

# Wholehearted and Healthy's

## AUTOIMMUNE PROTOCOL CHEAT SHEET

FOOD GROUP	EAT THIS	DON'T EAT THIS
MEAT	BEEF, POULTRY, PORK, LAMB, BISON, VENISON, WILD CAUGHT FISH, SHELLFISH	FACTORY FARMED MEATS, FARM RAISED FISH AND SEAFOOD
GRAINS	NONE	ALL GRAINS, INCLUDING WHEAT, CORN, BARLEY, RICE, MILLET AND QUINOA
LEGUMES	GREEN BEANS, SNAP PEAS, MANGE TOUT PEAS	ALL BEANS AND LENTILS, SOY, PEANUTS
VEGETABLES	ALL OTHER VEGETABLES, FROM ASPARAGUS TO ZUCCHINI AND EVERYTHING IN BETWEEN	AVOID ALL NIGHTSHADE VEGETABLES, INCLUDING TOMATOES, WHITE POTATOES, PEPPERS AND EGGPLANT, AND ALL CHILI BASED SPICES LIKE CAYENNE AND PAPRIKA
FRUIT	ALL FRUITS ARE PERMITTED, BUT BE MINDFUL TO LIMIT FRUCTOSE INTAKE BY STICKING TO 2-3 PIECES OF FRUIT A DAY	NONE
DAIRY	COCONUT MILK, COCONUT CREAM (PREFERABLY HOMEMADE OR WITHOUT ADDITIVES)	MILK, CHEESE, YOGHURT, CREAM, GHEE, BUTTER, ICE CREAM
EGGS	NONE	CHICKEN, DUCK, QUAIL, GOOSE
NUTS & SEEDS	NONE	ALMONDS, CASHEWS, PECANS WALNUTS, MACADAMIAS, SUNFLOWER SEEDS, SESAME SEEDS, PUMPKIN SEEDS, FLAX SEEDS
FERMENTED FOODS	SAUERKRAUT, KOMBUCHA, WATER KAFIR, NON-NIGHTSHADE KIMCHI	FERMENTED SOY PRODUCTS
OFFAL	LIVER, HEART, KIDNEY, BONE BROTH	NONE
SUGAR & SWEETENERS	LIMITED RAW, LOCAL HONEY OR MAPLE SYRUP	SUGAR, HIGH-FRUCTOSE CORN SYRUP, MOLASSES, STEVIA, AGAVE, SLENDA, EQUAL
FATS	LARD, TALLOW, DUCK FAT, COCONUT OIL, OLIVE OIL, AVOCADO OIL	BUTTER & GHEE, MARGARINE, CANOLA OIL, CORN OIL, VEGETABLE OIL, SEED OILS
FOOD ADDITIVES	NONE	CARRAGEENAN, GUAR GUM, ASPARTAME, MSG, SULFATES, NITRATES, BENZOIC ACID
NSAIDS	NONE	IBUPROFEN, ASPIRIN, NAPROXEN, AND SO ON
ALCOHOL	NONE	WINE, BEER, LIQUOR, SUGAR ALCOHOLS LIKE XYLITOL, AND IN EXTRACTS LIKE VANILLA