

# AIP REINTRODUCTION STAGES

## STAGE 1

**Egg Yolks** (not the whites)

**Beans/Legumes with Edible Pods:** green beans, peas, runner beans, snow peas, sugar snap peas, wax beans

**Fruit and Berry-Based Spices:** Allspice, Black Pepper, Caraway, Cardamom, Juniper, Peppercorns, Star Anise, Sumac

**Seed-based Spices:** Anise Seed, Annatto Seed, Black Caraway, Black Cumin, Celery Seed, Coriander Seed, Cumin Seed, Dill Seed, Fennel Seed, Fenugreek, Mustard, Nutmeg, Russian Caraway

**Nut and Seeds (oils only):** Macadamia, Sesame, Walnut

**Dairy (ideally from grass-fed sources):** Ghee

**Nuts and seeds (excluding cashews and pistachios):** Almonds, Brazil Nuts, Chestnuts, Hazelnuts, Macadamia Nuts, Pecans, Pine Nuts, Walnuts, Cacao, Chia, Chocolate, Cocoa, Flax, Hemp Seeds, Poppy, Pumpkin Seeds, Sesame, Sunflower, or any other flavors, flours, butters, oils, and other products derived from them

**Egg whites (or whole eggs)**

**Dairy (ideally from grass-fed sources):** Butter and Butter oil

**Alcohol (small quantities):** Gluten-free beer or hard cider (8 oz or less), Wine (5 oz or less), Fortified Wine (3 oz or less), Liqueur (3 oz or less), Gluten-free Spirits (1 oz or less)

## STAGE 2

# STAGE 3

**Nuts:** Cashews, Pistachios, or any other flours, butters, oils, and other products derived from them

**Nightshades (limited):** Bell Peppers (aka Sweet Peppers), Eggplant, Paprika

**Seeds:** Coffee

**Dairy (ideally from grass-fed sources):** Cream, Heavy Cream, Kefir, Sour Cream, Whipping Cream, Yogurt

**Dairy (ideally from grass-fed sources):** Buttermilk, Cheese, Cottage Cheese, Cream Cheese, Curds, Dairy-Protein Isolates, Ice Cream, Milk, Whey, Whey-protein Isolate

**Nightshades or spices derived from nightshades:** Ashwagandha, Cayenne Peppers, Cape Gooseberries, Chili Peppers, Chili-based Spices, Garden Huckleberries, Goji Berries, Ground Cherries, Hot Peppers, Naranjillas, Pepinos, Pimientos, Potatoes, Tamarillos, Tomatillos, Tomatoes, Wolfberries

**Gluten-free Grains, Psuedo-grains, and other grain-like substances:** Aramanth, Buckwheat, Corn, Fonio, Job's Tears, Kamut, Millet, Oats, Quinoa, Rice, Sorghum, Spelt, Teff, Wild Rice (grains may be tolerated more when soaked and fermented)

**Legumes:** Adzuki Beans, Black Beans, Black-eyed Peas, Broad Beans, Butter Beans, Calico Beans, Cannellini Beans, Chickpeas, Fava Beans, Garbanzo Beans, Great Northern Beans, Italian Beans, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Pinto Beans, Peanuts, Split Peas (Legumes may be tolerated more when soaked and fermented)

**Alcohol (moderate quantities):** Gluten-free Beer or Hard Cider, Wine, Fortified Wine, Liqueur, Gluten-free Spirits

# STAGE 4