

GAPS

Foods Allowed on the Full GAPS Diet

Adapted from *Gut and Psychology Syndrome, Revised and Expanded Edition* by Dr. Natasha Campbell-McBride, pages 159-63 (“Recommended Foods”)

- **Almonds, including almond butter and oil**
- **Apples**
- **Apricots, fresh or dried**
- **Artichoke, French**
- **Asiago cheese**
- **Asparagus**
- **Aubergine (eggplant)**
- **Avocados, including avocado oil**
- **Bananas (ripe only with brown spots on skin)**
- **Beans, dried white (navy), string beans, lima, split peas, haricots**
- **Beef, fresh or frozen**
- **Beets or beetroot**
- **Bell peppers (green, yellow, red, and orange)**
- **Berries, all kinds**
- **Black radish**
- **Blue cheese**
- **Bok choy**
- **Brie cheese**
- **Celery**
- **Cellulose in supplements**
- **Cheddar cheese**
- **Cherimoya (custard apple)**
- **Cherries**
- **Chicken, fresh or frozen**
- **Cinnamon**
- **Citric acid**
- **Coconut, fresh or dried without sweetener or additives**
- **Coconut milk coconut oil**
- **Coffee, weak and freshly made, not instant**
- **Colby cheese**
- **Collard greens**
- **Coriander, fresh or dried**
- **Cream, cultured, homemade from raw cream**
- **Cucumber**
- **Dates, fresh or dried, additive-free**
- **Dill, fresh or frozen**

- Broccoli
- Broth, homemade, made from bones of poultry, beef, lamb, pork, and fish
- Brussels sprouts
- Butter
- Cabbage
- Camembert cheese
- Canned fish, in olive oil or water only
- Capers
- Carrots
- Cashew nuts, fresh only
- Cauliflower
- Cayenne pepper
- Celeriac
- Duck, fresh or frozen
- Edam cheese
- Eggplant (aubergine)
- Eggs, fresh
- Filberts (hazelnuts)
- Fish, fresh, frozen, canned in its juice or oil
- Game, fresh or frozen
- Garlic
- Ghee, homemade
- Gin, occasionally
- Gingerroot, fresh
- Goose, fresh or frozen
- Gorgonzola cheese