

HEALTHY EATING GUIDELINES- AUTOIMMUNE

The Autoimmune Protocol (AIP) Diet

- The Autoimmune Protocol (AIP) is a very restrictive diet that removes foods considered to be gut irritants. The AIP is a stricter version of the Paleo Diet, which involves the elimination of grains, legumes, dairy, and processed foods. The AIP takes things a step (actually an entire staircase) further, and eliminates many foods which have been shown to potentially irritate and cause holes in the gut lining. The AIP is very difficult for many people to follow, but sometimes it's temporarily necessary to fully heal a very leaky gut.
- Following the Paleo Autoimmune Protocol diet involves increasing your intake of nutrient-dense, health-promoting foods while avoiding foods that may be triggers for your disease.

What To Eat and What To Avoid

EAT:

- organ meat and offal (aim for 5 times per week, the more the better)—read more here.
- fish and shellfish (wild is best, but farmed is fine) (aim for at least 3 times per week, the more the better)—read more here and here.
- vegetables of all kinds, as much variety as possible and the whole rainbow, aim for 8-14 cups per day
 - Green vegetables
 - Colorful vegetables and fruit (red, purple, blue, yellow, orange, white)
 - Cruciferous vegetables (broccoli, cabbage, kale, turnips, arugula, cauliflower, brussels sprouts, watercress, mustard greens, etc.)
 - Sea vegetables (excluding algae like chlorella and spirulina which are immune stimulators)
 - Edible Fungi, like mushrooms
- herbs and spices
- quality meats (grass-fed, pasture-raised, wild as much as possible) (poultry in moderation due to high omega-6 content unless you are eating a ton of fish)
- quality fats (pasture-raised/grass-fed animal fats [rendered or as part of your meat], fatty fish, olive, avocado, coconut, palm [not palm kernel])
- Oils- olive oil breaks down under high heat. Use olive oil for uncooked recipes (dressings, toppings, salads), use higher temperature oils, like avocado oil, when cooking (sautee, roasting, baking).
- fruit (keeping fructose intake between 10g and 20 g daily)
- probiotic/fermented foods (fermented vegetables or fruit, kombucha, water kefir, coconut milk kefir, coconut milk yogurt, supplements)—read about them here and here.
- glycine-rich foods (anything with connective tissue, joints or skin, organ meat, and bone broth)
- Source the best-quality ingredients you can.
- Eat as much variety as possible.

- Water- 1-2 liters per day is best

AVOID:

- **Grains** – wheat, rice, corn, and others; and pseudograins (millet, amaranth, teff, etc.)
 - Some plants protect themselves and their seeds by putting proteins in their leaves and seeds called lectins, humans can not digest these well. Gluten is by far the most famous lectin, but what most people don't know is that it's quite a minor one and that most gluten-free substitutes have far worse lectins! Removing gluten might not be enough. Try removing other lectins from their diet, like Quinoa, corn, beans, and nightshades like potatoes, tomatoes, peppers, and others, which are all loaded with lectins.
- **Legumes** – all beans including peanuts, black beans, pinto beans, hummus, etc.
- **Dairy** – all sources of dairy, even raw or fermented
- **Nuts and seeds** – all nuts and seeds including cashews, almonds, quinoa, sunflower seeds, sesame seeds, seed-based spices, chocolate, coffee, etc.
- **Eggs** – especially the white part of the egg, which contains inflammatory proteins
- **Nightshades** – tomatoes, potatoes, peppers, tomatillos, eggplants, goji berries and several spices
- **Industrial seed oils** – pretty much all liquid oils, except for olive and avocado oils
- **Processed foods** – basically anything that comes out of a package
- **Alcohol** – it is well established that alcohol induces a leaky gut.
- **NSAIDs** – Non-steroidal anti-inflammatory drugs such as Ibuprofen, aspirin, and naproxen, which cause holes to form in the gut and stomach linings.
- **Sugar, starches, fruits, yeasts, FODMAPs** – Sweet, starchy, and yeast-containing foods can contribute to imbalances in the gut microflora (dysbiosis) by feeding unfavorable bacteria in the gut. They are best limited or restricted especially at first on the AIP.

Resources

- www.paleomom.com This is the website for Sarah Ballantyne who is the original creator and author of this plan. Lots of great resources here, a getting started guide is here as well.
- www.healingfamilyeats.com – this has some great recipes and pictures for creative meal ideas. This also has a holiday meal guide.
- www.empoweredsustenance.com – there is a free e-cookbook downloadable from this site called The Unboring Paleo Cookbook
- www.asquirrelinthekitchen.com This is another great blog with good articles and recipes as well as other resources you can click from the site.
- The Autoimmune Paleo Cookbook by Mickey Trescott
- The Paleo Approach and Paleo Approach Cookbook by Sarah Ballantyne, PhD
- The Healing Kitchen by Sarah Ballantyne and Alaena Haber – new! I also highly recommend Pinterest as a great source for more recipe ideas, I think some come from the blogs above, but you could create a special board just for this

PALEO AIP “YES” FOODS

									
<p>ORGAN MEAT bone broth heart kidney liver tongue</p>	<p>MEAT & POULTRY beef bison chicken lamb mutton pork turkey wild game</p>	<p>FISH anchovies catfish cod halibut herring mackerel mahi mahi salmon sardines snapper tilapia trout tuna</p>	<p>SHELLFISH clams crab crawfish lobster mussels octopus oysters prawns scallops shrimp squid</p>	<p>SEA VEGETABLES aramé dulse kombu nori wakame</p>	<p>LEAFY GREENS arugula beet greens bok choy carrot tops collard greens dandelion greens endive herbs kale lettuce mustard greens napa cabbage spinach Swiss chard turnip greens watercress</p>				
 <p>CRUCIFEROUS VEGETABLES arugula broccoli Brussels sprouts cabbage cauliflower collard greens kale kohlrabi mustard greens napa cabbage radishes radicchio turnips watercress</p>	 <p>ROOT VEGETABLES & WINTER SQUASH arrowroot beets carrots cassava (tapioca, yuca) jicama pumpkins squash rutabagas sweet potatoes taro yams</p>	 <p>BERRIES blackberries blueberries cranberries currants grapes raspberries strawberries</p>	 <p>CITRUS FRUIT clementines grapefruit lemons limes Mandarin oranges oranges</p>	 <p>OLIVES & OTHER HIGH-FAT FRUITS avocados black olives coconuts green olives</p>	 <p>ONIONS, GARLIC & OTHER ALLIUMS chives garlic leeks onions scallions shallots spring onions</p>				
<p>OTHER FRUITS & VEGGIES </p> <table border="0"> <tbody> <tr> <td data-bbox="579 1524 763 1753"> <p>apples apricots artichokes asparagus bananas cantaloupes capers</p> </td> <td data-bbox="779 1524 963 1753"> <p>celery cherries coconuts cucumbers dates figs honeydew melons</p> </td> <td data-bbox="979 1524 1162 1753"> <p>kiwis mangoes nectarines okra papayas peaches pears</p> </td> <td data-bbox="1179 1524 1362 1753"> <p>pineapples plantains plums pomegranates watermelons zucchini</p> </td> </tr> </tbody> </table>						<p>apples apricots artichokes asparagus bananas cantaloupes capers</p>	<p>celery cherries coconuts cucumbers dates figs honeydew melons</p>	<p>kiwis mangoes nectarines okra papayas peaches pears</p>	<p>pineapples plantains plums pomegranates watermelons zucchini</p>
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