

GAPS

Foods Allowed on the Full GAPS Diet (continued-2)

- **Tomato juice, without additives**
- **Tomato puree, pure without any additives except salt**
- **Tomatoes**
- **Turkey, fresh or frozen**
- **Turnips**
- **Uncreamed cottage cheese (dry curd)**
- **Vinegar: apple cider, white, rice, and coconut**
- **Vodka, very occasionally**
- **Walnuts**
- **Watercress**
- **Wine, dry, red or white**
- **Yogurt, homemade from raw milk**
- **Zucchini**