

Specific Carbohydrate Diet – Whole Food Version

Food Type	Include	Exclude	Key Rules
Fruit	<p>FRUIT SHOULD BE AVOIDED IN THE INITIAL PHASE</p> <p>Ripe Fruit, Fresh, Frozen or Dried with no additives (e.g. sugar, starches, preservatives etc.) Canned Fruit in pure juices only are allowed.</p>	<p>Dried & Canned fruits that contain additives (e.g. sugar syrup, preservatives etc)</p>	<p>Fruit should not be included while diarrhea is active. After diarrhea has ceased slowly begin adding peeled & de-seeded & cooked fruit to the diet, until raw fruit is tolerated. Unripe fruit contains too much starch. Fruit stored and irradiated also has higher starch levels than fresh / farm gate fruit. Eat raw fruit away from main meals.</p>
Vegetables	<p>Most fresh & frozen non-starchy vegetables (with no additives) are allowed including Turnips & French Artichokes. Eliminate Swedes/rutabagas for a short time & then reintroduce carefully in small proportions, as they are very fibrous.</p>	<p>NO CANNED VEGETABLES ARE ALLOWED</p> <p>Jerusalem Artichokes, Jicama, Kohlrabi, Konjac, Okra, Potatoes, Plantains, Taro, Turnips, Yams and other starchy root vegetables, Vegetables packaged with added sugar, preservatives or other additives.</p>	<p>Raw vegetables should not be eaten while diarrhea is active. Small amounts of dried and /or traditionally cultured vegetables may be included. They must be free of artificial additives, sugars and preservatives. Collard greens (e.g. cabbage), Bok Choy, Cauliflower, Swiss Chard/ Silver beet should be tried later in the diet when digestive healing has taken place. Reintroduce carefully. Parsnips tend to cause problems for many people.</p>
Dairy Protein	<p>NO DAIRY FOR FIRST 3 mths</p> <p>Butter, Ghee, Homemade (24 hour fermented) Homemade Yoghurt, Certain traditionally made natural cheeses. E.g. Asiago, Blue, Brick, Brie, Camembert, Cheddar (mild, medium) (sharp occasionally), Colby, Dry Curd Cottage Cheese, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Monterey (Jack), Muenster, Parmesan, Port du Salut, Provalone, Roquefort, Romano, Stilton, Swiss</p>	<p>Creamed Cottage Cheese (regular), Cream Cheese, Feta, Gjetost, Mozzarella, Neufchatel, Primost, Ricotta, Processed Cheeses, slices and spreads. Buttermilk Cream Dried milk solids Milk (all) Commercial Yoghurts & ice creams, Sour cream Margarine (any type) Whey (powder or liquid)</p>	<p>Some people will not be able to reintroduce dairy on SCD due to food allergies and non-IgE food sensitivities. For others it generally takes on average 3mths of phase I SCD to heal the gut sufficiently to allow fermented, low-lactose dairy to be reintroduced. Permitted cheeses are those where the whey has been removed and the lactose that remains has been cured through the addition of beneficial bacteria (other wise known as fermented cheeses). Homemade yoghurt is fermented for a longer time than commercially made yoghurt, which significantly reduces that lactose content.</p>



