

WHAT TO EAT ON THE AUTOIMMUNE PROTOCOL

All the foods listed here are great to include in your diet. They are beneficial foods containing vital nutrients that will help regulate your immune system and your hormones and provide the building blocks that your body needs to heal. You don't need to eat all of these foods (it's okay if snails, frog legs, and crickets aren't your thing, and it's okay if you just can't get kangaroo meat or mizuna), but the idea is both to give you a definitive "yes list" and to introduce you to some innovative ways to increase variety and nutrient density by exploring new foods.

“It's time to create an epidemic of health. And it starts with learning how to eat more nutrient-dense food.”
—DR. TERRY WAHLS

✓ Red Meat

- antelope
- bear
- beaver
- beef
- bison/buffalo
- boar
- camel
- caribou
- deer
- elk
- goat
- hare
- horse
- kangaroo
- lamb
- moose
- mutton
- pork
- rabbit
- sea lion
- seal
- whale
- (essentially, any mammal)



✓ Poultry

- chicken
- dove
- duck
- emu
- goose
- grouse
- guinea hen
- ostrich
- partridge
- pheasant
- pigeon
- quail
- turkey
- (essentially, any bird)



✓ Amphibians and Reptiles

- crocodile
- frog
- snake
- turtle



✓ Fish*

- anchovy
- Arctic char
- Atlantic croaker
- barcheek goby
- bass
- bonito
- bream
- brill
- brisling
- carp
- catfish
- cod
- common dab
- conger
- crappie
- croaker
- drum
- eel
- fera
- filefish
- gar
- haddock
- hake
- halibut
- herring
- John Dory
- king mackerel
- lamprey
- ling
- loach
- mackerel
- mahi mahi
- marlin
- milkfish
- minnow
- monkfish
- mullet
- pandora
- perch
- plaice
- pollock
- sailfish
- salmon
- sardine
- shad
- shark
- sheepshead
- silverside
- smelt
- snakehead
- snapper
- sole
- swordfish
- tarpon
- tilapia
- tilefish
- trout
- tub gurnard
- tuna
- turbot
- walleye
- whiting

*See page 387 for Selenium Health Benefit Values.



✓ Shellfish

- abalone
- clam
- cockle
- conch
- crab
- crawfish
- cuttlefish
- limpet
- lobster
- mussel
- octopus
- oyster
- periwinkle
- prawn
- scallop
- shrimp
- snail
- squid
- whelk



✓ Other Seafood

- anemone
- caviar/roe
- jellyfish
- sea cucumber
- sea squirt
- sea urchin
- starfish



✓ Offal

- blood
- bone broth
- bone marrow
- brain
- chitterlings and natural casings (intestines)
- fats and other trimmings (tallow and lard)
- fries (testicles)
- head meat (cheek and jowl)
- heart
- kidney
- lips
- liver
- melt (spleen)
- rinds (skin)
- sweetbreads (thymus gland or pancreas)
- tail
- tongue
- tripe (stomach)



✓ Glycine-Rich Foods

- most offal
- most seafood
- bone broth
- cheek and jowl
- chuck roast
- collagen supplements
- gelatin
- joint tissue and meat off the bone (trotters, duck feet, chicken wings)
- rinds (skin)



✓ Edible Insects**

- agave worm
- ant
- bamboo worm
- bee larva
- centipede
- cicada
- cockroach
- cricket
- dragonfly
- dung beetle
- earthworm
- fly pupa
- grasshopper
- hornworm
- june bug
- locust
- mealworm
- sago worm
- silkworm



**Insects are eaten in cultural dishes around the world. They aren't all easy to get a hold of in Western countries, but cricket flour/powder is becoming easier to source.

✓ Leafy Greens and Salad Veggies

- amaranth greens
- artichoke
- arugula
- asparagus
- beet greens
- bok choy
- borage greens
- broccoli
- broccoli rabe
- Brussels sprouts
- cabbage
- canola leaves
- capers
- cardoon
- carrot greens
- cat's-ear
- cauliflower
- celery
- celtuce
- Ceylon spinach
- chickweed
- chicory
- Chinese mallow
- chrysanthemum leaves
- collard greens
- cress
- dandelion
- endive
- fat hen
- fiddlehead
- Florence fennel
- fluted pumpkin leaves
- Good King Henry
- greater plantain
- kai-lan (Chinese broccoli)
- kale
- kohlrabi greens
- komatsuna
- Lagos bologi
- lamb's lettuce
- land cress
- lettuce
- lizard's tail
- melokhia
- mizuna



- mustard greens
- napa cabbage
- New Zealand spinach
- nopal
- orache
- pea leaves
- poke
- Prussian asparagus
- pumpkin sprouts
- radicchio
- radish sprouts
- samphire
- sculpit (stridolo)
- sea beet
- sea kale
- sorrel
- spinach
- squash blossoms
- summer purslane
- sunflower sprouts
- sweet potato greens
- Swiss chard
- tatsoi
- turnip greens
- water spinach
- watercress
- winter purslane

