

# The GAPS diet – Gut And Psychology Syndrome diet

Food Type	Include	Exclude	Key Rules
<b>Fruit</b>	<p><b>FRUIT SHOULD BE AVOIDED IN THE INITIAL STAGES OF PHASE 1</b></p> <p>Ripe Fruit, Fresh, Frozen or Dried with no additives (e.g. sugar, starches, preservatives etc.)</p>	<p>Dried &amp; Canned fruits that contain additives (e.g. sugar syrup, preservatives etc.)</p>	<p>Fruit should not be included while diarrhea is active</p> <p>After diarrhea has ceased slowly begin adding ripe, peeled, de-seeded, cooked fruit to the diet until raw fruit is tolerated. Eat raw fruit away from main meals.</p> <p>Unripe fruit contains too much starch. Fruit stored and irradiated also has higher starch levels than fresh / farm gate fruit.</p>
<b>Vegetables</b>	<p>Most fresh &amp; frozen non-starchy vegetables (with no additives) are allowed including Turnips &amp; French Artichokes.</p> <p>Gaps diet emphasizes the regular consumption of traditionally cultured/fermented vegetables and juices from these.</p>	<p>No vegetables packaged with added sugar, preservatives or other additives or canned vegetables are allowed, nor are starchy vegetables which include: Arrowroot, Cassava, Jerusalem Artichokes, Jicama, Kohlrabi, Konjac, Okra, Yams, Parsnips, Potatoes, Plantains, Swede, Sweet Potatoes, Taro.</p>	<p>Small amounts of dried vegetables may be included. They must be free of artificial additives, sugars and preservatives.</p>
<b>Dairy Protein</b>	<p><b>NO DAIRY UNTIL DIARRHOEA HAS GONE.</b> Then follow a gradual reintroduction. See Victus Nutrition tools for the guide.</p> <p>Ghee (no additives, homemade) Butter (organic), Homemade Yoghurt, Certain traditionally made natural cheeses. E.g. Asiago, Blue, Brick, Brie, Camembert, Cheddar (mild, medium) (sharp occasionally), Colby, Dry Curd Cottage Cheese, Edam, Gorgonzola, Gouda, , Havarti, Limburger, Monterey (Jack), Muenster, Parmesan, Port du Salut, Provalone, Roquefort, Romano, Stilton, Swiss.</p>	<p>Creamed Cottage Cheese (regular), Cream Cheese, Feta, Gjetost, Mozzarella, Neufchatel, Primost, Ricotta</p> <p>Processed Cheeses, slices and spreads.</p> <p>Buttermilk</p> <p>Cream</p> <p>Dried milk solids</p> <p>Milk (all)</p> <p>Commercial Yoghurts &amp; ice creams,</p> <p>Sour cream,</p> <p>Margarine (any type)</p> <p>Whey (powder or liquid)</p>	<p>Some people will not be able to reintroduce dairy on SCD due to food allergies and non-IgE food sensitivities. For others when the gut is sufficiently healed fermented, low-lactose dairy may be reintroduced.</p> <p>Permitted cheeses are those where the whey has been removed and the lactose that remains has been cured through the addition of beneficial bacteria (other wise known as fermented cheeses).</p> <p>*Homemade yoghurt is fermented for a longer time than commercially made yoghurt, which significantly reduces that lactose content.</p>



