Acts 15:19 (NLT)

And so my judgment is that we should not make it difficult for the Gentiles who are turning to God.

Acts 15:20-21 (NLT)

Instead, we should write and tell them to abstain from eating food offered to idols, from sexual immorality, from eating the meat of strangled animals, and from consuming blood. For these laws of Moses have been preached in Jewish synagogues in every city on every Sabbath for many generations.

Things the Gentiles Must Abstain from:

Eating Food Sacrificed to Idols
Sexual Immorality
Eating Meat that has Been Strangled
Consuming Blood

Some examples of Essential Doctrines of our Faith (not an exhaustive list)

The divinity & humanity of Jesus

Jesus' death and Resurrection

The Foundation of God's Truth as found in the Bible

Our Sinful Nature

The Necessity for Repentance

That Jesus is the only way, the Truth, & the life...

That Salvation is in Christ alone, By Grace through faith.

That God is Holy, Loving, & Good

Jesus' commands to become like Him in how we live & love

We must Care for the poor

There will be a final judgment for all mankind

Romans 14:14-15 (NIV)

I am convinced, being fully persuaded in the Lord Jesus, that nothing is unclean in itself. But if anyone regards something as unclean, then for that person it is unclean. If your brother or sister is distressed because of what you eat, you are no longer acting in love. Do not by your eating destroy someone for whom Christ died.

Romans 14:20-21 (NIV)

Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a person to eat anything that causes someone else to stumble. It is better not to eat meat or drink wine or to do anything else that will cause your brother or sister to fall.

1 Corinthians 9:19-23 (NLT)

Even though I am a free man with no master, I have become a slave to all people to bring many to Christ. 20 When I was with the Jews, I lived like a Jew to bring the Jews to Christ.... When I am with the Gentiles who do not follow the Jewish law, I too live apart from that law so I can bring them to Christ... When I am with those who are weak, I share their weakness, for I want to bring the weak to Christ. Yes, I try to find common ground with everyone, doing everything I can to save some. I do everything to spread the Good News and share in its blessings.

John 17:22-23 (NLT)

I have given them [my disciples] the glory you gave me, so they may be one as we are one. I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me.