AIP Elimination Phase / Avoid

Nightshade Vegetables

- Tomatoes
- Potatoes
- Eggplant
- Peppers (bell peppers, chili peppers)
- Goji berries
- Paprika

Grains and Pseudo-grains

- Wheat
- Corn
- Rice
- Oats
- Barley
- Rye

Dairy

- Milk
- Cheese
- Yogurt
- Butter (if not grass-fed)
- Cream

Legumes

- Beans (kidney beans, black beans, lentils, chickpeas)
- Peas (green peas, snow peas)
- Peanut products

Processed Foods

Avoid all processed foods, especially those that contain artificial ingredients or additives:

- Packaged snacks
- Sugary foods
- Processed meats (hot dogs, deli meats)
- Foods with added sugars or refined sweeteners (corn syrup, cane sugar, etc.)

Refined Vegetable Oils

- These oils are high in omega-& fatty acids, which can promote inflammation:
- Canola oil
- Soybean oil
- Sunflower oil
- Cottonseed oil
- Safflower oil

Nuts and Seeds

- Almonds
- Wolnuts
- Potachios
- Cashews
- Sunflower seeds
- Pumpkin seeds

Alcohol

- Alcohol can iiritate the gut and disrupt, gut inicrabista, (eading to inflammation;
- Beer
- Wine
- Liquor

Caffeine

- Coffee
- Tea
- Liquor