

AT-A-GLANCE FOODS BY CATEGORY RECOMMENDED ON GAPS™ GUT AND PSYCHOLOGY SYNDROME NUTRITIONAL PROTOCOL

Note: Please view Dr. Natasha Campbell-McBride's Frequently Asked Questions for specific details on ♦ newly added foods

MEATS (Fresh or Frozen)

- Beef
- Chicken
- Duck
- Fish
- Fish, canned in its juice or oil
- Game
- Goose
- Lamb
- Liver
- Meats
- Pheasant
- Pigeon
- Pork
- Poultry
- Quail
- Shellfish
- Turkey

FATS

- Almond Oil
- Avocado Oil
- Butter
- Chicken Fat
- Coconut oil
- Duck Fat
- Ghee, home-made
- Goose Fat
- Lamb Fat
- Lard
- Olive oil, virgin cold-pressed
- Pork Dripping
- Tallow

VEGETABLES

- Artichoke, French
- Asparagus
- Black radish
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celeriac

- Celery
- Collard greens
- Cucumber
- Eggplant (Aubergine)
- Garlic
- Kale
- Lettuce, all kinds
- Mushrooms
- Onions
- Peppers, green, yellow, red, orange
- Rhubarb
- Spinach
- Summer Squash
- String beans
- Turnips
- Watercress
- Zucchini (Courgette)

"SWEET" Vegetables

- Winter Squash
- Beets or beetroot
- Carrots
- Peas, dried split and fresh green
- Pumpkin

FERMENTS

- Beet Kvass
- Cabbage Rejuvelac
- Cortido (Latin American Sauerkraut)
- Fermented Beets
- Fermented Carrots
- Fermented Garlic
- Fermented Green Beans
- Fermented Guacamole
- Fermented Onion Relish
- Fermented Peppers
- Fermented Turnips
- Fermented Ketchup
- Fermented Mayonnaise
- Fermented Radishes
- Fermented Salsa
- Kefir, Milk
- Kefir, Water

Kimchi

- ♦ Kombucha
- ♦ Mead (made with honey not sugar)
- Pickles, no sugar or non-allowed ingredients
- Sauerkraut
- ♦ Soured milk (homemade only)
- Young Coconut Kefir

SPICES (pure powder - no NAI*)

- Black, white and red pepper (ground and pepper corns)
- Cayenne pepper
- Cinnamon
- Citric acid
- Coriander, fresh or dried
- Dill, fresh or dried
- Ginger root, fresh
- Herbs, fresh or dried
- Nutmeg
- Parsley
- Mustard seeds
- Spices, single

BEANS/LEGUMES

- (soaked and properly prepared)
- Navy Beans, dried, white
- Lima beans (dried and fresh)
- Lentils

MISCELLANEOUS

- Capers
- Cellulose in supplements
- Eggs, fresh
- Honey, natural
- Juices, freshly pressed from permitted fruit and vegetables

- Olives preserved no sugar no NAI
- Pure Bicarbonate of Soda (for baking)
- Vinegar (cider or white)
- ♦ Raw Coconut Sap Vinegar

BEVERAGES

- Coconut milk
- Coffee, weak/freshly made, not instant
- Gin, occasionally
- Herbal teas
- Scotch, occasionally
- Tea, weak/freshly made, not instant
- Vodka, very occasionally
- Wine dry: red or white
- ♦ Nettle Tea
- ♦ Tequila, occasionally with no added ingredients
- ♦ Licorice Root Tea
- ♦ Plain Carbonated Water

NUTS

- Almonds
- Almond Butter
- Brazil nuts
- Cashew nuts, fresh only
- Chestnuts
- Coconut, fresh or dried (shredded) no additives
- Filberts
- Hazelnuts
- Pecans
- Nut flour or ground nuts (usually ground blanched almonds)
- Nuts, all kinds freshly shelled, not roasted, salted or coated
- Walnuts

- Peanut butter, without additives
- Peanuts, fresh or roasted in their shells

FRUITS

- Apples
- Apricots, fresh or dried
- Bananas (ripe only with brown spots on the skin)
- Berries, all kinds
- Cherimoya (custard apple or sharifa)
- Cherries
- Dates, fresh or dried without any additives (not soaked in syrup)
- Grapefruit
- Grapes
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples, fresh
- Prunes, dried, no additives or in their own juice
- Raisins
- Tangerines
- Tomato puree, pure, no additives apart from salt
- Tomato juice, no additives apart from salt
- Tomatoes
- Ugly fruit
- Satsumas

