

## **GAPSTM Allowable Foods**

Based on the work of Natasha Campbell-Mc Bride, M.D.

### **Animal Proteins \***

Beef, fresh or frozen  
Chicken, fresh or frozen  
Duck, fresh or frozen  
Edam cheese  
Eggs, fresh  
Fish, fresh or frozen, canned in oil or water  
Game, fresh or frozen  
Goose, fresh or frozen  
Lamb, fresh or frozen  
Poultry, fresh or frozen  
Quail, fresh or frozen  
Shellfish, fresh or frozen  
Turkey, fresh or frozen

\* Meats from organic pastured animals that have  
Not been fed hormones are best.  
Wild fish rather than farmed fish are best.

### **Dairy \***

Asiago cheese  
Blue cheese  
Brick cheese  
Brie cheese  
Butter  
Camembert cheese  
Cheddar cheese  
Colby cheese  
Ghee, home-made  
Gorgonzola cheese  
Gouda cheese  
Havarti cheese  
Limburger cheese  
Muenster cheese  
Monterey Jack cheese  
Romano cheese  
Roquefort cheese  
Stilton cheese  
Swiss cheese  
Yogurt, home-made

\*Dairy products will be introduced in stages. Initially no dairy products are to be consumed. You will be instructed how and when to introduce the foods on this list. Raw cheese from organic grass-fed cows is always preferred. All dairy should be hormone-free.

### **Nuts \***

Almonds, including almond butter & oil  
Brazil nuts  
Cashews nuts, raw  
Chestnuts  
Coconut, fresh, dried, milk, oil (without  
any additives)  
Filberts  
Hazelnuts  
Pecans  
Walnuts

\* Organic is best; not roasted, salted,  
or coated. Soaked nuts are  
preferable. See additional instructions

### **Legumes \***

Lentils  
Lima beans  
Navy beans (white)  
Split peas

\* Organic is best; soak for 7-24 hours  
prior to cooking in water and 1 T.  
baking soda; rinse thoroughly prior  
to cooking. All other beans are too  
starchy for GAPS individuals.

### **Seeds \***

Pumpkin seeds  
Sesame seeds  
Sunflower seeds

\* Organic is best; not roasted, salted, or  
or coated. Soaked seeds are preferable.

**Vegetables \***

Artichoke, French  
 Asparagus  
 Beets or Beetroot  
 Black radish  
 Bok Choy  
 Broccoli  
 Brussels sprouts  
 Cabbage  
 Capers  
 Carrots  
 Cauliflower  
 Celeriac  
 Celery  
 Collard greens  
 Cucumber  
 Eggplant, aubergine  
 Garlic  
 Ginger root, fresh  
 Green beans (string beans)  
 Herbs, fresh or dried without preservatives  
 Kale  
 Lettuce (all types)  
 Lima beans, fresh  
 Mushrooms  
 Olives (without sugar, preservatives, or other additives)  
 Onions  
 Parsley  
 Peas, fresh  
 Peppers (green, orange, red, yellow)  
 Pickles (without sugar, preservatives, or other additives)  
 Pumpkin  
 Rhubarb  
 Spinach  
 Squash (summer and winter)  
 Tomatoes (juice, puree without sugar or other additives)  
 Turnips  
 Watercress  
 Zucchini

\* Organic is best, particularly for those dealing with Spectrum disorders, ADD/ADHD, psychological disorders, and all children. For those with intestinal dysfunction and diarrhea, cooked is best until diarrhea clears.

**Fruit \***

Apples  
 Apricots, fresh or dried  
 Avocados  
 Bananas, ripe  
 Berries, all types  
 Cherimoya  
 Cherries  
 Grapefruit  
 Grapes, organic only  
 Kiwi fruit  
 Kumquats  
 Lemons  
 Limes  
 Mangoes  
 Melons  
 Nectarines  
 Oranges  
 Papayas  
 Peaches  
 Pears  
 Pineapples, fresh  
 Prunes, dried without additives  
 Raisins, organic only  
 Satsumas  
 Tangerines  
 Ugly fruit

\* Organic is best, no sulphites or additives.

**Spices, miscellaneous**

Cayenne pepper  
 Cinnamon  
 Citric acid  
 Coriander  
 Dill  
 Gin, occasionally  
 Herbal teas  
 Herbs, fresh or dried without additives  
 Honey, raw is best  
 Mustard seeds, pure powder without additives  
 Vodka, occasionally  
 Wine, red or white, occasionally

## GAPS Foods to Avoid

### Animal Proteins

Bologna  
Bouillon cubes or granules  
Fish, preserved, smoked, salted, breaded and  
canned with sauces  
Ham  
Hot dog  
Meats, processed, preserved, smoked and  
salted (including jerky)  
Sausages, commercial with additives

### Milk

Acidophilus  
Buttermilk  
Cheeses, processed and cheese spreads  
Chevre cheese  
Cottage cheese  
Cream  
Cream cheese  
Feta cheese  
Gjetost cheese  
Gruyere cheese  
Ice-cream, commercial  
Milk  
Milk, dried  
Mozzarella cheese  
Neufhatel cheese  
Primost cheese  
Ricotta cheese  
Sour cream commercial  
Whey, powder or liquid  
Yogurt, commercial

### Miscellaneous

Acesulphame  
Agar-agar  
Algae  
Aloe Vera  
Apple juice  
Arrowroot  
Astragalus  
Baker's yeast  
Baking powder & raising agents of all kinds  
Balsamic vinegar  
Bean flour & sprouts  
Bee pollen

### Nuts & Seeds

Almond milk, commercial  
Peanuts, unless fresh  
Roasted, salted, and coated nuts  
Soy, including soy milk and tofu

### Grains

All grains included amaranth, barley,  
buckwheat, bulgur, corn, kamut,  
millet, oats, rice, rye, spelt, triticale,  
and wheat.

### Spices & Sweeteners

All spices with additives  
Agave syrup  
Bouillon cubes or granules  
Corn syrup  
Dextrose  
Fructose  
Jams  
Jellies  
Liqueurs  
Maple Syrup  
Molasses  
Nutra-sweet  
Saccharin  
Sugar or sucrose of any kind

### Vegetables

Bitter gourd  
Canned vegetables  
Chickory root  
Jersalem artichoke  
Okra  
Parsnips  
Potato, white  
Potato, sweet  
Sago  
Yams

Beer  
Brandy  
Burdock root  
Carob  
Carrageenan  
Cellulose gum  
Cereals, including all breakfast cereals  
Chewing gum  
Chocolate  
Cocoa powder  
Coffee, instant & coffee substitutes  
Cooking oils (canola, corn, Crisco, safflower, etc.)  
Cordials  
Cornstarch  
Cottonseed  
Cous-cous  
Cream of Tartar  
Drinks, soft  
Flour, made of grains  
FOS (fructooligosaccharides)  
Fruit, canned or preserved  
Ketchup, commercially available  
Lactose  
Liqueurs  
Margarines & butter replacements  
Pectin  
Seaweed  
Sherry  
Starch  
Tapioca  
Tea, instant