

PALEO/GAPS DIET in Progression

*We decided to put this together for our patients who find the full-on versions of PALEO and GAPS too hard to start off with. This is an introduction to move from a typical **Australian diet** to a **Super-health for life diet**. Some sections might not be strictly PALEO or GAPS, but the aim is to remove inflammation and control Insulin and IGF-1 secretion in your body, and switch those anti-ageing / anti-obesity / anti-disease genes ON. We hope you find this easier to motivate you for more permanent changes in your life. – **Elizma Lambert ND, Rike Ehm ND***

GRAINS

Australian Diet	Substitutions	Further Progression	PALEO/GAPS
Wheat Gluten Barley Oats Rye Rice Corn	Wild/Black rice Brown/Basmati rice Buckwheat Quinoa Amaranth	All substitutions sprouted or fermented	No Grains

Grains that are sprouted/fermented have been broken down and digested further thus containing less anti-nutrients and sugars. It is easier on the digestive system, needs less enzymes to break down, and provides less starch and sugars for bad bacteria to live on.

FLOURS

Australian Diet	Substitutions	Further Progression	PALEO/GAPS
Wheat Flour Plain Flour Wholemeal Flour Gluten Flour Rye Flour Barley Flour Soy Four	Besan/ Chick pea Flour Spelt Flour Kamut Flour Rice Flour Potato Flour Quinoa Flour Amaranth Flour Buckwheat Flour Polenta/corn meal	Brown Rice Flour Black Bean Flour Sprouted Flours (Essene breads)	Coconut Flour Almond Meal Other Nut Meals

Most flours are from grains, but there are a few from beans, seeds and nuts.

MILK/DAIRY

Australian Diet	Substitutions	Further Progression	PALEO/GAPS
Cow's milk Soya milk Cow's milk flavoured yoghurt Soya yoghurt Cheese	Goat's milk A2 milk Organic cow's milk Raw cow's milk Plain non-flavoured yoghurt Greek-style yoghurt Jalna yoghurt Organic cheese (no shredded cheeses)	Rice milk Almond milk Quinoa milk Goat's yoghurt Sheep's yoghurt Goat's cheese Sheep's cheese	Coconut milk Almond milk Hazelnut milk Other Nut milks Home-made yoghurt Kefir

Already shredded cheeses have chemicals and preservatives added to keep cheese from sticking to each other. It is better to buy a block of cheese and shred it yourself.

MEAT

Australian Diet	Substitutions	Further Progression	PALEO/GAPS
Beef Lamb Chicken Fish Deli meats Ham Salami Bacon	No Deli meats No Salami Ham off bone (no commercial ham) Organic Bacon Fish limited to once a week Sardines Tuna Salmon (Tasmanian)	Grass-fed beef Free-range chicken Free-range pork Organic Bacon (no preservatives)	Organic grass-fed beef Organic lamb Organic free-range chicken Organic free-range pork Organic Bacon (no preservatives)

Organic and free-range might be subject to availability. Do the best you can. The important point here is to try and stay away from as many chemicals as possible.

VEGETABLES

Australian Diet	Substitutions	Further Progression	PALEO/GAPS
Very few vegetables Canned/frozen Microwaved Potato	All fresh vegetables, except: No Potato, rather sweet potato or pumpkin No corn No microwave, rather steam, bake, slow-cook, slow-boil, raw	Organic vegetables	Organic vegetables No Sweet Potato

FRUIT

Australian Diet	Substitution	Further Progression	PALEO/GAPS
Dried Fruit, commercial Canned fruit in syrup Fruit, supermarket	All Fresh Fruit, Green Grocer Dried Fruit with no added sugar or preservatives	Organic Fruit Organic Dried Fruit	Organic Fruit Organic Dried Fruit, no sugar/preservatives

Produce from the Green Grocer is usually fresher than those bought from big supermarkets. Opt for fresher, then move on to organics. Organic produce grown in harsh conditions (i.e. not hydroponically grown, no pesticides) contains more anti-cancer salvestrols. This goes for the vegetables as well.

SWEETENERS

Australian Diet	Substitutions	Further Progression	PALEO/GAPS
White sugar Glucose Fructose Corn syrup Rice syrup Glucose syrup Equal Other artificial sweeteners	Raw organic sugar Rapadura sugar Demara sugar Honey	Agave nectar Coconut sugar Xylitol Erythritol Stevia	Raw honey Organic dates Organic dried fruit

Really take care to check ingredient labels for hidden sugars. Corn syrup, glucose and fructose are especially hidden in a lot of products. Artificial sweeteners will make you eat more due to its effect on the brain chemistry and thus make you gain weight.

DRINKS

Australian Diet	Substitution	Further Progression	PALEO/GAPS
Sodas Coke Other fizzy drinks Beer Alcohol Mixer drinks Caffeine drinks i.e. red bull Late's Juice, commercial Cordials Poppers Milk shakes	Water (off course) Dilute fizzy drinks with water/soda water Boutique beers (no preservatives) Ciders, ginger beers (no preservatives) Dry wines, red/white Vodka (soda water and lemon juice) 100% fruit juice (no concentrates) 100% vegetable juice (no concentrates) Limit to 1 Late/cuppacino per day	No fizzy drinks/sodas Organic wines, no preservatives Freshly squeezed fruit juice Freshly squeezed vegetable juice Organic coffee Organic tea Espresso with milk (as opposed to late) Late's based on almond milk or other substitutes	Water Herbal teas Green tea

The idea is to reduce milk, alcohol and sugar as you progress.