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<b>Animal Protein</b>	Fresh Fish & Shellfish (fresh or frozen & sulfite & preservative free), Beef, Buffalo, Goat, Kangaroo, Lamb, Pork & All types of Fowl (Chicken, Goose, Turkey, Duck), Organ Meats (organic): Liver, Kidney, Fresh Eggs, (Home-made Mayonnaise) Canned Fish (in oil & water)	Processed Meats: Sausages, salami, hotdogs, luncheon meats, cold cuts, Smoked meats & fish products, Bacon & Ham (which contain a considerable amount of refined sugar). Processed meats also contain starch, whey powder/lactose & sucrose.	Organic, free range eggs Pastured animals Wild caught low mercury content seafood (e.g. herring, mackerel, wild salmon, sardines & anchovies). Organic organ meats are emphasized in the GAPs diet. Preservative free meat must be used within 24 hours or frozen as soon as possible.
<b>Milk Substitutes</b>	Homemade Coconut milk & Cream, Home made Almond milk	Commercial coconut & almond milks are not permitted	Commercial brands contain carrageenan and other additives not necessarily listed on the ingredients. Sometimes the processing methods also make these products problematic.
<b>Legumes &amp; Pulses</b>	<b>NUTS NEED TO BE PRE-SOAKED FOR 24 HOURS</b> Cashew Nuts (legume) fresh or raw only Navy Beans (aka white & haricot beans) Green Peas Lentils Lima beans Split Peas, Yellow Split Peas, String (green) beans Yellow Split Peas	Starchy beans which include: Butter beans, Soybeans, Bean Sprouts, Black-eyed beans, fava beans, Chickpeas (also known as garbanzo beans) Kidney Beans, Mung beans, Pinto beans, Quorn, Tofu, Tempeh (vegetarian meat substitutes made from soy beans)	Do not use ready-made flours made from beans or lentils, as they will not have been soaked prior to grinding.  Dried legumes must be prepared by soaking for 10-14 hours. The soaking water should be changed after 5-7 hours. The legumes should then be well rinsed and boiled before eating. This process helps to remove anti-nutrient compounds in the legumes and make them more digestible.
<b>Grains</b>	<b>NO GRAINS OR BRANS ARE ALLOWED</b>	All grains (wheat, oats, spelt, barley, rye) & derivatives are excluded, as are gluten free grains such as corn, millet, teff, and sorghum, rice & derivatives.	GAPs is designed to heal an injured intestinal system. Grains contain carbohydrates that become a primary source of food for harmful bacteria and are difficult for a damaged gut to digest.



## Food Type

### Include

### Exclude

## Key Rules

### Nuts & Seeds

#### AVOID IN THE INITIAL STAGES OF PHASE 1

Nut Flours such as blanched almond flour & pecan flour.  
Raw brazil nuts, cashews, hazel nuts, pecans, peanuts in their shells, pine nuts.  
Flaxseeds\*  
Seed flours  
Nut butters with no additives (cashew butter, peanut butter with no additives)

Nuts with added starches such as those in nut mixes.  
Pre-chopped nuts with preservatives (BHT, etc.)  
Chia Seeds  
Psyllium Husks  
Flaxseeds\*  
Seed flours

Nuts should only be eaten as nut flours (not whole nuts) until diarrhea has ceased. Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Avoid shelled nuts for the same reason. Whole nuts and seeds should be soaked for 12 hours and eaten in small quantities.  
\*Lignin is found when flaxseed is ground & as some bacteria feed on lignin, it is wise to avoid flaxseed until intestinal healing is well progressed.

### Herbs & Spices

Herbs: Fresh or dried without additives, Spices: Single, pure without any additives:  
Cayenne pepper, Cinnamon, Citric Acid, Coriander (fresh or dried), Dill (fresh or dried), Fresh Garlic, Nutmeg, Oregano, Parsley

Garlic flakes  
Mixed spices  
Mixed herbs  
Tamarind

Select commercial herbs & spices carefully as they often contain anti-caking agents & other additives including gluten.

### Beverages

Meat/Fish stock, Weak, freshly brewed coffee, Filtered Water, Freshly pressed (home made) fruit juice, Tomato juice (fresh, home made), Herbal Tea made from fresh single herbs (not commercial bags), Black, weak tea (not instant), Tea made from hot water & soaked ginger,  
\*Dry Wine (white & red), Gin, Vodka, Whisky  
Apple Cider Vinegar  
Sauerkraut Juice,  
Beet Kvass, Kefir, Kombucha

Coffee (instant)  
Decaffeinated Products  
Milk  
Many Herbal Teas  
Teas made from bark contain polysaccharides  
Commercial concentrated fruit & vegetable juices  
Drinks containing chicory &/or malt & yeasts  
Brandy, Sherry, Sake, Cordials or Liqueurs

\*Allowed alcohols should be only consumed occasionally and in small quantities.