Food Type	Include	Exclude	Key Rules
Animal Protein	Fresh or frozen Fish & Shellfish, Beef, Lamb, Pork & All types of Fowl (Chicken, Turkey, Duck) Bacon & Ham not cured with sugar, starch & other additives* Fresh Eggs, (Homemade Mayonnaise)	Processed Meats: Sausages, salami, hotdogs, luncheon meats, cold cuts, Smoked meats & fish products, Bacon & Ham cured with sugar, starch & other additives. NO CANNED FISH OR MEAT	Organic, free range eggs are best Pastured animals Wild caught low mercury content seafood Smoked Meats contain a considerable amount of refined sugar. Processed meats contain starch, whey powder/lactose and sucrose.
Milk Substitutes	NOT FOR FIRST 6 MONTHS Homemade Coconut milk & Almond milk may be tried after 3 months on Phase I (250mls per day only)	Commercial coconut & almond milks are not permitted	Commercial brands contain carrageenan and other additives not necessarily listed on the ingredients. Sometimes the processing methods also make these products problematic.
Legumes & Pulses	NOT FOR FIRST 3 MONTHS Cashew Nuts Navy Beans (aka white & haricot beans) Green Peas Kidney Beans Lentils Lima beans Split Peas Yellow Split Peas	Butter beans, Soybeans, Bean Sprouts, Black-eyed beans, fava beans, Chickpeas (also known as garbanzo beans) Mung beans, Pinto beans, Quorn, Tofu, Tempeh, (vegetarian meat substitutes made from soy beans)	Do not use ready-made flours made from beans or lentils, as they will not have been soaked prior to grinding. Dried legumes must be prepared by soaking for 10-14 hours. The soaking water should be changed after 5-7 hours. The legumes should then be well rinsed and boiled before eating. This process helps to remove anti-nutrient compounds in the legumes and make them more digestible.
Grains	NO GRAINS OR BRANS ARE ALLOWED	All grains (wheat, oats, spelt, barley, rye) & derivatives are excluded, as are gluten free grains such as corn, millet, teff, and sorghum, rice & derivatives	This diet is designed to heal an injured intestinal system. Grains contain carbohydrates that become a primary source of food for harmful bacteria and are difficult for a damaged gut to digest.



Food Type	Include	Exclude	Key Rules
Nuts & Seeds	<p>AVOID IN THE INITIAL PHASE</p> <p>Nut Flours such as blanched almond flour & pecan flour. Raw brazil nuts, cashews, hazel nuts, pecans, pine nuts. Nut butters with no additives (cashew butter, peanut butter with no additives) Whole seeds (after 3 mths no symptoms)</p>	<p>Nuts with added starches such as those in nut mixes. Pre-chopped nuts with preservatives (BHT, etc.) Chia Seeds Psyllium Husks Flaxseeds* Seed flours</p>	<p>PEANUTS SHOULD ONLY BE INCLUDED AFTER 6 MONTHS</p> <p>Nuts should only be eaten as nut flours (not whole nuts) until Diarrhea has ceased. Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Avoid shelled nuts for the same reason. Whole nuts and seeds may be eaten in small quantities after 3 months of no symptoms. *Lignin is found when flaxseed is ground & as some bacteria feed on lignin, it is wise to avoid flaxseed until intestinal healing is well progressed.</p>
Herbs & Spices	<p>Pure Spices and Herbs (dried and fresh) Fresh Garlic</p>	<p>Garlic flakes Mixed spices Mixed herbs Tamarind</p>	<p>Select commercial herbs & spices carefully as they often contain anti-caking agents & other additives including gluten.</p>
Beverages	<p>Apple Cider (brown, diluted) Freshly brewed coffee (weak), Grape juice (additive free), Green Tea (2 cups /day only) Black Tea (weak) Peppermint & Spearmint Tea, Tea made from hot water & soaked ginger, *Bourbon, Dry Wine (white & red), Gin, Vodka, Whisky</p>	<p>Coffee (instant) Decaffeinated Products, Milk, Many Herbal Teas, Teas made from bark contain polysaccharides, Commercial concentrated fruit & vegetable juices, Drinks containing chicory &/or malt & yeasts Brandy, Sherry, Sake, Cordials or Liqueurs</p>	<p>*Allowed alcohols should be only consumed occasionally and in small quantities. * Coffee should be made very weak</p>
Sea Vegetables/ Seaweed	<p>NOT INCLUDED</p>	<p>Agar, Arame, Carrageenan, Dulse, Hijike, Kelp, Kombu, Nori, Sea Palm, Wakame</p>	<p>Seaweed is high in polysaccharides</p>
Ferments	<p>Kimchi Sauerkraut (not in early stages) The particular ferments listed on the allowed list on this table are allowable yeasts as they help to crowd out the pathogenic yeasts.</p>	<p>Kefir, Miso, Tofu, Tempeh, Soy Sauce, Tamari</p>	



