

# **GAPS**

## **Foods Allowed on the Full GAPS Diet (continued)**

- **Gouda cheese**
- **Grapefruit**
- **Grapes**
- **Havarti cheese**
- **Herbal teas**
- **Herbs, fresh or dried, additive-free**
- **Honey, raw**
- **Juices freshly pressed from permitted fruit and vegetables**
- **Kale**
- **Kefir, homemade from raw milk**
- **Kiwi fruit**
- **Kumquats**
- **Lamb, fresh or frozen**
- **Lemons**
- **Lentils**
- **Lettuce, all kinds**
- **Lima beans, dried and fresh**
- **Limburger cheese**
- **Limes**
- **Mangoes**
- **Peaches**
- **Peanut butter, without additives**
- **Peanuts, soaked and dried, roasted**
- **Pears**
- **Peas, dried split and fresh green**
- **Pecans**
- **Pepper, all kinds**
- **Pheasant, fresh or frozen**
- **Pickles, without sugar or any other non-allowed ingredients**
- **Pigeon, fresh or frozen**
- **Pineapples, fresh**
- **Pork, fresh or frozen**
- **Port du Salut cheese**
- **Poultry, fresh or frozen**
- **Probiotic (lacto-fermented) foods using all allowed vegetables**
- **prunes, dried without any additives**
- **Pumpkin**

- Meats, fresh or frozen
- Melons
- Monterey Jack cheese
- Muenster cheese
- Mushrooms
- Mustard, without any non-allowed ingredients
- Nectarines
- Nut flour or ground nuts
- Nutmeg
- Nuts, all kinds fresh, properly soaked and dried
- Olive oil, virgin cold-pressed
- Olives, without any non-allowed ingredients
- Onions
- Oranges
- Papayas
- Parmesan cheese
- parsley
- Quail, fresh or frozen
- Raisins
- Rhubarb
- Romano cheese
- Roquefort cheese
- Rutabagas
- Satsumas
- Scotch, occasionally
- Seaweed, fresh or frozen
- Shellfish, fresh or frozen
- Spices, single and pure without any additives
- Spinach
- Squash (summer and winter)
- Stilton cheese
- Stock, homemade, made from bones of poultry, beef, lamb, pork, and fish
- String beans
- Swiss cheese
- Tangerines
- Tea, weak and freshly made, not instant