

GAPS

Foods Not Allowed on the Full GAPS Diet

Adapted from *Gut and Psychology Syndrome, Revised and Expanded Edition* by Dr. Natasha Campbell-McBride, pages 164-67 (“Foods to Avoid”)

- **Acesulfame**
- **Acidophilus Milk**
- **Agar-agar**
- **Agave syrup**
- **Algae**
- **Aloe vera (once digestive symptoms are gone, you can reintroduce it)**
- **Amaranth**
- **Apple juice**
- **Arrowroot**
- **Artificial sweeteners: NutraSweet, Splenda, Equal, etc.**
- **Aspartame**
- **Astragalus**
- **Baked beans**
- **Baker’s yeast**
- **Baking powder and raising agents of all kinds apart from pure bicarbonate of soda (see note at the Coconut Butter Bread recipe, page 118)**
- **Cannellini beans**
- **Carrageenan**
- **Carob**
- **Cellulose gum**
- **Cereals, including all breakfast cereals**
- **Cheese, processed, and cheese spreads**
- **Chestnut flour**
- **Chevre cheese**
- **Chewing gum**
- **Chickory root**
- **Chickpeas**
- **Chocolate**
- **Cocoa powder (see note at the “Nutella” recipe, page 262)**
- **Coffee, instant and coffee substitutes**
- **Cooking oils**
- **Cordials**
- **Corn**
- **Corn syrup**
- **Cornstarch**

- **Balsamic vinegar**
- **Barley**
- **Bean flour and sprouts**
- **Bee pollen**
- **Beer**
- **Bitter gourd**
- **Black-eyed peas**
- **Bologna**
- **Bouillon cubes or granules**
- **Brandy**
- **Buckwheat**
- **Bulgur**
- **Burdock root**
- **Butter beans**
- **Buttermilk**
- **Canned vegetables and fruit**
- **Cottage cheese**
- **Cottonseed**
- **Couscous**
- **Cream**
- **Cream cheese**
- **Cream of tartar**
- **Dextrose**
- **Drinks, soft**
- **Fava beans**
- **Feta cheese**
- **Fish, preserved, smoked, salted, breaded, canned with sauces)**
- **Flour, made out of grains**
- **FOS (fructo-oligosaccharides)**
- **Fructose**