

SIBO Specific Diet: Food Guide

Vegetables

LESS FERMENTABLE

MORE FERMENTABLE



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Artichoke Hearts* 1/8 c	Asparagus 1 spear	Asparagus 4 spears	Bean Sprouts
Arugula	Artichoke Hearts* ¼ c	Artichoke	Corn
Bamboo Shoots	Butternut Squash	Avocado	Okra
Beet 2 slices	½ c/60g	Beet 4 slices	Potato: white/all colors
Bok Choy 1 c/85g	Cabbage >1 c/98g	Bok Choy 1½ c/127g	Potato: sweet
Broccoli ½ c/1.6oz	Cabbage: Savoy ¾ c	Broccoli 1 c	Starch powder: all
Brussels Sprouts 2 ea	Leek ½ ea/42g	Brussels Sprouts 6 ea/114g	arrowroot, corn, potato, rice, tapioca
Cabbage 1 c/98g	Parsnip	Cabbage: Savoy 1 c	Seaweeds
Cabbage: Savoy ½ c	Pepper: Chili 40g	Cauliflower	Turnip
Carrot	Peas, green 1/3c	Celery	Taro
Celery Root/Celeriac	Spinach >15 leaves/150g	Fennel bulb >1 c, leaves >3c	Water Chestnuts
Chives	Tomato: soup/juice	Garlic	Yam
Cucumber	Tomato: Sun-dried 2 T/15g	Jerusalem artichoke	Yucca
Eggplant		Leek 1 ea/84g	Canned vegetables
Endive		Mushrooms	
Fennel bulb ½c, leaves 1c		Onions	
Green Beans 10ea/2.5oz		Peas, green ½ c/72g	
Greens: lettuce, collard, chard, kale, spinach		Snow Peas 10 pods	
Olives		Scallions: white part	
Peas, green ¼ c		Shallot	
Peppers: Bell/ Sweet		Sugar Snap Peas	
Peppers: Chili 11cm/28g		Zucchini >¾ cup	
Radicchio 12 leaves			
Radish			
Rutabaga			
Scallion: green part			
Snow Peas: 5 pods			
Squash: Butternut ¼ c			
Kobocha, Sunburst, Yellow, Zucchini ¾ c			
Tomato			

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Fruits



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Banana: fresh, dried Berries: blueberry < 80 ea boysenberry strawberry raspberry 10ea/19g Carambola Citrus: lemon, lime, oranges, tangelos, tangerine Current, dried 1Tb Dragon Fruit Durian Grapes Guava Kiwifruit Longon 5 ea/15g Melon: cantaloupe/rock, honeydew ½ c/100g Papaya/Paw Paw Passion fruit 4 pulps/ 100g Pineapple Pomegranate ½ ea/ 38g, ¼ c seeds Prickly Pear Rambutan 2 ea/31g Rhubarb Jam/Jelly: homemade (no pectin, sugar)	Berries: cranberry 1T Cherries 3 ea Citrus: grapefruit ½ ea 104g Longon 10ea/30g Lychee 5 ea Melon: honeydew >½ cup/100g Passion fruit >4 pulp/ 100g Pineapple, dried 1 slice Rambutan 4ea/62g	Apple Apricot Avocado Berries: cranberry 2 T blueberry >80/100g blackberry raspberry >50 ea Cherries 6 ea Citrus, grapefruit 1ea 207g Current, dried 2Tb Custard Apple Date, dried Fig, dried Mango* Nectarine Papaya, dried Peach Pear Pear: nashi Persimmon Plum Pomegranate 1 ea/ 76g, ½ c seeds Prunes Raisins Tamarillo* Watermelon Canned fruit in high fodmap fruit juice	Plantain Jam/Jelly: commercial

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Legumes/Beans

			
			
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Lentil: brown ½ c green & red ¼ c Lima ¼ c	Black Lentil green & red ½ c Lima 1/3 c	Borlotti/Cranberry Kidney/Red Lima ½ c Navy/White/Haricot Baked Spilt pea	Butter Cannellini Chickpea/Garbanzo Fava/Faba/Broad Pinto Soy

Nuts/Seeds

			
			
SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Almonds 10 ea/.42oz flour 2 T Coconut: flour/shredded ¼ cup milk (w/no thickeners) Hazelnuts 10 ea/15g Macadamia 20 ea/40g Peanuts 32 ea/28g Peanut butter 4 T Pecans 10 ea/22g Pine nuts 1 T/14g Pumpkin seeds 2 T/23g Sesame seeds 1 T/11g Sunflower seeds 2 t/6g Walnuts 10 ea/30g	Chestnuts, handful Flaxseed < 1T Hazelnuts 20 ea/30g Pecans 40 ea/100g Walnuts 100g	Almonds 20 ea/.85oz flour 4 T Cashews Hazelnuts 80 ea/100g Pine nuts 8 T/100g Pistachios Pumpkin seeds 100g Sesame seeds 100g Sunflower seed 100g	Chia seeds Coconut milk- with thickeners (guar gum, carageenan) Seed flour

