

	WHAT IS IT?	FOODS TO ENJOY	FOODS TO AVOID	ISSUES ADDRESSED
<b>KETOGENIC</b>	A ketogenic diet primarily functions to place the body into ketosis, a metabolic state where the body burns energy from fat instead of carbohydrates.	A ketogenic diet places its emphasis on good, quality fats. The recommended Macro break down is: <ul style="list-style-type: none"> <li>• 75% of your food from quality fats (coconut oil, ghee, grass-fed butter &amp; cheese, salmon, chia seeds, avocados, nuts &amp; seeds)</li> <li>• 20% from quality sources of protein</li> <li>• 5% from carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>• Gluten &amp; grains</li> <li>• Refined sugars, artificial sweeteners</li> <li>• Processed foods</li> <li>• Milk</li> <li>• Alcohol</li> <li>• Soy products</li> </ul>	Originally the Ketogenic Diet was created to help with epilepsy. Keto has also seen success in aiding many health problems such as diabetes, Parkinson's, and Alzheimer's. Keto has helped fight cancers and aids weight loss.
<b>GAPS</b>	The GAPS Diet stands for Gut and Psychology Syndrome.  GAPS addresses three main underlying factors: Leaky gut, gut flora imbalance and nutrient deficiencies. The diet aims to restore gut flora and strengthen a weakened immune	GAPS Diet looks for nutrients that aid in immune system and gut functionality and restoration. The GAPS Diet places importance on these types of food: <ul style="list-style-type: none"> <li>• Fermented foods</li> <li>• Probiotic supplementation</li> <li>• Nutrient-dense, traditional foods (exceptions on the right)</li> </ul>	<ul style="list-style-type: none"> <li>• Complex carbohydrates (including sweet potatoes)</li> <li>• Gluten, grains</li> <li>• Sugars (including honey and maple syrup)</li> <li>• Most nuts</li> <li>• Most legumes</li> <li>• Processed foods and additives</li> <li>• Milk, alcohol, fruit juices, coffee, tea, soft drinks</li> </ul>	The GAPS Diet can help with a variety of chronic health concerns, especially those originating in the gut. GAPS has seen success in helping with: autoimmune diseases, chronic candida overgrowth, arthritis, anemia, eczema, hay fever, allergies and chronic colds. Because of the gut/brain connection, GAPS has also helped those dealing with learning disabilities.
<b>AIP</b>	The Autoimmune Protocol (AIP) focuses on eliminating the attacks the immune system has on the organs. Because autoimmune diseases are essentially untreatable, this protocol takes a holistic approach to support the immune system naturally by decreasing inflammation, healing the gut, support the digestive tract and overall bettering organ functions	The AIP looks for nutrients that support the immune system by "cooling" down chronic inflammation.  Nutrient-dense, traditional foods (exceptions on the right): <ul style="list-style-type: none"> <li>• Beef, Chicken, Wild Caught Fish</li> <li>• Snap Peas, String Beans, Haricot Vert</li> <li>• Beets, Carrots, Leafy Greens</li> <li>• Sauerkraut, Kombucha, Kimchi</li> </ul>	<ul style="list-style-type: none"> <li>• Complex carbohydrates (including sweetpotatoes)</li> <li>• Gluten &amp; grains</li> <li>• Sugars (including honey and maple syrup)</li> <li>• Most nuts</li> <li>• Most legumes</li> <li>• Processed foods and additives</li> <li>• Milk, alcohol, fruit juices, coffee, tea, soft drinks</li> </ul>	AIP looks to heal those dealing with autoimmune diseases and has had great success in restoring balance and health back to those suffering from health issues such as: Crohn's Disease, Multiple Sclerosis, and Lupus, among others.
<b>LOW FODMAP</b>	FODMAP stands for Fermentable Oligo-saccharides, Di-saccharides, Mono-saccharides And Polyols. The Low FODMAP diet aims to eliminate short-chained carbohydrates in the diet, as they can be problematic for those suffering from irritable bowel syndrome and other digestive issues.	Nutrient-dense, traditional foods (exceptions on the right): <ul style="list-style-type: none"> <li>• Quality meats, fish and eggs</li> <li>• Almonds, walnuts, flax seeds</li> <li>• Avocado, banana, blueberries</li> <li>• Leafy greens, carrots, green peppers</li> <li>• Oats, quinoa, brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Short-chained carbohydrates such as: Fruits: apples, apricots, blackberries, cherries, dates, figs, pears, peaches, watermelon and canned fruits Vegetables: Artichokes, asparagus, broccoli, beetroot, Brussels sprouts, cabbage, cauliflower, garlic, fennel, leaks, mushrooms, okra, onions, peas, shallots</li> <li>• Milk: from cows, sheep or goats</li> <li>• Wheat, barley, rye</li> <li>• Legumes: beans, chickpeas, lentils, kidney beans, baked beans, soybeans</li> <li>• Alcohol, fruit juices, soft drinks</li> </ul>	Mostly digestive problems. Great success with Chronic IBS, as well as, chronic gas, bloating diarrhea, constipation and chronic stomach pains.
<b>PALEO/ PRIMAL</b>	The Paleo / Primal diet is an evolutionary diet that focuses on eating similarly to what our ancestor's ate and avoiding processed and refined foods. The difference between a traditional primal and paleo diet is a few additional food groups.	<p><b>Paleo:</b></p> <ul style="list-style-type: none"> <li>• Quality meat, fish and fowl</li> <li>• Eggs</li> <li>• Vegetables</li> <li>• Nuts and seeds</li> <li>• Good, quality fats</li> <li>• Limited fruits</li> </ul> <p><b>Primal:</b></p> <ul style="list-style-type: none"> <li>• Quality meats, fishes and eggs (occasionally raw)</li> <li>• Fresh, local fruits and vegetables</li> <li>• Fermented dairy products</li> <li>• Occasional legumes</li> </ul> <p><small>(fruitly debatable in re-entrational circles)</small></p>	<p>Paleo diets avoid: gluten, grains and dairy Limit fruit consumption, avoid soy and legumes</p> <p>Primal diets avoid: grains and gluten Limit raw/fermented dairy products, occasional legume consumption</p>	Both traditional diets have aided in better sleep patterns, more energy, weight loss, skin health and lowering inflammation in the body.