✓ Stems, Flowers, and Flower Bud Vegetables

- asparagus
- broccoli
- capers
- cardoon
- cauliflower
- celery
- fennel
- nopal
- Prussian asparagus
- rhubarb (only the stems are edible)
- squash blossoms
- edible flowers (e.g. calendula, carnation, clover, dandelion, gladiolas, hibiscus, honeysuckle, lavender, marigold, nasturtium, pansy, primrose, scented geranium)



✓ Alliums

- abusgata
- chives
- elephant garlic
- garlic
- kurrat
- leek
- onion
- pearl onion
- potato onion
- scallion
- spring onion
- shallot
- tree onion
- wild leek (aka ramp)



✓ Roots, Tubers, and Bulb Vegetables



- earthnut pea
- elephant foot yam
- Ensete
- ginger
- Hamburg parsley
- horseradish
- Jerusalem artichoke
- jicama
- kohlrabi
- konjac
- kudzu
- lotus root
- maca
- mashua
- parsnip
- pignut
- prairie turnip
- radish
- rutabaga
- salsify
- scorzonera
- skirret
- swede
- sweet potato
- taro
- ti
- tigernut
- turnip
- ulluco
- wasabi
- water caltrop
- water chestnut
- yacón
- yam

- arracacha
- arrowroot
- bamboo shoot
- beet root
- broadleaf arrowhead
- burdock
- camas
- canna
- carrot
- cassava (aka manioc, tapioca, yuca)
- celery root (aka celeriac)
- Chinese artichoke
- daikon

✓ Vegetables That Are Actually Fruits

- avocado
- bitter melon (aka bitter gourd)
- chayote
- cucumber
- ivy gourd
- loofa
- okra
- olive
- plantain
- pumpkin (see page 55)
- squash (see page 55)
- tinda
- West Indian gherkin
- winter melon
- zucchini



✓ Sea Vegetables

- aonori
- arame
- carola
- dabberlocks
- dulce
- hijiki
- kombu
- laver
- mozuku
- nori
- ogonori
- sea grape
- sea kale
- sea lettuce
- wakame



✓ Edible Fungi

- beech mushroom (aka shimeji)
- boletus, many varieties
- button mushroom, many varieties (includes portobello and crimini)
- chanterelle, many varieties
- field blewit
- gypsy mushroom
- kefir (includes both yeast and probiotic bacteria)
- king trumpet mushroom
- kombucha (includes both yeast and probiotic bacteria)
- lion's mane mushroom
- maitake
- matsutake
- morel, many varieties
- oyster mushroom, many varieties
- saffron milk cap
- shiitake (aka oak mushroom)
- snow fungus
- *Sparassis crispa*
- straw mushroom
- sweet tooth fungus (aka hedgehog mushroom)
- tree ear fungus
- truffle, many varieties
- winter mushroom (aka enokitake)
- yeast (baker's, brewer's, nutritional)



✓ Berries

- açai
- bearberry
- bilberry
- blackberry
- blueberry
- cloudberry
- cranberry
- crowberry
- currant
- elderberry
- falberry
- gooseberry
- grape
- hackberry
- huckleberry
- lingonberry
- loganberry
- mulberry
- muscadine
- nannyberry
- Oregon grape
- raspberry
- salmonberry
- sea buckthorn
- strawberry
- strawberry tree
- thimbleberry
- wineberry



✓ Rosaceae Family (Apple Family and Stone Fruits)

- apple
- apricot
- cherry
- chokeberry
- chokecherry
- crabapple
- greengage
- hawthorn
- loquat
- medlar
- nectarine
- peach
- pear
- plum
- quince
- rose hip
- rowan
- service tree
- serviceberry
- shipova



✓ Melons

- canary melon
- cantaloupe
- casaba
- Charentais
- Christmas melon
- Crenshaw melon
- derishi
- Galia
- honeydew
- horned melon
- melon pear
- muskmelon
- net melon
- ogen melon
- pepino melon
- Persian melon
- Russian melon (aka Uzbek melon)
- sharlyn
- sweet melon
- watermelon
- winter melon



✓ Citrus*

- amanatsu
- blood orange
- Buddha's hand
- cam sành
- citron
- clementine
- fernandina
- grapefruit, many varieties
- kaffir lime
- key lime
- kinnow
- kiyomi
- kumquat
- lemon, many varieties
- lime, many varieties
- limetta
- mandarin
- Meyer lemon
- orange, many varieties
- orangelo
- oroblanco
- pomelo
- pompia
- ponkan
- rangpur
- shonan gold
- sudachi
- tangelo
- tangerine
- tangor
- ugli
- yuzu



✓ Tropical and Subtropical Fruits *

- abiu
- acerola
- ackee
- African moringa
- ambarella
- babaco
- banana
- biriba
- camucamu
- canistel
- ceriman
- chayote
- cherimoya
- coco plum
- coconut
- custard apple
- date
- dragonfruit
- durian
- fig, many varieties
- gambooge
- granadilla
- guanabana
- guava, many varieties
- guavaberry
- ilama
- jackfruit
- jujube
- karonda
- kiwi
- korlan
- kumquat
- longan
- loquat
- lychee
- mamey sapote
- mango
- mangosteen
- maypop
- medlar
- nance
- papaya
- passion fruit
- pawpaw
- peanut butter fruit
- persimmon
- pineapple
- plantain
- pomegranate
- pulasan
- quince
- rambutan
- riberry
- rose apple
- safou
- salak
- santol
- soursop
- star apple
- starfruit (carambola)
- sugar apple
- tamarind
- ugni
- vanilla bean
- wampee



*There are many more varieties of citrus and tropical fruits; these lists represent those that you are most likely to come across.

