

WHAT CAN I EAT ON THE GAPS DIET?

RECOMMENDED FOODS

Almond butter or oil	Kale
Apples	Kiwi fruit
Apricots, fresh or dried	Kumquats
Artichoke, French	Lemons
Asparagus	Lentils
Avocados or avocado oil	Lettuce, all kinds
Bananas, ripe with brown spots on skin	Lima beans, fresh or dried
Beans, dried navy, string or lima beans	Limes
Beets or beetroot	Mangoes
Berries, all kinds	Meats - Beef, Lamb or Pork, fresh or frozen
Black, white, red, or cayenne pepper	Melons
Black radish	Mushrooms
Bok Choy	Mustard seeds, pure powder
Broccoli	Nectarines
Brussels sprouts	Nutmeg
Butter	Nuts - all kinds, fresh or raw, flour or ground, (not roasted, salted, or coated)
Cabbage	Almond, Brazil, Cashew, Chestnut, Filbert, Hazelnut, Peanut, Pecan, Pine, Walnut
Capers	Olive oil, virgin cold-pressed
Carrots	Olives, preserved without sugar
Cauliflower	Onions
Celeriac	Oranges
Celery	Papayas
Cellulose in supplements	Parsley
Cheese -	Peaches
Asiago, Blue, Brick, Brie, Camembert, Cheddar, Colby, Edam, Gorgonzola, Gouda, Havarti, Limburger, Monterey Jack, Muenster, Parmesan, Port du Salut, Roquefort, Stilton, Swiss, Romano, Uncreamed cottage cheese (dry curd)	Peanut butter, no additives
Cherimoya (custard apple or sharifa)	Pears
Cherries	Peas, fresh green or dried split
Cinnamon	Peppers, green, yellow, red, or orange
Citric acid	Pickles, without sugar
Coconut, fresh or dried, no additives	Pineapples, fresh
Coconut milk (not canned)	Poultry - Chicken, Turkey, Duck or Goose, fresh or frozen
Coconut oil	Prunes, in juice or dried, no additives
Coffee, freshly made weak (not instant)	Pumpkin
Collard greens	Raisins
Coriander, fresh or dried	Rhubarb
Cucumber	Satsumas
Dates, fresh or dried, no additives	Scotch, occasionally
Dill, fresh or dried	Shellfish, fresh or frozen
Eggplant (aubergine)	Spices, single or pure, no additives
Eggs, fresh	Spinach
Fish, fresh, frozen, canned (in water or oil)	Squash, summer or winter
Game - Quail, Pigeon or Pheasant, fresh or frozen	Tangerines
Garlic	Tea, freshly made weak (not instant)
Ghee, homemade	Tomatoes, juice or puree, no additives
Gin, occasionally	Turnips
Ginger root, fresh	Ugly fruit
Grapefruit	Vinegar, cider or white
Grapes	Vodka, very occasionally
Herbal teas	Watercress
Herbs, fresh or dried, no additives	Wine, dry, red or white
Honey, natural	Yogurt, home-made
Juices, fruit or vegetable (fresh pressed)	Zucchini (courgette)

FOODS TO AVOID

Acesulphame	Flour, made out of grains
Acidophilus milk	FOS (fructooligosaccharides)
Agar-agar	Fruit, canned or preserved
Agave syrup	Garbanzo beans
Algae	Grains, all kinds
Aloe Vera	Ham
Amaranth	Hot dogs
Apple juice	Ice-cream, commercial
Arrowroot	Jams or jellies
Astragalus	Jerusalem artichoke
Baked beans	Ketchup, commercially available
Baker's yeast	Lactose
Baking powder, raising agents of all kind	Liqueurs or cordials
Balsamic vinegar	Maple Syrup
Barley	Margarines or butter replacements
Bean, flour or sprouts	Meats, processed, preserved, smoked or salted
Bee pollen	Millet
Beer	Milk, buttermilk or dried from any animal, soy, rice
Bicarbonate of soda	Molasses
Bitter Gourd	Mung beans
Black eye beans	Nutra-sweet (aspartame)
Bologna	Nuts, any kind, salted, roasted or coated
Bouillon cubes or granules	Okra
Brandy	Oats
Buckwheat	Parsnips
Bulgur	Pasta, of any kind
Burdock root	Pectin
Butter beans	Postum
Cannellini beans	Potatoes, white or sweet
Canned fruit or vegetables	Quinoa
Carob	Rice
Carrageenan	Rye
Cellulose gum	Saccharin
Cereals, any breakfast cereals	Sago
Cheese - processed or cheese spreads	Sausages, commercially available
Chevre, Cottage or Cream Cheese, Feta, Gjetost, Gruyere, Mozzarella, Neufchatel, Primost, Ricotta	Seaweed
Chestnut flour	Semolina
Chewing gum	Sherry
Chick peas	Soda soft drinks
Chickory root	Sour cream, commercial
Chocolate	Soy
Coconut milk, canned	Spelt
Cocoa powder	Starch
Coffee, instant or coffee substitutes	Sugar or sucrose, of any kind
Cooking oils	Tapioca
Corn	Tea, instant
Cornstarch	Triticale
Corn syrup	Turkey loaf
Cottonseed	Vegetables, canned or preserved
Couscous	Wheat
Cream	Wheat germ
Cream of Tartar	Whey, powder or liquid
Dextrose	Yams
Fava beans	Yogurt, commercial
Fish, preserved, smoked, salted, breaded or canned with sauces	

Rev. 11-02-09



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