

KETOGENIC FOODS SUITABLE FOR GAPS DIET

YES Foods These foods are lowest in carbohydrates and can be included in your diet	LIMIT Foods These Foods need tracking due to their carbohydrate content	NO Foods Avoid these foods
<p>ALL MEAT, FISH & EGGS</p> <p>Beef Mussels Chicken Small Oily Fish* Duck Scallops Organic Eggs Shrimp Game Turkey Goat Veal Lamb White Fish Lobster</p> <p>*Prefer the small fish- e.g. sardines, anchovies, mackerel, wild salmon, freshwater trout</p> <p>VEGETABLES</p> <p>Alfalfa sprouts Fennel Artichoke Green Beans Asparagus Kale Aubergine Kohlrabi Avocado Leeks Bamboo Shoots Lettuces and Green Beet Greens Leafy Veg Bok Choy Mushrooms Broccoli Olives (Tapenade) Brussels Sprout Radishes Cabbages Sauerkraut Cauliflower Scallions Celery (Root) Snow Peas Chives Spinach Collard Greens Spring Onions Courgette Swiss Chard (Zucchini) Turnips Cucumbers Water Chestnuts Dandelion</p> <p>NUTS/SEEDS & BUTTERS/FLOURS</p> <p>Almond (Butter)Flax, Hemp Seeds Brazil nut Pecans Coconut (Butter)Sesame Seeds/Tahini Walnuts Macadamias (Butter)</p> <p>FATS & OILS</p> <p>Animal Fats (Ghee, (Goat) Butter, Lard, Chicken/Duck/Goose Fat, Beef Tallow) Avocado (Oil) Coconut Oil/Milk Almond/Macadamia Oil Mayonnaise Olive Oil Heavy cream (if tolerated) or fermented cream</p> <p>BEVERAGES</p> <p>Herbal Teas (unsweetened) Filtered or bottled water Clear Broth (e.g. Chicken Stock) Apple Cider Vinegar</p>	<p>MEAT & FISH</p> <p>Pork: Good quality sausages 1x/week, bacon</p> <p>VEGETABLES</p> <p>Bean Sprouts Onions Beetroot Parsnip Bell Peppers Pumpkin Celeriac Shallots Carrots Squash Garlic</p> <p>NUTS/SEEDS & BUTTERS</p> <p>Cashew Peanut Pumpkin, Chia and Sunflower Seeds</p> <p>OILS</p> <p>Fish Oil as a supplement</p> <p>GRAINS/LEGUMES</p> <p>Sprouted Legumes</p> <p>BEVERAGES</p> <p>Almond Milk (unsweetened) Coconut Milk (full fat) Decaffeinated Coffee Protein Powder Drinks (e.g. Sunwarrior) Dry Red Wine, Dry White Wine in moderation Small amounts of vegetable juice from green section (approx. 180 ml)</p> <p>FRUIT</p> <p>Small amounts of fresh berries, cherries, ½ kiwi, ½ small apple or a small amount of papaya. Lemon, Lime</p> <p>DAIRY</p> <p>Preferably goat and sheep cheese Other cheeses if tolerated, from raw milk Homemade kefir in small amounts</p> <p>SAUCES/DRESSINGS</p> <p>Coconut Aminos</p> <p>SPICES</p> <p>Contain carbs that need to be taken into account if following a strict ketogenic diet</p> <p>TREATS</p> <p>Coconut Yoghurt (unsweetened)</p>	<p>MEAT & FISH</p> <p>Meat and fish in a batter Processed meat/fish with preservatives and additives</p> <p>VEGETABLES</p> <p>(Sweet) Corn Peas Sweet potatoes White potatoes</p> <p>BEVERAGES</p> <p>Alcohol Coconut Juice/Water Coffee/Coffee Drinks/Coffee Shakes Fruit Juices Milks except for those in yellow section</p> <p>OILS</p> <p>Vegetable Oils like Corn, Canola, Soybean and Sunflower Oil; Seed Oils</p> <p>GRAINS & LEGUMES</p> <p>Barley Pinto Beans Black Beans Quinoa Buckwheat Red Beans Chickpeas Rice Kamut Spelt Lentils</p> <p>UN-/REFINED CARBOHYDRATES</p> <p>Processed Bread Cupcakes Bagels Muffins Breadsticks Pasta Brownies Oats/Porridge Cake Pastries Candy Pita Cereal/Granola Processed Pizza Chips Popcorn Cookies Rolls Couscous Tortillas Crackers Tortilla Chips Croissants Wheat Products</p> <p>FRUIT</p> <p>All except for those mentioned in the "Limit Foods" section</p> <p>DAIRY</p> <p>All except for goat/sheep cheese and butter/ ghee</p> <p>SAUCES/DRESSINGS</p> <p>Bottled Salad Dressing Ready-made Sauces Relishes</p> <p>ANYTHING DIET/SUGAR-FREE</p> <p>Or (artificially) sweetened food (including honey) or beverage items of any kind</p>