



# The Autoimmune Protocol, Foods to Include

<b>VEGETABLES</b>	Artichoke, arugula, asparagus, bok choy, broccoli, brussels sprout, cabbage, cauliflower, celery, chard, collard green, cucumber, fennel, green bean, kale, leek, lettuce, mushrooms, rhubarb, snap pea, spinach, squash, watercress
<b>FATS</b>	Animal fat, avocado oil, coconut oil, duck fat, lard, olive oil, palm oil, tallow
<b>ROOTS</b>	Beet, carrot, celeriac, jicama, onion, parsnip, turnip, radish, rutabaga, shallot, sweet potato, yam
<b>MEATS</b>	Beef, bison, buffalo, lamb, fish, shellfish, chicken, turkey, duck, pork, rabbit, venison
<b>OFFAL</b>	Bone broth, liver, kidney, heart
<b>FRUIT</b>	Apple, apricot, avocado, banana, blackberry, blueberry, cantaloupe, cherry, clementine, coconut, date, fig, grape, grapefruit, guava, huckleberry, honeydew, kiwi, lemon, lime, mango, marionberry, nectarine, orange, papaya, peach, pear, persimmon, plum, pineapple, pomegranate, raspberry, strawberry, tangerine, watermelon
<b>HERBS</b>	Basil, bay leaves, chamomile, chives, cilantro, dill, lavender, lemongrass, marjoram, mint, parsley, peppermint, rosemary, sage, spearmint, tarragon, thyme
<b>SPICES</b>	Cinnamon, cloves, garlic, ginger, saffron, sea salt, shallots, turmeric
<b>PANTRY ITEMS</b>	Apple cider vinegar, anchovies, arrowroot powder, coconut flour, coconut flakes, coconut vinegar, coconut aminos, dates, dried fruit, olives, salmon, sardines, tuna, ume plum vinegar
<b>FERMENTS</b>	Sauerkraut, fermented vegetables (carrot, beet, other veg), kombucha, water kefir

