GAPS™ 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.

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.

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.

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 coated. Soaked seeds are preferable.
<table>
<thead>
<tr>
<th>Vegetables *</th>
<th>Fruit *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke, French</td>
<td>Apples</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Apricots, fresh or dried</td>
</tr>
<tr>
<td>Beets or Beetroot</td>
<td>Avocados</td>
</tr>
<tr>
<td>Black radish</td>
<td>Bananas, ripe</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>Berries, all types</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cherimoya</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Cherries</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Capers</td>
<td>Grapes, organic only</td>
</tr>
<tr>
<td>Carrots</td>
<td>Kiwi fruit</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Kumquats</td>
</tr>
<tr>
<td>Celeriac</td>
<td>Lemons</td>
</tr>
<tr>
<td>Celery</td>
<td>Limes</td>
</tr>
<tr>
<td>Collard greens</td>
<td>Mangoes</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Melons</td>
</tr>
<tr>
<td>Eggplant, aubergine</td>
<td>Nectarines</td>
</tr>
<tr>
<td>Garlic</td>
<td>Oranges</td>
</tr>
<tr>
<td>Ginger root, fresh</td>
<td>Papayas</td>
</tr>
<tr>
<td>Green beans (string beans)</td>
<td>Peaches</td>
</tr>
<tr>
<td>Herbs, fresh or dried without preservatives</td>
<td>Pears</td>
</tr>
<tr>
<td>Kale</td>
<td>Pineapples, fresh</td>
</tr>
<tr>
<td>Lettuce (all types)</td>
<td>Prunes, dried without additives</td>
</tr>
<tr>
<td>Lima beans, fresh</td>
<td>Raisins, organic only</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Satsumas</td>
</tr>
<tr>
<td>Olives (without sugar, preservatives, or other additives)</td>
<td>Tangerines</td>
</tr>
<tr>
<td>Onions</td>
<td>Ugly fruit</td>
</tr>
<tr>
<td>Parsley</td>
<td></td>
</tr>
<tr>
<td>Peas, fresh</td>
<td></td>
</tr>
<tr>
<td>Peppers (green, orange, red, yellow)</td>
<td></td>
</tr>
<tr>
<td>Pickles (without sugar, preservatives, or other additives)</td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td></td>
</tr>
<tr>
<td>Rhubarb</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>Squash (summer and winter)</td>
<td></td>
</tr>
<tr>
<td>Tomatoes (juice, puree without sugar or other additives)</td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td></td>
</tr>
<tr>
<td>Watercress</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td></td>
</tr>
</tbody>
</table>

* 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

* 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.
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

**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
- Jerusalem artichoke
- Okra
- Parsnips
- Potato, white
- Potato, sweet
- Sago
- Yams

**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
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