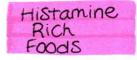
"Yes" foods

Here are some ideas from each of the major food Paleo Autoimmune Protocol food groups!



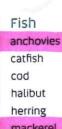
Histamine Liberating FOODS



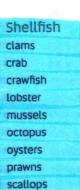




Meat &
Poultry
beef
bison
chicken
lamb
mutton
pork
turkey
wild game



her	ring
ma	ckerel
ma	hi mah
sal	mon
sar	dines
sna	apper
tila	pia
tro	ut
tur	na



shrimp

squid

Sea Vegetables arame dulse kombu nori wakame



arugula beet greens bok choy carrot tops collard greens dandelion greens endive herbs kale lettuce mustard greens napa cabbage spinach Swiss chard turnip greens watercress



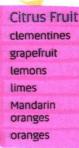
Cruciferous Vegetables arugula broccoli Brussels sprouts cabbage cauliflower collard greens kale kohlrabi mustard greens napa cabbage radishes radicchio

turnips

watercress

Root Vegetables & Winter Squash arrowroot beets carrots cassava (tapioca, yuca) jicama pumpkins squash rutabagas sweet potatoes taro









Onions, Garlic & Other Alliums chives garlic leeks onions scallions shallots spring onions



Other Fruits & Veggies

apples apricots artichokes asparagus bananas cantaloupes capers

celery cherries coconuts cucumbers dates figs

mangoes nectarines okra papayas peaches honeydew melons pears

kiwis

pineapples plantains

plums pomegranates watermelons zucchini

'Yes, you get to add herbs, spices, and other ingredients to prepare these foods in delicious ways! See page 68.

yams



"No" foods





Alcohol

Beer, wine (okay for cooking), spirits





Eggs

Coffee Except for perhaps an occasional cup



Grains

Barley, corn, durum, fonio, Job's tears, kamut, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), wild rice



Amaranth, buckwheat, chia, quinoa



Dairy

Butter, buttermilk, butter oil, cheese, cottage cheese, cream, curds, dairy-protein isolates, ghee, heavy cream, ice cream, kefir, milk, sour cream, whey, whey-protein isolate, whipping cream, yogurt



Legumes

Adzuki beans, black beans, blackeyed peas, butter beans, calico beans,
cannellini beans, chickpeas (garbanzo
beans), fava beans (broad beans), great
Northern beans, green beans, Italian
beans, kidney beans, lentils, lima beans,
mung beans, navy beans, peanuts,
peas, pinto beans, runner beans, split
peas, soybeans (including edamame,
tofu, tempeh, other soy products, and
soy isolates, such as soy lecithin)



Processed Vegetable Oils

Canola oil (rapeseed oil), corn oil, cottonseed oil, palm kernel oil, peanut oil, safflower oil, soybean oil, sunflower oil



Processed Food Chemicals & Ingredients

Acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are okay), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated vegetable oil, hydrogenated oil), yeast extract, any ingredient with a chemical name that you don't recognize



Problematic Sugars & Sweeteners

Agave, agave nectar, barley malt, barley malt syrup, brown rice syrup, brown sugar, cane crystals, cane sugar (refined), caramel, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, highfructose corn syrup, invert sugar, inulin, lactose, malt syrup, maltodextrin, maltose, monk fruit (luo han guo), panela, panocha, refined sugar, rice bran syrup, rice syrup, sorghum syrup, sucrose (saccharose), syrup, treacle, turbinado sugar, yacon syrup



Sugar Substitutes

Acesulfame potassium (acesulfame K), aspartame, erythritol, mannitol, neotame, saccharin, sorbitol, stevia, sucralose, xylitol



Nuts & Seeds

Almonds, Brazil nuts, cashews, chestnuts, flax seeds, hazelnuts, hemp seeds, macadamia nuts, pecans, pine nuts, pistachios, poppy seeds, pumpkin seeds, sesame seeds, sunflower seeds, walnuts, any flours, butters, oils, or other products derived from nuts or seeds



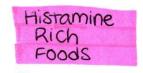
Nightshades & Spices Derived from Nightshades

Ashwagandha, bell peppers (sweet peppers), cayenne peppers, cape gooseberries (ground cherries, not to be confused with regular cherries, which are okay), egplant, garden huckleberries (not to be confused with regular huckleberries, which are okay), goji berries (wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, paprika, pepinos, pimentos, potatoes (sweet potatoes are okay), tamarillos, tomatillos, tomatoes (Note: Some curry powders contain nightshade ingredients.)



Spices Derived from Seeds

Anise, annatto, black caraway (Russian caraway, black cumin), celery seed, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg





herbs, spices, and flavor combos

Unfortunately, many seasonings end up on the "no" list because they're derived from nightshades, seeds, or other "no" foods. Here are the herbs, spices, and other flavorings that are on the "yes" list.



Herbs, spices, and other flavorings

basil (sweet, Thai, etc.)

) (

cloves

lemongrass

rosemary

thyme

bay leaf

dill weed

mace

saffron

turmeric

chamomile

fennel leaf garlic marjoram mint (peppermint, sage savory truffle (whole truffles,

chives

gartic

spearmint, etc.)

sea salt

truffle oil, or truffle salt)

cilantro (coriander leaf) ginger horseradish

oregano leaf

tarragon

vanilla extract

cinnamon

narsl

parsley

Want to experiment with your own flavor combinations? Here are some great starting points.

ASIAN

Lemongrass, coconut aminos, fish sauce, garlic, ginger, lime

GREEK

Basil, oregano, lemon, olive oil, olives

ITALIAN

Balsamic vinegar, basil, garlic, marjoram, olive oil, oregano, rosemary, sage, thyme

MIDDLE EASTERN

Lemon, cinnamon, cloves, garlic, mace, mint, olive oil, olives, onion, turmeric

Here are some other ingredients that can help you achieve that perfect flavor and/or texture.

Apple cider vinegar, balsamic vinegar, grapefruit, lemon, lime, orange

HEARTINESS

Butternut squash, carrot, celery root, plantain, rutabaga, sweet potato

Apple cider vinegar, balsamic vinegar, coconut aminos, fish sauce, molasses, mushrooms, truffle salt

SWEET ADDITIONS

Coconut milk, dried fruit, pureed fruit, fruit juice (in small quantities), ripe bananas and plantains, honey, maple syrup, molasses, sweet potatoes

TEXTURE

Apple chips, berries, coconut flakes, dried dates or figs, nort, raisins, roasted vegetables

THICKENERS

Arrowroot starch; tapioca starch; pureed plantain, sweet potato, or butternut squash