

Autoimmune protocol diet

The [autoimmune protocol \(AIP\) diet](#) is based on the [paleolithic \(paleo\) diet](#) and consists of a three-phase elimination protocol. The goal of the protocol is to eliminate certain dietary factors that may be contributing to [intestinal inflammation](#), dysbiosis (microbial imbalance) in the gastrointestinal tract, or symptoms of food intolerance or sensitivity.

The three phases of the diet include:

1. **Elimination**, which removes dietary additives, emulsifiers, Western dietary patterns, and specific foods
2. **Maintenance**, which involves maintaining the elimination of the above elements until symptoms are measurably improved
3. **Reintroduction**, which involves gradually reintroducing food and food groups to identify specific dietary components that may be associated with symptoms

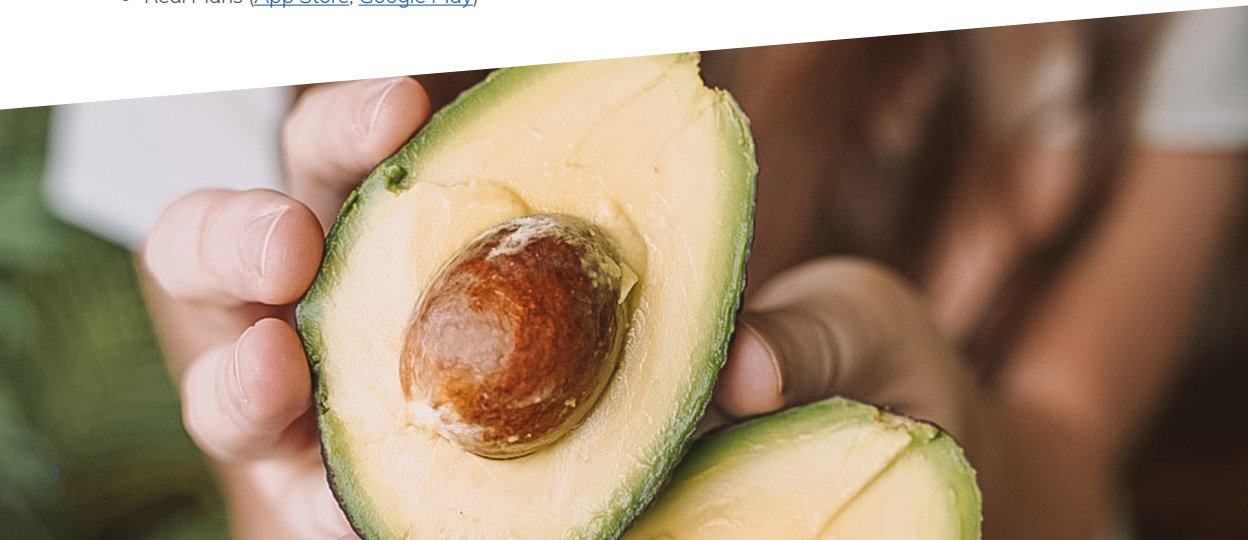
Health benefits of the autoimmune protocol diet

- Rebalancing gut bacteria
- Promoting gut healing
- Regulating the immune response
- Providing beneficial nutrients

Research has shown that the AIP diet may improve symptoms and quality of life in individuals with [autoimmune conditions](#) including inflammatory bowel disease (IBD) and [Hashimoto's thyroiditis](#).

Autoimmune protocol diet apps

- Paloma Health ([App Store](#), [Google Play](#))
- Real Plans ([App Store](#), [Google Play](#))



Following the autoimmune protocol diet

The AIP diet consists of fresh, nutrient-dense, unprocessed foods. The following table summarizes dietary factors to eliminate and foods to enjoy on the AIP diet.

Food group	Avoid	Enjoy
Fruits	N/A	All fruits
Vegetables	Nightshades (e.g., eggplant, peppers, tomatoes, potatoes)	All other vegetables Tubers (e.g., Jerusalem artichoke, parsnips, sweet potato)
Grains	All grains	N/A
Proteins	Eggs Legumes (e.g., beans, lentils, soy products)	Non-processed meats Organ meats Poultry (e.g., chicken, turkey) Wild game meats (e.g., bison, rabbit, venison)
Dairy	All dairy	N/A
Oils & fats	Industrial seed oils (e.g., canola, safflower, sunflower) Nuts and seeds	Foods high in monounsaturated and polyunsaturated fatty acids (e.g., avocados, seafood)
Other	Alcohol Coffee Food additives (e.g., colors, flavors, preservatives) Refined/processed sugars	Bone broth Fermented foods, probiotics

Special considerations

Elimination diets such as AIP may reinforce disordered eating patterns. Individuals with eating disorders should take caution with this dietary protocol. Further, certain medications, such as non-steroidal anti-inflammatory drugs (NSAIDs), should be avoided when following the AIP diet. Consult with your integrative healthcare practitioner before making any changes to your treatment plan and for support with dietary changes.

References

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2. Chandrasekaran, A., Groven, S., Lewis, J. D., Levy, S., Diamant, C., Singh, E., & Konijeti, G. G. (2019). An autoimmune protocol diet improves patient-reported quality of life in inflammatory bowel disease. *Crohn's & Colitis* 360, 1(3), otz019.
3. Chandrasekaran, A., Molparia, B., Akhtar, E., Wang, X., Lewis, J. D., Chang, J. T., ... & Konijeti, G. G. (2019). The autoimmune protocol diet modifies intestinal RNA expression in inflammatory bowel disease. *Crohn's & Colitis* 360, 1(3), otz016.
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