

AIP Practice Test Questions and Answers

1. What does AIP stand for in the context of dietary protocols?

- A) Advanced Immune Protocol
- B) Autoimmune Protocol
- C) Anti-Inflammatory Program
- D) Adaptive Intestinal Plan

2. Which foods are typically eliminated during the AIP elimination phase?

- A) Only grains and dairy
- B) Grains, legumes, dairy, eggs, nuts, seeds, and nightshades
- C) All carbohydrates
- D) Only processed foods

3. What is the primary goal of the AIP diet?

- A) Weight loss
- B) Muscle building
- C) Reducing inflammation and healing the gut
- D) Increasing energy levels

4. How long is the typical AIP elimination phase?

- A) 2-4 weeks
- B) 30-90 days
- C) 6-12 months
- D) Permanently

Answers: 1-B 2-B 3-C 4-B

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