✓ Good Fats

- avocado oil (cold-pressed)
- bacon fat (ideally from pasture-raised pigs)
- coconut oil (typically extra-virgin and expeller-pressed, but also naturally refined)
- lard (rendered fat from the backs of pigs, ideally pasture-raised)
- leaf lard (rendered fat from around pigs' kidneys and other internal organs, ideally pasture-raised)
- olive oil, extra-virgin and virgin
- palm oil (not to be confused with palm kernel oil; look for ethically and sustainably sourced)
- palm shortening (look for ethically and sustainably sourced)
- pan drippings
- poultry fat (typically duck, goose, or emu)
- red palm oil (look for ethically and sustainably sourced)
- сало (rendered fat from cured slabs of pork fatback, ideally pasture-raised)
- schmaltz (chicken or goose fat, ideally pasture-raised)
- strutto (clarified pork fat, ideally pasture-raised)
- tallow (rendered fat from beef, lamb, or mutton, ideally grass-fed)



✓ Probiotic Foods**

- beet and other vegetable kvasses
- kombucha
- coconut milk kefir or yogurt
- raw, unpasteurized, lacto- or wild-fermented vegetables (kimchi, beets, carrots, pickles)
- raw, unpasteurized, lacto- or wild-fermented fruits (green papaya, chutneys)
- raw, unpasteurized, lacto- or wild-fermented condiments (relishes, salsas)
- raw, unpasteurized sauerkraut
- water kefir



**Check ingredients to avoid nightshades, emulsifiers, and dairy.

✓ Herbs and Spices

- asafetida (check ingredients)
- balm
- basil leaf (sweet, Thai, etc.)
- bay leaf
- chamomile
- chervil
- chives
- cilantro (aka coriander leaf)
- cinnamon
- cloves
- curry leaves
- dill weed
- fennel leaf
- fenugreek leaves
- galangal
- garlic
- garlic powder
- ginger
- horseradish (check ingredients for horseradish sauce)
- kaffir lime leaves
- lavender
- lemon balm
- lemongrass
- mace
- marjoram leaf
- mint (peppermint, spearmint, etc.)
- onion powder
- oregano leaf
- parsley
- perilla leaves (aka beefsteak leaves)
- rosemary
- saffron
- sage
- salt (Himalayan pink salt or Celtic sea salt)
- savory leaf
- sea vegetables
- tarragon
- thyme
- turmeric



- truffle (whole truffles, truffle oil, or truffle salt)
- vanilla extract (if alcohol will be cooked off)
- vanilla powder (check ingredients)

✓ Beverages

- beet and other vegetable kvasses
- carbonated or sparkling water
- coconut milk (emulsifier-free)
- coconut milk kefir
- coconut water
- homemade spa water (page 334)
- kombucha
- lemon or lime juice
- mineral water
- soda water
- tea, green or black
- tea, herbal (including chamomile, chicory, cinnamon, citrus rind, clove, dandelion root, dried fruit, ginger, hibiscus, honeybush, lavender, lemon balm, marshmallow root, milk thistle, mint, rose hip, rooibos, turmeric, and yerba mate)
- vegetable (green) juices and smoothies (in moderation)
- water
- water kefir





Pantry Items and Flavoring Ingredients

- agar agar
- anchovies or anchovy paste (check ingredients)
- apple cider vinegar
- arrowroot powder
- baking soda
- balsamic vinegar
- bonito flakes
- capers
- carob powder (in moderation)
- chutneys (in moderation; check ingredients)
- coconut aminos (a great soy sauce substitute)
- coconut butter (aka creamed coconut, coconut cream concentrate)
- coconut cream
- coconut flour
- coconut milk
- coconut water vinegar
- cream of tartar
- dried fruit (in moderation)
- fish sauce (check ingredients)
- gelatin
- green banana flour
- honey (in moderation)
- jams and jellies (in moderation; check ingredients)
- kuzu starch
- maple syrup (in moderation)
- molasses (in moderation)
- nutritional yeast (caution: common sensitivity)
- plantain flour (check ingredients: may be mixed with potato starch)
- pomegranate molasses (in moderation)
- red wine vinegar
- sea vegetable powder (or salt)
- shrimp paste (check ingredients)
- sweet potato flour or starch
- tamarind paste
- tapioca starch (caution: common sensitivity)
- truffle
- truffle oil (made with extra-virgin olive oil; check ingredients)
- truffle salt (check ingredients)
- umeboshi paste
- unrefined cane sugars
- vegetable powders (pumpkin, sweet potato, spinach, etc.)
- water chestnut flour
- white wine vinegar

