FULL GAPS Foods to AVOID

Dr. Karen S. Lee
Wholistic Vitality

Agar-agar

Agave sweetener

Algae

Aloe Vera

Amaranth

Apple juice

Arrowroot

Artificial Sweeteners (Equal, Splenda, Sweet N Low)

Astragalus

Baked beans

Baker's yeast

Baking powder, raising agents of all kind

Baking soda (except in certain situations)

Barley

Bean, flour or sprouts

Bee pollen

Beer

Bitter Gourd

Black beans

Bologna

Bouillon cubes or granules

Brandy

Buckwheat

Bulgur

Burdock root

Butter beans

Cannellini beans

Canned fruit or vegetables

Carob

Carrageenan

Cellulose gum

Cereals, any breakfast cereals

Cheese – processed or cheese spreads including Chevre, Cottage or Cream Cheese, Feta, Gjetost, Gruyere, Mozzarella, Neufchatel, Primost, Ricotta.

Chestnut flour

Chewing gum

Chick peas

Chicory root

Chocolate

Coconut milk, canned with additives

Cocoa powder

Coffee, instant or coffee substitutes

Cooking oils – all liquid, including canola

Cornstarch

Corn syrup

Cottonseed

Couscous

Cream

Cream of Tartar

Dextrose

Fava beans

Fish, preserved, smoked, salted, breaded or canned with sauces

Flour, made out of grains

FOS (fructooligosaccharides)

Fruit, canned or preserved

Garbanzo beans

Grains, all kinds

Ham

Hot dogs

Ice-cream, commercial

Jams or jellies

Jerusalem artichoke

Ketchup, commercially available

Lactose

Liqueurs or cordials

Maple Syrup

Margarines or butter replacements

Meats, processed, preserved, smoked or salted
Millet
Milk, buttermilk or dried from any animal, soy, or rice
Molasses
Mung beans
Nutra-sweet (aspartame)
Nuts, any kind, salted, roasted or coated
Okra
Oats
Parsnips
Pasta, of any kind
Pectin
Potatoes, white or sweet
Quinoa
Rice
Rye
Saccharin
Sago
Sausages, commercially available
Seaweed
Semolina
Sherry
Soda or soft drinks
Sour cream, commercial
Soy
Spelt
Starch
Sugar or sucrose, of any kind
Sweet potatoes
Tapioca
Tea, instant
Triticale
Vegetables, canned or preserved (frozen is ok as long as there are no additives)
Wheat
Wheat germ
Whey, powder or liquid (homemade is ok)
Yams
Yogurt, commercial