

THE DIET

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 the skin)
Beans, dried white (navy), string beans and lima beans
Beef, fresh or frozen
Beets or beetroot
Berries, all kinds
Black, white and red pepper: ground and pepper corns
Black radish
Blue cheese
Bok Choy
Brazil nuts
Brick cheese
Brie cheese
Broccoli
Brussels sprouts
Butter
Cabbage
Camembert cheese
Canned fish in oil or water only
Capers
Carrots
Cashew nuts, fresh only
Cauliflower
Cayenne pepper
Celeriac
Celery
Cellulose in supplements
Cheddar cheese
Cherimoya (custard apple or sharifa)
Cherries
Chestnuts
Chicken, fresh or frozen
Cinnamon
Citric acid
Coconut, fresh or dried (shredded) without any additives
Coconut milk
Coconut oil

Coffee, weak and freshly made, not instant
Collard greens
Colby cheese
Courgette
Coriander, fresh or dried
Cucumber
Dates, fresh or dried without any additives (not soaked in syrup)
Dill, fresh or dried
Duck, fresh or frozen
Edam cheese
Eggplant (aubergine)
Eggs, fresh
Filberts
Fish, fresh or frozen, canned in its juice or oil
Game, fresh or frozen
Garlic
Ghee, home-made
Gin, occasionally
Ginger root, fresh
Goose, fresh or frozen
Gorgonzola cheese
Gouda cheese
Grapefruit
Grapes
Havarti cheese
Hazelnuts
Herbal teas
Herbs, fresh or dried without additives
Honey, natural
Juices freshly pressed from permitted fruit and vegetables
Kale
Kiwi fruit
Kumquats
Lamb, fresh or frozen
Lemons
Lentils
Lettuce, all kinds
Lima beans (dried and fresh)
Limburger cheese
Limes
Mangoes
Meats, fresh or frozen
Melons
Monterey (Jack) cheese
Muenster cheese
Mushrooms
Mustard seeds, pure powder and gourmet types without any non-allowed ingredients
Nectarines
Nut flour or ground nuts (usually ground blanched almonds)
Nutmeg
Nuts, all kinds freshly shelled, not roasted, salted or coated
Olive oil, virgin cold-pressed

Olives preserved without sugar or any other non-allowed ingredients
Onions
Oranges
Papayas
Parmesan cheese
Parsley
Peaches
Peanut butter, without additives
Peanuts, fresh or roasted in their shells
Pears
Peas, dried split and fresh green
Pecans
Peppers (green, yellow, red, and orange)
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
Prunes, dried without any additives or in their own juice
Pumpkin
Quail, fresh or frozen
Raisins
Rhubarb
Roquefort cheese
Romano cheese
Satsumas
Scotch, occasionally
Shellfish, fresh or frozen
Spices, single and pure without any additives
Spinach
Squash (summer and winter)
Stilton cheese
String beans
Swiss cheese
Tangerines
Tea, weak freshly made, not instant
Tomato puree, pure without any additives apart from salt
Tomato juice, without any additives apart from salt
Tomatoes
Turkey, fresh or frozen
Turnips
Ugly fruit
Uncreamed cottage cheese (dry curd)
Vinegar (cider or white); make sure there is no allergy
Vodka, very occasionally
Walnuts
Watercress
Wine dry: red or white
Yogurt, home-made
Zucchini

FOODS TO AVOID

Acesulphame

Acidophilus milk

Agar-agar

Agave syrup

Algae - can aggravate an already disturbed immune system

Aloe Vera - contains mucilaginous polysaccharides as well as increasing the release of tumor necrosis factor which is associated with IBD inflammation and increased immune stimulation

Amaranth - is a grain substitute, contains starches

Apple juice - usually has sugar added during processing

Arrowroot - is a mucilaginous herb and loaded with starch

Aspartame

Astragalus - contains polysaccharides

Baked beans

Baker's yeast - contains *saccharomyces cerevisiae*

Baking powder and raising agents of all kind

Balsamic vinegar - most found in stores have added sugar

Barley

Bean flour and sprouts

Bee pollen - irritating to a damaged gut

Beer

Bhindi or okra

Bicarbonate of soda

Bitter Gourd

Black eye beans

Bologna

Bouillon cubes or granules

Brandy

Buckwheat

Bulgur

Burdock root - contains FOS and mucilage

Butter beans

Buttermilk

Canellini beans

Canned vegetables and fruit

Carob

Carrageenan - is seaweed and high in polysaccharides

Cellulose gum

Cereals, including all breakfast cereals

Cheeses, processed and cheese spreads

Chestnut flour

Chevre cheese

Chewing gum - contain sugars or sugar substitutes

Chick peas

Chickory root - contains high amounts of FOS

Chocolate

Cocoa powder

Coffee, instant and coffee substitutes

Cooking oils

Cordials

Corn
Cornstarch
Corn syrup
Cottage cheese
Cottonseed
Cous-cous
Cream - contains lactose
Cream of Tartar
Cream cheese
Dextrose - in commercial products it is not the pure form
Drinks, soft
Faba beans
Feta cheese
Fish, preserved, smoked, salted, breaded and canned with sauces
Flour, made out of grains
FOS (fructooligosaccharides)
Fructose - extracted from corn and has a mixture of other trisaccharides
Fruit, canned or preserved
Garbanzo beans
Gjetost cheese
Grains, all
Gruyere cheese
Ham
Hot dogs
Ice-cream, commercial
Jams
Jellies
Jerusalem artichoke
Ketchup, commercially available
Lactose
Liqueurs
Margarines and butter replacements
Meats, processed, preserved, smoked and salted
Millet
Milk from any animal, soy, rice, canned coconut milk
Milk, dried
Molasses
Mozzarella cheese
Mungbeans
Neufchatel cheese
Nutra-sweet (aspartame)
Nuts, salted, roasted and coated
Oats
Okra - mucilaginous food
Parsnips
Pasta, of any kind
Pectin
Postum
Potato white
Potato sweet
Primost cheese
Quinoa - 60% starch

Rice
Ricotta cheese
Rye
Saccharin
Sago
Sausages, commercially available
Seaweed
Semolina
Sherry
Soda soft drinks
Sour cream commercial
Soy
Spelt
Starch
Sugar or sucrose of any kind
Tapioca - starch
Tea, instant
Triticale
Turkey loaf
Vegetables, canned or preserved
Wheat
Wheat germ
Whey, powder or liquid
Yams
Yogurt, commercial

While this diet is very close to the SCD, there are a few changes. One important difference is that the GAPS diet removes casein in addition to lactose in the beginning stages of the diet.

Please look in the "Getting Started" section for directions on how to introduce dairy products.