

GAPS™ DIET

THE FULL FOOD LIST

MEATS

beef¹
 chicken¹
 duck¹
 eggs (fresh only)
 fish¹
 fish - canned
 (in water or olive oil)
 game¹
 goose¹
 lamb¹
 pheasant¹
 pigeon¹
 pork¹
 poultry¹
 quail¹
 shellfish¹
 turkey¹



NUTS

all kinds of freshly shelled nuts
 (not roasted *, salted or coated)
 almonds: incl. butter & oil
 brazil nuts
 cashew nuts (fresh only)
 filberts
 hazelnuts
 nut flours or ground nuts
 (usually ground blanched almonds)
 peanut butter #
 pecans
 walnuts

BEVERAGES

coffee³
 ginger root tea
 herbal teas
 juices (freshly pressed from
 permitted fruits & vegetables)
 tea³

VEGETABLES

artichoke: French
 asparagus
 beets or beetroot
 black radish
 bok choy
 broccoli
 brussel sprouts
 cabbage
 carrots
 cauliflower
 celery
 collard greens
 cucumber
 eggplant
 kale
 lettuce: all kinds
 mushrooms
 olives (preserved ^)
 onions
 peppers: green, yellow, red
 & orange
 pickles ^
 pumpkin
 rhubarb
 sea weed (fresh & dried)
 spinach
 squash: summer & winter
 swedes
 tomatoes: incl puree &
 juice⁴
 turnips
 watercress
 zucchini



BEANS & LEGUMES

dried split peas⁴
 fresh green peas
 haricot beans⁴
 lentils⁴
 lima beans⁴ (dried & fresh)
 string beans
 white navy beans⁴

DAIRY

asiago cheese
 blue cheese
 brick cheese
 brie cheese
 butter
 camembert cheese
 cheddar cheese
 colby cheese
 cottage cheese
 (uncreamed dry curd)
 edam cheese
 ghee (homemade²)
 gorgonzola cheese
 gouda cheese
 havarti cheese
 limburger cheese
 monterey Jack cheese
 muenster cheese
 parmesan cheese
 port salut cheese
 romano cheese
 roquefort cheese
 swiss cheese
 yogurt (homemade 24hr+)

SEASONING

black, white, red pepper:
 ground or pepper corns
 capers
 cayenne pepper
 celeriac
 cinnamon
 coriander (fresh or dried)
 dill (fresh or dried)
 garlic
 ginger root (fresh)
 herbs (fresh or dried #)
 mustard (seeds, pure powder
 & gourmet types ^)
 nutmeg
 parsley (may also be juiced)
 spices, single & pure #

FRUIT

apples
 apricots (fresh & dried)
 avocados: incl. oil
 bananas
 (ripe only w/ brown spots)
 berries, all kinds
 cherimoya: custard apple
 or sharifa
 cherries
 coconut
 (fresh or dried# shredded)
 incl. coconut milk & oil
 dates
 (fresh or dried #, not in syrup)
 grapefruit
 grapes
 kiwi fruit
 kumquats
 lemons
 limes
 mangoes
 melons
 nectarines
 oranges
 papayas
 peaches
 pears
 pineapple (fresh)
 prunes
 (dried[#] or in own juice)
 raisins
 satsumas
 tangerines
 ugly fruit



MISC.

almond oil
 coconut oil
 olive oil, virgin cold-pressed
 honey, natural
 vinegar (cider or white) **
 citric acid
 cellulose in supplements



NOTES

- 1 fresh or frozen
- 2 store varieties may contain non-allowed ingredients
- 3 weak & freshly made, not instant
- 4 properly prepared

- * any roasting must be done at home
- ** make sure there is no allergy
- ^ w/o sugar or any other non-allowed ingredients
- # w/o additives, except salt

HONEST BODY

Note: This list is NOT a substitute for reading the book
 "Gut & Psychology Syndrome" by Dr NCM
 For a guided GAPS program visit honestbody.com