- Brick cheese
- Brie cheese
- Camembert cheese
- Cheddar cheese
- Colby cheese
- Edam cheese
- Milk Kefir
- Gorgonzola cheese
- Gouda cheese
- Havarti cheese
- Limburger cheese
- Monterey cheese
- Muenster cheese
- Parmesan cheese
- Port du Salut cheese
- Roquefort cheese
- Romano cheese
- Stilton cheese
- Swiss cheese
- Uncreamed cottage cheese (dry curd)
- Yogurt, home-made

ADVANCED FOODS (With advanced healing, please see FAQs)

- ♦ Chia Seed
- ♦ Cocoa/Cacao Powder, pure
- ♦ Flax Seed

TRANSITIONAL FOODS (After 18 mos to 2 yrs on GAPS)

- Buckwheat (properly prepared)
- Millet
- Quinoa
- Red Potatoes, new

DAIRY

- Asiago cheese
- Blue cheese

*NAI (Not Allowed Ingredients) ♦ = Newly approved foods, please review at FAQs for specific details on how to use these foods GAPS™ GUT AND PSYCHOLOGY SYNDROME <http://www.gaps.me>

List compiled in category order by <http://www.gapsdietjourney.com> 9/3/2011 v1.1

AT-A-GLANCE FOODS BY CATEGORY RECOMMENDED ON GAPS™ GUT AND PSYCHOLOGY SYNDROME NUTRITIONAL PROTOCOL

Note: Please view Dr. Natasha Campbell-McBride's Frequently Asked Questions for specific details on ♦ newly added foods

Recommended use for this list:

1. Tape it right to your fridge where you can easily check for recommended foods.
2. The foods are listed categorically so that you can see at a glance what is available to eat for vegetables, meats, fats, ferments, etc.
3. Cross out the foods you cannot eat. i.e. If you are not eating fruit, black them out so as to not be tempted.

Items which begin with the symbol (·) are listed specifically in Dr. Natasha's book, (Page 111 in 13th reprint May 2009 and Page 159 in revised and expanded edition November 2010) -or- were found to be listed on her website in the diet instructions.

Items which begin with the ♦ symbol are foods that Dr. Natasha has approved for use on her Frequently Asked Questions page under Food heading at: <http://www.gaps.me>. Please review the FAQs for when these foods can be used, various instructions apply to some items.

Re: Baking soda. On Page 164 in the revised and expanded edition November 2010, under Foods to Avoid heading, the following is written: "Baking powder and raising agents of all kind apart from pure bicarbonate of soda." I have interpreted this sentence to indicate that pure bicarbonate of soda is okay for baking.

As a subscriber to my newsletter, you will receive revised versions of this list as Dr. Natasha adds or subtracts from the recommended foods list. I hope you find this helpful as I have. Your feedback is welcome.

On the next pages I have included links to ferment recipes. I have listed ferments which are not specifically on Dr. Natasha's list, these items are indicated by no preceding symbol. I have scanned through all the recipes I've linked to, and I believe them to be legal ingredients (aside from one that calls for sucanat which I believe honey could be subbed).

Starlene Stewart

GAPS Diet Journey <http://www.gapsdietjourney.com> Email: starlene@gapsdietjourney.com

AT-A-GLANCE FOODS BY CATEGORY RECOMMENDED ON GAPS™ GUT AND PSYCHOLOGY SYNDROME NUTRITIONAL PROTOCOL

Note: Please view Dr. Natasha Campbell-McBride's Frequently Asked Questions for specific details on ♦ newly added foods

VEGETABLES	
Wild Fermentation Making Sauerkraut is Easy	http://www.wildfermentation.com/resources.php?page=sauerkraut
GNOWFGLINS Lacto-Fermented Pickled Turnips and Beets	http://gnowfglins.com/2009/06/03/lacto-fermented-naturally-pickled-turnips-and-beets/
Harmonious Belly Lacto-Fermented Beets	http://harmoniousbelly.com/2010/08/lacto-fermented-beets/
Nourishing Gourmet Lacto-Fermented Dilly Carrots Sticks	http://www.thenourishinggourmet.com/2010/08/lacto-fermented-dilly-carrot-sticks.html
Nourishing Gourmet Lacto-Fermented Escabeche (Jalapenos)	http://www.thenourishinggourmet.com/2010/08/lacto-fermented-escabeche.html
GAPSTERS Fermented Carrots and Daikon Radish	http://gapsters.blogspot.com/2009/08/fermented-carrots-and-daikon-radish.html
GNOWFGLINS Lacto-Fermented Radishes	http://gnowfglins.com/2011/05/17/naturally-pickled-lacto-fermented-radishes/
Kelly the Kitchen Kop Lacto-Fermented Ketchup	http://kellythekitchenkop.com/2009/11/is-lacto-fermented-homemade-ketchup-worth-the-trouble.html
Mexican Wildflower Mexican Fiesta Cortido (Sauerkraut)	http://mexicanwildflower.blogspot.com/2010/06/nourishing-mexican-fiesta-cortido.html
Lost Arts Kitchen Kimchi The Prettiest Ferment	http://lostartskitchen.wordpress.com/2011/03/28/kimchi-the-prettiest-ferment/
Kitchen Steward Lacto-Fermented Crunchy Pickles	http://www.kitchenstewardship.com/2009/08/26/finallycrunchy-pickles-lacto-fermented-and-canned/
Kanji Fermented Carrots	http://www.indiacurry.com/beverage/b005kanji.htm
Sustainablog Fermented Garlic	http://blog.sustainablog.org/fermented-garlic/
Spain in Iowa Fermented Green Beans with Radishes, Red Onion and Thyme	http://www.spain-in-iowa.com/2010/08/naturally-pickled-green-beans-with/
Cooking God's Way Lacto-Fermented Green Beans	http://www.cookinggodsway.com/lacto-fermented-pickled-green-beans/
Awesome Pickle: Pickled Summer Squash with Basil	http://awesomepickle.com/archives/285
Awesome Pickle: Fermented Dilly Beans	http://awesomepickle.com/archives/320
Awesome Pickle: Pickled Asparagus	http://awesomepickle.com/archives/229

