

GAPS

Foods Not Allowed on the Full GAPS Diet (continued)

- Fruit, canned or preserved
- Garbanzo beans
- Gjetost cheese
- Grains, all
- Gruyere cheese
- Ham
- Hot dogs
- Ice cream, commercial
- Jams and jellies
- Jerusalem artichoke
- Ketchup, commercial
- Lactose
- Liqueurs
- Margarines and butter replacements
- Meats, processed, preserved, smoked, and salted
- Millet
- Milk: animal, soy, rice, canned coconut milk
- Milk, dried
- Molasses
- Mozzarella cheese
- Mung beans
- Pectin
- Postini
- Potato, sweet and white
- Primost cheese
- Quinoa
- Rice
- Ricotta
- Rye
- Saccharin
- Sago
- Semolina
- Sherry
- Soda (soft drinks)
- Sour cream, commercial
- Soy
- Spelt
- Starch
- Sugar or sucrose of any kind
- Tapioca
- Tea, instant
- Triticale
- Turkey loaf
- Vegetables, canned or preserved

- **Neuchâtel cheese**
- **Nuts, coated or commercially prepared**
- **Oats**
- **Okra**
- **Parsnips**
- **Pasta of any kind**
- **Wheat and wheat germ**
- **Whey powder or liquid**
- **Yacon syrup**
- **Yams**
- **Yogurt, commercial**