

	GAPS Diet by Campbell-MCBride; all comments are taken out of her book								
author can be reached via forums.phoenixrising.me or www.symptome.ch my user name is malk in both	GAPS 1. Intruduction Diet, duration: between a view weeks and a year , depending on stool changes and abdominal pain; designed to heal and seal the gut lining; move forward when no symptoms; essential if reflux, diarrhoea, abdominal pain, bloating, severe constipation, leaky gut, food allergies and intolerances; new food introduce very slowly (sfgmall bits); (step may be omitted when no problems, but is not recommended)						GAPS 2. Full Diet, duration about 2 years	GAPS 3. Comming off the Diet; forbid-den foods may be introduced; but no modern processed foods	general comments re GAPS Diet
	GAPS First Stage:	GAPS Second Stage:	GAPS Third Stage:	GAPS Fourth Stage:	GAPS Fifth Stage:	GAPS Sixth Stage:			
English									
grains & similar									
wheat	no	no	no	no	no	no	no		
rye	no	no	no	no	no	no			
rice	no	no	no	no	no	no			
oats	no	no	no	no	no	no			
corn	no	no	no	no	no	no			
maize	no	no	no	no	no	no			
sorghum	no	no	no	no	no	no			
barley	no	no	no	no	no	no			
buckwheat	no	no	no	no	no	no			
millet	no	no	no	no	no	no			
spelt	no	no	no	no	no	no			
triticale	no	no	no	no	no	no			
bulgur	no	no	no	no	no	no			
tapioca	no	no	no	no	no	no			
quinoa	no	no	no	no	no	no			
cous-cous	no	no	no	no	no	no			
vegetables & other plants									
general: cooked vegetables	no	no	no	yes	yes	yes			
general: fermented vegetables (home made, not cooked)	no (too starchy)	no (too starchy)	yes	yes	yes	yes			good when constipation
general: juce of fermented vegetables	yes, essential in this diet, add to every meal	yes, essential in this diet, add to every meal	yes, essential in this diet, add to every meal	yes, essential in this diet, add to every meal	yes, essential in this diet, add to every meal	yes, essential in this diet, add to every meal			good when constipation
general:juce of raw vegetables	no	no	no	no	no	no	yes		good for detoxification and support the liver
general: vegetables, raw	no	no	no	no	yes, intruduce slowly: 1) softer parts of lettuce and peeled cucumber 2) carrot, tomato, onion, cabbage ... chew well, tolerated when diarrhoea does NOT return				
asparagus	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
aubergine (eggplant)	?	?	?	?	?	?			night-shade: not if sensitive, sensitiveness might disapear after introduction-diet, non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
avocados, ripe	no	no	yes if ripe and mashed into soups	yes	yes	yes	yes		must be ripe, combines with meats well

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English beets	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
broccoli	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only yes if cooked	yes	yes	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
Brussels sprouts	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
cabbage	no (too fibrous)	no	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
cabbage, fresh juice	no	no	no	yes, after carrot juice is tolerated, on empty stomach only	yes, after carrot juice is tolerated, on empty stomach only	yes, after carrot juice is tolerated, on empty stomach only			
carrot juice (freshly pressed)	no	no	no	yes, start slowly, mix with water/yoghurt/whey, "chew", must be filtered, only on empty stomach	yes	yes			
carrots	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only yes if cooked	yes if cooked (raw see general comments)	yes if cooked (raw see general comments)	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
cauliflower	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only yes if cooked	yes if cooked (raw see general comments)	yes if cooked (raw see general comments)	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
celery	no (too fibrous)	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
celery, fresh juice	no	no	no	yes, after carrot juice is tolerated, on empty stomach only	yes, after carrot juice is tolerated, on empty stomach only	yes, after carrot juice is tolerated, on empty stomach only			
courgette (zucchini)	only if simmered (e.g. in stock)	only if simmered (e.g. in stock)	only if simmered (e.g. in stock)	only yes if cooked	yes if cooked (raw see general comments)	yes if cooked (raw see general comments)	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
cucumber	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
French artichoke	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
garlic	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
green beans	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
green peas	?	?	?	?	?	?	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
kale	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly

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English leeks	only if simmered (e.g. in stock)	only if simmered (e.g. in stock)	only if simmered (e.g. in stock)	only yes if cooked	yes if cooked (raw see general comments)	yes if cooked (raw see general comments)			
lettuce	?	?	?	?	?	?	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
lettuce, fresh juice	no	no	no	yes, after carrot juice is tolerated, on empty stomach only	yes, after carrot juice is tolerated, on empty stomach only	yes, after carrot juice is tolerated, on empty stomach only			
marrow	only if simmered (e.g. in stock)	only if simmered (e.g. in stock)	only if simmered (e.g. in stock)	only yes if cooked	yes if cooked (raw see general comments)	yes if cooked (raw see general comments)	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
mint, fresh juice	no	no	no	yes, after carrot juice is tolerated, on empty stomach only	yes, after carrot juice is tolerated, on empty stomach only	yes, after carrot juice is tolerated, on empty stomach only			
mushrooms	?	?	?	?	?	?	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
onions	only if simmered (e.g. in stock)	only if simmered (e.g. in stock)	only if simmered (e.g. in stock)	only yes if cooked	yes if cooked (raw see general comments)	yes if cooked (raw see general comments)	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
parsley	?	?	?	?	?	?	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
peppers	?	?	?	?	?	?	yes		night-shade: not if sensitive, sensitiveness might disapear after introduction-diet, non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
pumpkin	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only yes if cooked	yes if cooked (raw see general comments)	yes if cooked (raw see general comments)	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
runner beans	?	?	?	?	?	?	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
sauerkraut, fermented (home made, not cooked)	no	no	yes	yes	yes	yes	yes		
sauerkraut, juce from fermented	yes, essential in this diet, add to every meal	yes	yes	yes	yes	yes	yes		especially important in case of constipation
soya and any products containing it	no	no	no	no	no	no	no		never ever, highly processed, containing many harmful substances and no benefital nutrients
spinach	?	?	?	?	?	?	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
squash	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only if simmered (e.g. in stock) and remove fibrous parts & seeds	only yes if cooked	yes if cooked (raw see general comments)	yes if cooked (raw see general comments)	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
tomatoes	?	?	?	?	?	?	yes		night-shade: not if sensitive, sensitiveness might disapear after introduction-diet, non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly

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English turnips	?	?	?	?	?	?	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
watercress	?	?	?	?	?	?	yes		non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly
legumes									
general: legumes									most are too starchy and shall be avoided
general: beans									most are too starchy and shall be avoided
general: lentils							yes, only correctly prepared		allowed (exception to legumes); must be soaked for at least 12 hours and rinsed well under running water to remove harmful substances (lectins and some starches); best fermented; introduce slowly; avoid until diarrhoea and other digestive symptoms cleared completely
navy bean/ haricot beans (white bean)							yes, only correctly prepared		allowed (exception to legumes); must be soaked for at least 12 hours and rinsed well under running water to remove harmful substances (lectins and some starches); best fermented; introduce slowly; avoid until diarrhoea and other digestive symptoms cleared completely
lima beans							yes, only correctly prepared		allowed (exception to legumes); must be soaked for at least 12 hours and rinsed well under running water to remove harmful substances (lectins and some starches); best fermented; introduce slowly; avoid until diarrhoea and other digestive symptoms cleared completely
split peas							yes, only correctly prepared		allowed (exception to legumes); must be soaked for at least 12 hours and rinsed well under running water to remove harmful substances (lectins and some starches); best fermented; introduce slowly; avoid until diarrhoea and other digestive symptoms cleared completely
seeds, nuts, oils									
general: nuts and nut flour									highly nourishing used a lot in this diet; only used fresh, not roasted, salted, coated, processed; exception nut flour for baking can be heated usually well tolerated; if undigestible soak in water (see p137), do not use until diarrhoea is settled

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English									
lemons									combine with meats fairly well
lemons, fresh juice									combine with meats fairly well
diary									
general: diary products (commercially produced)									never ever, exept made by yourself and raw (not pasteurized) organic milk is used, see the different stages and products
ghee homemade	yes, often the first diary beeing tolerated, also make sensitivity test	only if tolerated (might be at a later stage), some do tolerate, some not, also make sensitivity test	only if tolerated (might be at a later stage), some do tolerate, some not, also make sensitivity test	only if tolerated (might be at a later stage), some do tolerate, some not, also make sensitivity test	only if tolerated (might be at a later stage), some do tolerate, some not, also make sensitivity test	only if tolerated (might be at a later stage), some do tolerate, some not, also make sensitivity test	yes, often the first diary beeing tolerated, also make sensitivity test		usually okay with constipation since high fat
butter (raw, organic)	only after ghee is tolerated, toleration may come at later stage, also make sensitivity test	only after ghee is tolerated, toleration may come at later stage, also make sensitivity test	only after ghee is tolerated, toleration may come at later stage, also make sensitivity test	only after ghee is tolerated, toleration may come at later stage, also make sensitivity test	only after ghee is tolerated, toleration may come at later stage, also make sensitivity test	only after ghee is tolerated, toleration may come at later stage, also make sensitivity test	yes, if not already indroduced follow diary introduction steps from Introduction diet		usually okay with constipation since high fat
dripping of homemade well-fermented yoghurt (raw)	only after butter is tolerated, good in case of diarrhoea, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, good in case of diarrhoea, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, good in case of diarrhoea, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, good in case of diarrhoea, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, good in case of diarrhoea, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, good in case of diarrhoea, toleration may come at later stage, also make sensitivity test	yes, if not already indroduced follow diary introduction steps from Introduction diet		
yoghurt (raw), homemade well-fermented	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	yes, if not already indroduced follow diary introduction steps from Introduction diet		usually good when diarrhoea, might aggravate constipation (due to high protein)
homemade well-fermented sour cream (raw) by yoghurt cultures	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	only after butter is tolerated, toleration may come at later stage, also make sensitivity test	yes, if not already indroduced follow diary introduction steps from Introduction diet		good when diarrhoea, usually okay with constipation since high fat
whey (raw), homemade well-fermented	only if tolerated, toleration may come at later stage, also make sensitivity test	only if tolerated, toleration may come at later stage, also make sensitivity test	only if tolerated, toleration may come at later stage, also make sensitivity test	only if tolerated, toleration may come at later stage, also make sensitivity test	only if tolerated, toleration may come at later stage, also make sensitivity test	only if tolerated, toleration may come at later stage, also make sensitivity test	yes, if not already indroduced follow diary introduction steps from Introduction diet		usually good when diarrhoea, might aggravate constipation (due to high protein)
homemade well-fermented sour cream (raw) by kefir cultures	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	yes, if not already indroduced follow diary introduction steps from Introduction diet		in case of chronic severe constipation