Food Type	Include	Exclude	Key Rules
Fats & Oils	<p>For cooking: (Edit this list according to individual tolerances & according to advice from their clinician)</p> <p>Almond, Coconut, Ghee, Grape seed, Hazelnut, Lard, Macadamia, Mustard, Rice Bran, Sesame</p> <p>For salads (unheated, cold pressed):</p> <p>Avocado, Flaxseed/Golden Linseed, Olive (recommended), Walnut</p>	<p>Canola Corn Peanut Safflower Sunflower Soy Cooking oils with additives (e.g. antioxidants, etc.)</p>	
Sweeteners	<p>Honey, Natural fruit sugars (e.g. soaked & blended dates, mashed ripe bananas, blended fresh fruits, juiced orange, lemons, limes) Glycerin, Glycerol*</p>	<p>Agave, Aspartame, Cane sugar, Corn syrup, Dextrose, Erythritol, Glucose (powdered or syrup), Granulated fructose, High Fructose Corn Syrup, Inositol, Maltitol, Mannitol, Maple Syrup, Molasses, Nutri-sweet, Rice Malt Syrup, Saccharine, Sorbital, Splenda, Stevia, Treacle, Xylitol</p>	<p>Date sugar may be used very occasionally on phase 2, when all symptoms have gone, but it is not recommended for frequent or high quantity consumption.</p> <p>*Mannitol, Maltitol, Erythritol, Sorbitol & Xylitol are indigestible sugar alcohols that provide nutrition to pathogenic bacteria in the digestive tract.</p> <p>*Glycerin & Glycerol below to the fat family; they are not sugar alcohols.</p>
Yeasts	<p>Anchovies, Capers, Olives (preserved without sugar or other ingredients excluded ingredients) Ferments listed on the allowed list on this table. Mushrooms, Dried fruit with no additives.</p>	<p>Bakers Yeast Brewers Yeasts</p>	



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Cooking/Baking Aids

Unflavoured Gelatin
Baking Soda/Bicarbonate of Soda (aluminum free)
Citric Acid (from citrus - not corn derived)

Arrowroot, Agar-agar, Baking Powder, Cacao, Carob, Carrageenan, Coconut (shredded, desiccated, ground/flour), Chocolate, Cocoa, Corn Starch, Cream of Tartar, Guar Gum, Kudzu/kuzu*, Maltodextrin*, Pectin, Sago, Starch, Tapioca Starch, Xanthan Gum

*Kudzu is a mucilaginous herb. Mucilaginous starches feed the pathogens in the gut that the SCD is designed to starve out.
* Maltodextrin is a very short chain of glucose molecules, (derived from starch) which feed pathogenic bacteria.

Other

Himalayan Salt,
Celtic Salt,
Pepper

Aloe Vera, Bee Pollen, Chlorella, Chestnut Flour, Licorice, Marshmallow*
Hydrolyzed Protein, Inulin (FOS), Mushrooms, Noodles *(Slim Noodles, Miracle Noodles)
Oral Iron Supplements
Protein Powders
Slippery Elm
Soy Products (ALL)
Spirulina (Algae)

Marshmallow is a mucilaginous herb. Mucilaginous starches feed the pathogens in the gut that the SCD is designed to starve out.
*Slim Noodles/Miracle Noodles are made from glucomannan, obtained from the root of an Asian plant called konjac. Glucomannan is a water-soluble polysaccharide, which is not easily broken down in a damaged intestinal system.

Condiments

Apple Cider Vinegar, Red & white vinegars (free of added sugar & other additives)
Canned tomato juice
Homemade horseradish
SCD Balsamic Recipe

Balsamic Vinegar
Soup bases/bouillon cubes
Ketchup/Tomato sauce
Canned tomatoes
Tomato paste

