

### Some of the GAPS foods to avoid

This list is by no means comprehensive.

Agave syrup	Flour, made from grains
Aloe	FOS
Arrowroot	Grains, all (gluten and gluten-free)
Baked beans	Lactose
Baking powder and raising agents of all kind	Margarine and butter replacements
Balsamic vinegar	Meats, processed, preserved, smoked and salted (eg. Bacon and ham)
Buttermilk	Milk from animal, soy, rice, canned coconut milk
Carob	Molasses
Cheeses, processed and spreads	Parsnips
Chewing gum	Pasta, any kind
Chicory root	Potato, white and sweet
Chocolate	Soy
Coffee, instand and substitutes	Sugar or sucrose of any kind
Cooking oils	Tapioca
Cordials	Wheat germ
Corn	Whey, powder or liquid
Corn syrup	Yoghurt, commercial
Cornstarch	
Flour, made from grains	
FOS	

### Some of the recommended foods for the Full GAPS Diet

This list is by no means comprehensive.

Avocado, including avo oil	Lentils
Bananas(ripe only with brown spots on skin)	Meat, fresh or frozen
Butter	Nut flour or ground nuts (usually ground blanche almonds)
Coconut (fresh, milk, dried – without any additives)	Olive oil, virgin cold-pressed
Coconut oil	Peas, dried split and fresh green
Coffee, weak and freshly made, not instant	Poultry, fresh or frozen
Eggs, fresh	Shellfish, fresh or frozen
Fish, fresh or frozen	Spices, single and pure without any additives
Fruit	Tea, weak, freshly made, not instant
Game, fresh or frozen	Uncreamed cottage cheese (dry curd)
Garlic	Vegetables (most apart from potatoes, sweet potatoes and parsnips)
Ghee, homemade	Vinegar (cider or white)
Honey, raw	Yoghurt, homemade
Juices (freshly pressed from permitted fruit and vegetables)	
Yoghurt, homemade	