

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. Introduction 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 (sffmall 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	no		
rye	no	no	no	no	no	no	no	no		
rice	no	no	no	no	no	no	no	no		
oats	no	no	no	no	no	no	no	no		
corn	no	no	no	no	no	no	no	no		
maize	no	no	no	no	no	no	no	no		
sorghum	no	no	no	no	no	no	no	no		
barley	no	no	no	no	no	no	no	no		
buckwheat	no	no	no	no	no	no	no	no		
millet	no	no	no	no	no	no	no	no		
spelt	no	no	no	no	no	no	no	no		
triticale	no	no	no	no	no	no	no	no		
bulgur	no	no	no	no	no	no	no	no		
tapioca	no	no	no	no	no	no	no	no		
quinoa	no	no	no	no	no	no	no	no		
cous-cous	no	no	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	yes				
asparagus	?	?	?	?	?	?	yes		because non-starchy vegetables, when diarrhoea: cook deseed and peel, raw: introduce slowly	
aubergine (eggplant)	?	?	?	?	?	?	yes		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 beneficial 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 general: seeds, seed flour, seed butter										highly nourishing used a lot in this diet; only used fresh, not roasted, salted, coated, processed; exception: flour for baking or seed butter can be heated; seeds are best soaked in water for 12 hours or slightly sprouted = more nourishing; do not use until diarrhoea is settled
plant oils and fats (seed etc.) incl. Margarine	no	no	no	no (with exeptions)	no (with exeptions)	no (with exeptions)	no (with exeptions)	no (with exeptions)	no (with exeptions)	never use for cooking generate or contain harmful trans-fatty-acids, pure (virgin cold-pressed) cocunut oil for cooking is allowed, some plant oils are allowed cold & raw,
olive-oil cold-pressed	no	no	no	yes, add raw to meals, no cooking	yes, add raw to meals, no cooking	yes, add raw to meals, no cooking	yes, add raw to meals, no cooking			
walnuts	?	?	?	?	?	?	yes			can be used as flour for baking
almonds	?	?	?	?	?	?	yes			can be used as flour for baking
brazil nuts	?	?	?	?	?	?	yes			
pecans	?	?	?	?	?	?	yes			can be used as flour for baking
hazelnuts	?	?	?	?	?	?	yes			
cashew nuts	?	?	?	?	?	?	yes			can be used as flour for baking
peanuts	?	?	?	?	?	?	yes			
sunflower seeds	?	?	?	?	?	?	yes			can be used as flour for baking
pumpkin seeds	?	?	?	?	?	?	yes			can be used as flour for baking
sesame seeds	?	?	?	?	?	?	yes			can be used as flour for baking
peanuts										
fruits and berries										
general: fruits	no	no	no	no	no	no	only after raw apple tolerated			Always on empty stomach not with meal (esp. Not with meats), must be very ripe (otherwise too starchy), if diarrhoea: avoid first and slowly introduce cooked+ deseeded+ peeled
general: berries										powerhouses of nutrition, if diarrhoea: do not give initially introduce gradually as cooked maybe even deseeded or in pies etc.
apple	no	no	no	no	no	only cooked as puree with ghee or other animal fat, a bit honey is allowed	yes, must be ripe and peeled			
misc. raw fruits	no	no	no	no	no	no	only introduce after raw apple tolerated, hony can be added to sweeten			
fresh juice: apple, pineapple, mango	no	no	no	no	no	yes, add apple, pinapple or mango to vegetable juice	yes, add apple, pinapple or mango to vegetable juice			
general: fresh juice (general)	no	no	no	no	no	no	no	yes		good for detoxification and support the liver
citrus fruits, fresh juice	no	no	no	no	no	no	no			

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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 agressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more agressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more agressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more agressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more agressive than yoghurt cultures, toleration may come at later stage, also make sensitivity test	only later if tolerated, more agressive 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)		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		no, because commercially available products contain several additives (g.e. E numbers, preservatives, starches, sugar, too much salt, lactose etc.)
beverages										

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	GAPS First Stage:	GAPS Second Stage:	GAPS Third Stage:	GAPS Fourth Stage:	GAPS Fifth Stage:	GAPS Sixth Stage:				
English										
stock/ broth	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day		very nutritious, easy to digest, drink every day
ginger tea	yes	yes	yes	yes	yes	yes	yes	yes		
mint tea	yes	yes	yes	yes	yes	yes	yes	yes		
camomile tea	yes	yes	yes	yes	yes	yes	yes	yes		
tea sweetened with honey	yes	yes	yes	yes	yes	yes	yes	yes		
coffee, weak, without milk	?	?	?	?	?	?	only yes for adults only			only allowed for adults
black tea, weak, without milk	?	?	?	?	?	?	only yes for adults only			only allowed for adults
dishes										
(red) meat stock	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day		very nutritious, easy to digest, drink every day, with or without meat/ vegetables
(poultry) stock	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day		very nutritious, easy to digest, drink every day, with or without meat/ vegetables
fish stock	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day	yes, very important, every day		very nutritious, easy to digest, drink every day, with or without meat/ vegetables
soft tissues of meat stock	yes, important	yes, important	yes, important	yes, important	yes, important	yes, important	yes, important	yes, important		
bone marrow of meat stock	yes, important	yes, important	yes, important	yes, important	yes, important	yes, important	yes, important	yes, important		
stew with vegetables and meat	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes		
casserole with vegetables and meat	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes, fat content must be high,salt and herbs are okay, no spices at this stage	yes		
special pancakes (nut butter, eggs, squash/marrow/zucchini, good fat)	no	no	yes	yes	yes	yes	yes	yes		
nut flour bread	no	no	no	yes, with eggs, squash/ marrow/ courgette, natural animal fat (or coconut)	yes, with eggs, squash/ marrow/ courgette, natural animal fat (or coconut)	yes, with eggs, squash/ marrow/ courgette, natural animal fat (or coconut)	yes, with eggs, squash/ marrow/ courgette, natural animal fat (or coconut)	yes, with eggs, squash/ marrow/ courgette, natural animal fat (or coconut)		
special baked cakes (without grains)	no	no	no	no	no	yes, see recipies	yes, see recipies			
breakfast cereals (muesli etc.)	no	no	no	no	no	no	no	no	no	no never (processed food, gluten)

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										
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 sweatedened	only limited, e.g. tea can be sweatedened	only limited, e.g. tea can be sweatedened	only limited, e.g. tea can be sweatedened	only limited, e.g. tea can be sweatedened	only limited, e.g. tea can be sweatedened	yes, more honey might be added for sweatedening		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 sweatedened	only limited, e.g. tea can be sweatedened	only limited, e.g. tea can be sweatedened	only limited, e.g. tea can be sweatedened	only limited, e.g. tea can be sweatedened	only limited, e.g. tea can be sweatedened	yes, more honey might be added for sweatedening		do not need digestion, easily penetrate gut lining, should be main form of carbohydrate if digestive disorder	
disaccharides (incl. Lactose, also in unripe fruits)	no	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	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	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.	