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English homemade kefir (with raw diary)	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more aggressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	yes, if not already indroduced follow diary introduction steps from Introduction diet		
cheese, organic, made of raw diary	no, as far as I understand	no, as far as I understand	no, as far as I understand	no, as far as I understand	no, as far as I understand	no, as far as I understand	only after yoghurt, kefir, sour cream are tolerated		
animal products									
general: red meat	only in stock first						yes, important		yes, important
general: lean meat	no, fat is essential	no, fat is essential	no, fat is essential	no, fat is essential	no, fat is essential	no, fat is essential	no, fat is essential	no, fat is essential	not recommended, animal fat is essential, e.g. take chicken with skin, do not remove fat from red meat
liver	?	?	?	?	?	?	yes, very important	yes, very important	yes, very important, very nutritious, easy to digest, eat regularly, GAPS book has recepies how to include in daily routine (e.g. cook&smash&freeze and add to daily broth)
general: animal fats	yes	yes	yes	yes	yes	yes	yes		yes, important, provide nutrients for restoring immunity, gut and nervous system; can be cooked without changing chemical structure
egg yolks, raw, organic	no	yes, if no allergy (without egg white)	yes, if no allergy (without egg white)	yes, if no allergy (without egg white)	yes, if no allergy (without egg white)	yes, if no allergy (without egg white)	yes, if no allergy (without egg white)	yes, if no allergy (without egg white)	important, eat regularly, if no allergy (IgE), adult 4-8 egg yolks per day uncooked or lightly cooked, egg white can be included
egg white, raw organic	no	no	?	?	?	?	only optional	only optional	important, eat regularly, if no allergy (IgE), adult 4-8 egg yolks per day uncooked or lightly cooked, egg white can be included
fermented fish	no	yes	yes	yes	yes	yes	yes	yes	
Gravlax (is not smoked but dried/salted, in former days was also pickled)	no	yes	yes	yes	yes	yes	yes	yes	
meat roasted	no	no	no	yes, but not too brown or burned	yes, but not too brown or burned	yes, but not too brown or burned	yes	yes	
meats barbecued	no	no	no	no	?	?	?	?	
measts fried	no	no	no	no	?	?	?	?	
ham, bacon, sausages	no	no	no	no	no	no	no		no, because commercially available products contain several additives (g.e. E numbers, preservatives, starches, sugar, too much salt, lactose etc.)
beverages									

[illegible]

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English									
miscellaneous									
use of microwaves									never ever
processed foods									never evr, our bodies are not used to it, it harms and feeds pathogenic specieas like parasites
animal fat		yes, very important							saturated animal fat is very important, use for cooking
honey	only limited, e.g. tea can be sweatened	only limited, e.g. tea can be sweatened	only limited, e.g. tea can be sweatened	only limited, e.g. tea can be sweatened	only limited, e.g. tea can be sweatened	yes, more honey might be added for sweatening			only pure cold-expressed honey, limit because might encourage growth of Candida; many nutrients
monosaccharides (e.g. honey)	only limited, e.g. tea can be sweatened	only limited, e.g. tea can be sweatened	only limited, e.g. tea can be sweatened	only limited, e.g. tea can be sweatened	only limited, e.g. tea can be sweatened	yes, more honey might be added for sweatening			do not need digestion, easily penetrate gut lining, should be main form of carbonhydrate if digestive disorder
disaccharides (incl. Lactose, also in unripe fruits)	no	no	no	no	no	no			can not be easily digested and absorbet when digestive disorder, therefore feed pathogenic bacteria funggi (e.g. candida), therefore also diary (lactose) are a problem
starches (huge molecules made of connected monosaccharides)	no	no	no	no	no	no			can not be easily digested and absorbet when digestive disorder, therefore feed pathogenic bacteria funggi (e.g. candida)
fibres in general	no	no	no	no	no	no			if gut wall is severely inflamed no fibre can be tolerated
proteins (found in plants and animal products)									proteins are essential but difficult to digest and can leak into bloodstream. Easiest to digest are eggs, meats and fish (but not plant proteins!)
fats									inflamed mucous membrane interferes with fat digestion. When starches adn double sugars are avoided the mucuous can normalise and fat absorbtion improves.