

## GAPs Diet Overview

<http://www.gapsdiet.com/gaps-full-diet.html>

Underlined items are not allowed or iffy on other similar diets or if there is a food allergy/sensitivity.

### Protein

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#### Yes

- **Meat, Poultry, Seafood, Shellfish**
- Nuts
- **Some Low-Lactose Dairy**: homemade yogurt, certain cheeses: dry curd cottage cheese, blue, camembert, colby, monterey jack, muenster, parmesan, stilton
- Eggs

#### No

- **Most Dairy** (except those in yes list) including whey

### Produce

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- **Most Vegetables**
- **Certain Fruit**: berries, apples, kiwi, citrus, melon, mango, nectarines, pears, papaya, pineapple (keep portion sizes small – sugar still feeds bad bacteria and yeast)
- Mushrooms
- **Canned** vegetables or fruit (opt for frozen or fresh)
- **Jam, jelly, most juice**

### Carbs & Sweets

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- **Certain Roots/Starchy Veg**: carrots, celeriac, winter squash, tomatoes, beets
- **Certain Beans**: green, black, lima, peas
- Dates (tiny bit)
- Honey (tiny bit)
- **Most Beans** (except green beans, sometimes black beans, lima beans, peas)
- **Soy**
- Bean sprouts/mung beans
- **Inulin-Rich Foods/Herbs**: chicory root, dandelion root, burdock root, sunchokes/Jersusalem artichokes
- **Mucilaginous/Polysaccharide Food/Herbs**: marshmallow, slippery elm, seaweed, agar, aloe, arrowroot, astragalus, okra, carrageenan, cellulose gum, pectin
- **Grains & Pseudograins**: Wheat, amaranth, barley, cereals, flour (except nut), pasta, quinoa, rye, rice, tapioca, millet
- **Certain Starchy Veg/Roots**: corn, parsnips, potatoes, yams, sweet potatoes
- **Sweets**: artificial, agave, apple juice, corn syrup, fructose, molasses, sugar

### Fats

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- Coconut (unsweetened)
- **Fats/Oils**: olive, coconut, ghee, avocado, animal fats
- **Most Cooking Oils** (except yes list)

### Other

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- Weak Coffee
- **Herbs and seasonings** (note FODMAP exceptions like garlic, onions, fennel – even though GAPs lists them as fine/good foods)
- **Vinegar** (except commercial Balsamic)
- **Fermented Food** (made from yes list foods IF TOLERATED)
- **Chocolate, Carob**, instant tea, instant coffee
- **Baker's Yeast, Baking Powder**, Rising Agents, Cream of Tartar

**Also note that the above recommendations are for FULL GAPS, but the diet typically begins in stages, starting with very limited foods that are easy to digest, nourishing, and promote gut health.**

### **How the GAPS diet compares to...**

#### **Carbohydrate-Specific Diet**

Very similar to GAPS, often followed for a full year

For detailed legal/illegal list, see <http://www.breakingtheviciouscycle.info/legal/listing/>

#### **AIP Autoimmune Protocol Diet**

<https://www.thepaleomom.com/start-here/paleo-diet/>

Lots of recipes on this site!

Similar to GAPS/CSD except...

No nightshades (at least for a few months, then reintroduce)

No dairy at all (except maybe ghee), including dairy-based fermented food

No legumes/beans at all

Nuts/seeds in moderation

Seaweed allowed

All fruit allowed (but limited quantities)

#### **FODMAP**

This diet isn't about complete avoidance but limiting trigger foods to infrequent and small doses.

<http://fodmaplife.com/fodmap-grocery-list/>

Nice chart for paleo-friendly FODMAP diet:

<https://thepaleomomcom-xt0mxgicgroc.stackpathdns.com/wp-content/uploads/2012/08/FODMAP-Table.jpg>

#### **Very similar except:**

No apples, berries, dates, stone fruits (small quantities of banana, blueberries, cantaloupe, cherries, cranberries, clementines, etc ok)

No beets (2 slices ok), mushrooms, beans, savoy cabbage, garlic, onions, peas, taro, dairy

Sweet potato, potato, taro, and yams ok in moderation

Cream and lactose-free dairy ok in moderation

Dark chocolate ok in moderation

Stevia, brown sugar, white sugar, maple syrup ok in moderation (~1 tablespoon)

Butter, margarine, mayo, and some other oils ok in moderation (1 tablespoon)

Amaranth, GF cornflakes, quinoa, rice, oats, wheat, sourdough, GF bread, corn tortillas, millet etc ok in moderation

Bean sprouts ok

Avocado in moderation

#### **Whole30**

No grains and pseudo grains (including corn) but otherwise not very limited on starchy vegetables (squash, jicama, parsnips, rutabaga, fruit, sweet potatoes)

Potatoes ok according to new rules

Absolutely no alcohol

Only ghee/clarified butter allowed for dairy

Fruit juice only in some recipes as a natural sweetener

Green beans, sugar snap peas, and snow peas are allowed

Coconut aminos substitute for soy sauce

Nuts and seeds are fine, but in moderation, no peanuts

*Data casually compiled by Wintergreen Botanicals, LLC – may not be 100% perfect!*