (Cultured grass-fed ghee might be tolerated.)
- ☒ **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, palm kernel oil, 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 a chemical name that you don't recognize.
- ☒ **Added sugars:** Agave, agave nectar, barley malt, barley malt syrup, beet sugar, brown rice syrup, brown sugar, cane crystals, cane juice, cane sugar, caramel, coconut sugar, 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, honey, invert sugar, inulin, jaggery, lactose, malt syrup, maltodextrin, maltose, maple syrup, molasses, monk fruit (luo han guo), muscovado sugar, palm sugar, panela, pancha, rapadura, raw cane sugar, raw sugar, refined sugar, rice bran syrup, rice syrup, saccharose, sorghum syrup, sucanat, sucrose, syrup, treacle, turbinado sugar, yacon syrup. (For a discussion of Paleo Approach-friendly treats, see page 231.)
- ☒ **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 flours, butters, oils, or other products derived from these nuts. (Coconut is an exception)
- ☒ **Seeds and seed oils:** Chia, flax, hemp seeds, poppy, pumpkin, sesame, and sunflower, and any flours, 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, pimentos, potatoes (sweet potatoes are OK), tamarillos, tomatillos, and tomatoes. (Note: Some curry powders have nightshade ingredients.)
- ☒ **Spices derived from seeds (small amounts might be tolerated):** Anise, annatto, black caraway (Russian caraway, black cumin), celery seed, coriander, cumin, dill, fennel, fenugreek, mustard, and nutmeg. (For more information on spices, see Spices print out.)
- ☒ **Eggs:** Although egg yolks might be tolerated.
- ☒ **Alcohol:** Although an occasional drink after remission might be tolerated.
- ☒ **Coffee:** Although an occasional cup might be tolerated.
- ☒ **High-glycemic-load foods**

## FOODS TO CONSUME IN MODERATION

**Green and black tea**

**Fructose:** Aim for between ten and twenty grams of fructose per day.

**Salt:** Use pink or gray salt because it is rich in trace minerals.

**Moderate-glycemic-load vegetables and fruits**