



## The Introduction Diet – Stage 6

Continue with everything from the previous stages.

If at any time during stage six you find some of the negative symptoms that were improving have returned then you need to take a step back to stage five again.

- By now all introduced foods to date should be well tolerated
- Introduce peeled, raw apple, if this is well tolerated then slowly start introducing more raw fruit and more raw honey
- Gradually experiment with baking using GAPS friendly recipes
- Add some of the other sweet foods such as dried fruit allowed on the GAPS diet, by this stage if everything is being well tolerated it's time to move to the Full GAPS Diet.