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<b>Sea Vegetables/ Seaweed</b>	<b>NOT INCLUDED</b>	Agar, Arame, Carrageenan, Dulse, Hijike, Kelp, Kombu, Nori, Sea Palm, Wakame	Seaweed is high in polysaccharides (starch)
<b>Ferments</b>	Beet Kvass, Sauerkraut (not in early stages), Kefir, Kombucha	Kefir, Miso, Tofu, Tempeh, Soy Sauce, Tamari	
<b>Fats &amp; Oils</b>	For cooking: <b>Animal fat is the recommended fat for cooking on GAPS (Edit the following list according to individual tolerances &amp; according to advice from their clinician)</b> Almond, Coconut oil (cold pressed, organic, virgin), Homemade Ghee, For salads (unheated, cold pressed): Avocado Flaxseed/Golden Linseed Oil, Olive (recommended)	Canola oil Corn oil Peanut oil Safflower oil Sunflower oil Soy oil Cooking oils with additives (e.g. antioxidants, etc.)	
<b>Sweeteners</b>	In the initial stages limit all sugar All natural Honey (raw, cold extracted is preferable) Natural fruit sugars (e.g. soaked & blended dates, mashed ripe bananas, blended fresh fruits, juiced orange, lemons, limes)	Agave, Aspartame, Cane sugar, Corn syrup, Dextrose, Erythritol, Glucose (powdered or syrup), Granulated fructose, High Fructose Corn Syrup, Inositol, Maltitol, Mannitol, Maple Syrup, Molasses, Nutri-sweet, Rice Malt Syrup, Saccharine, Sorbitol, Splenda, Stevia, Treacle, Xylitol	Date sugar may be used very occasionally on phase 2, when all symptoms have gone, but it is not recommended for frequent or high quantity consumption.  *Mannitol, Maltitol, Erythritol, Sorbitol & Xylitol are indigestible sugar alcohols that provide nutrition to pathogenic bacteria in the digestive tract.



Food Type	Include	Exclude	Key Rules
<b>Yeasts</b>	Anchovies, Capers, Olives, (preserved without sugar or other excluded ingredients), Ferments listed on the allowed list on this table. Mushrooms Dried fruit with no additives	Bakers Yeast Brewers Yeasts	
<b>Cooking/Baking Aids</b>	Unflavoured Gelatin, Baking Soda/Bicarbonate of Soda (aluminum free) Citric Acid (from citrus - not corn derived) Coconut (shredded, desiccated, ground/flour)	Arrowroot, Agar-agar, Baking Powder, Cacao, Carob, Carrageenan, Chocolate, Cocoa, Corn Starch, Cream of Tartar, Guar Gum, Kudzu/kuzu*, Maltodextrin*, Pectin, Sago, Starch, Tapioca Starch, Xanthan Gum	*Kudzu is a mucilaginous herb. Mucilaginous starches feed the pathogens in the gut that the GAPS is designed to starve out. * Maltodextrin is a very short chain of glucose molecules. Derived from starch, it feeds pathogenic bacteria.
<b>Other</b>	Young green coconut water for fermenting kefir Tomato Puree (without other additives other than salt) Himalayan Salt, Celtic Salt	Aloe Vera, Bee Pollen, Chestnut flour, Chlorella, Licorice, Marshmallow*, Hydrolyzed Protein, Inulin (FOS) Mushrooms Oral Iron Supplements, Protein Powders, Soy Products (ALL) Slippery Elm Spirulina (Algae)	Marshmallow is a mucilaginous herb. Mucilaginous starches feed the pathogens in the gut that the GAPS is designed to starve out.
<b>Condiments</b>	Apple Cider Vinegar, White vinegars (free of added sugar & other additives) Homemade horseradish, Tomato juice	Balsamic Vinegar Soup bases/bouillon cubes Ketchup/Tomato sauce Canned tomatoes Tomato paste	