CONDIMENTS	
Cheeseslave Homemade Lacto-Fermented Mayonnaise	http://www.cheeseslave.com/2009/06/01/homemade-lacto-fermented-mayonnaise/
Cheeseslave Lacto-Fermented Salsa	http://www.cheeseslave.com/2010/08/08/lacto-fermented-salsa/
Nourishing Gourmet Lacto-Fermented Roasted Tomato Salsa	http://www.cheeseslave.com/2010/08/08/lacto-fermented-salsa/
Mead -Fermented Honey	http://talisman.com/mead/meadfaq.html
Earth Clinic Apple Cider Vinegar	http://www.earthclinic.com/Remedies/how_to_make_apple_cider_vinegar.html
GNOWFGLINS 5 Spice Apple Chutney	http://gnowfglins.com/2010/08/26/5-spice-apple-chutney/
GNOWFGLINS Lacto-Fermented Guacamole	http://gnowfglins.com/2011/03/07/free-video-lacto-fermented-guacamole/

AT-A-GLANCE FOODS BY CATEGORY RECOMMENDED ON GAPS™ GUT AND PSYCHOLOGY SYNDROME NUTRITIONAL PROTOCOL

Note: Please view Dr. Natasha Campbell-McBride's Frequently Asked Questions for specific details on ♦ newly added foods

GNOWFGLINS Fermented Cranberry-Orange-Apple Relish (calls for sucanat, sub with honey?)	http://gnowfglins.com/2010/12/20/fermented-cranberry-relish/

BEVERAGES

Nourished Magazine Cabbage Rejuvelac	http://editor.nourishedmagazine.com.au/articles/cabbage-rejuvelac-recipe
Mamta's Kitchen Recipe Kanji Carrot & Beetroot Drink - Chilli Hot!	http://www.mamtaskitchen.com/recipe_display.php?id=10405
GNOWFGLINS Kombucha Recipe	http://gnowfglins.com/2008/09/05/kombucha-recipe/
Bonzai Aphrodite Grow Your Own Scoby "Mother" from Store Bought Kombucha	http://bonzaiaphrodite.com/2010/05/how-to-grow-a-motherscoby-from-store-bought-kombucha/
Rebuild from Depression Water Kefir	http://www.rebuild-from-depression.com/blog/2007/05/homemade_sodas_water_kefir_dri.html
Weston A Price Foundation Old Fashioned Healthy Lacto-Fermented Soft Drinks	http://www.westonaprice.org/food-features/lacto-fermented-soft-drinks
Hunt Gather Love Fermented Coconut Water	http://huntgatherlove.com/content/cocobiotic-make-fermented-coconut-water-yourself
Body Ecology Young Coconut Kefir	http://bodyecology.com/articles/mcoconutkefir.php
Nourished Magazine Beet Kvass	http://editor.nourishedmagazine.com.au/articles/beet-kvass

DAIRY PRODUCTS

Rebuild from Depression Milk Kefir	http://bodyecology.com/articles/mcoconutkefir.php
Untrained Housewife Homemade Sour Cream from Raw Milk	http://www.untrainedhousewife.com/how-to-make-homemade-sour-cream-from-raw-milk
LiveStrong Soured Milk from Raw Milk	http://www.livestrong.com/article/488344-how-to-sour-raw-milk/
Nourished Kitchen Yogurt from Raw Milk	http://nourishedkitchen.com/raw-milk-yogurt/