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Dairy

			
			
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Butter Cheese: aged 1 mo+, dry curd cottage cheese, yogurt cheese/labneh Ghee Sour Cream: homemade 24 hour Yogurt: homemade 24 hour	Cream: lactase- treated ¼ cup Milk: 100% Lactose- Free commercial	Yogurt: lactose-free commercial (pectin)	Cheese: cream cheese, cottage cheese, fresh cheese (feta, cheve, fresh mozzarella), ricotta Kefir: commercial, homemade 24 hour Cream Milk Sour cream: commercial Yogurt: commercial

Protein/Meats

			
			
SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Bacon- with honey Broth: homemade meat or marrow bones (no cartilage) Beef Eggs Fish Game Lamb Organ Meats Pork Poultry Seafood	Bacon- w/sugar 1x wk	Broth: homemade bone/cartilage	Bacon- w/high fructose corn syrup Deli/Processed Meat- with sugar, carra- geenan, high fodmap or SCD illegal additives
Dr. Siebecker 9/18/14			

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Sweeteners



SCD "LEGAL" LOW FODMAP

SCD "LEGAL" MODERATE FODMAP

SCD "LEGAL" HIGH FODMAP

SCD "ILLEGAL"

Aspartame-
occasionally
Glucose/Dextrose
Honey: alfalfa, cotton,
clover, raspberry 2 T
Saccharine- pure (no
high fodmap or SCD
illegal additives)
Stevia- pure (no inulin)
in small amounts,
occasionally

Honey*: blackberry,
buckwheat,
citrus/orange
blossom 1 T

Honey*: acacia, sage,
tupelo

Agave syrup
Barley Malt syrup
Brown Rice syrup
Cane sugar
(Rapadura, Sucanat)
Coconut sugar
Fructose, powdered
High-fructose corn
syrup
Maple syrup
Molasses
Sugar/Sucrose
Sucralose
Polyols/Sugar alcohol:
isomalt, erythritol,
lactitol, maltitol,
mannitol, sorbitol,
xylitol

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Beverages & Alcohol

LESS FERMENTABLE

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SCD "LEGAL" LOW FODMAP

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SCD "ILLEGAL"

COMMON DRINKS

Coffee 1 c/day (weak)
Cranberry juice- pure
Orange juice, fresh
½ c/ 125ml
Fruit Juice: from Low
Fodmap fruits ⅓ c/
100ml
Tea: black (weak),
chamomile, ginger,
green, hibiscus,
lemongrass, mate,
mint, oolong,
rooibos/rooibos chai,
rose hip
Water

ALCOHOL

Occasionally in
moderate amounts:
Bourbon
Gin
Vodka
Whiskey/Scotch
[Wine](#)

COMMON DRINKS

Tea: green < 2
cups/day
Seltzer/Carbonated
beverages (CO₂/gas)

COMMON DRINKS

Fruit Juice: from High
Fodmap fruits
Orange juice 1 c/
125ml

ALCOHOL

Rum: light/gold*

COMMON DRINKS

Coffee Substitutes
Soda (fructose,
sucrose)
Tea: chicory root,
licorice, pau d'arco

ALCOHOL

Beer
Brandy
Hard Cider
Liqueurs/Cordials
Rum: dark
Sherry
Tequila
Wine: dessert/sweet,
sake, sparkling, port

Liquor moderate amounts:

Women – 1 oz/day, 3-5x week

Men – 2.5 oz/day, 3-5x week

Wine moderate amounts:

Women – 4 oz/day, 3-5x wk

Men – 9 oz/day, 3-5x wk

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Fats/Oils



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Bacon fat Butter Coconut oil Cod liver oil & Fish oil Duck fat Garlic-infused oil Ghee Lard & Tallow Medium Chain Tri- glyceride/MCT oil Macadamia oil Olive oil Palm oil Polyunsaturated Vegetable Oils: Borage, Canola, Flax, Grape seed, Hemp, Pumpkin seed, Sesame, Sunflower, Walnut			Soybean oil

Notes: T= Tablespoon, t= teaspoon, g= gram

*Contains excess fructose- only necessary to avoid in cases of fructose malabsorption.

- Starting the diet: Follow the "Intro" from the SCD, Gaps or SCDLifestyle plans with Low & Moderate Fodmap foods. Wait 1-3 months to introduce celery root, rutabagas, cruciferous vegetables, beans, seeds, nuts (including nut flours, butters & milks) coffee, alcohol, raw vegetables/salads and raw fruit. Cook, peel, de-seed and puree vegetables & fruit at 1st. Dairy is best avoided for the 1st few weeks if unsure of its' tolerability.
- Moderate Fodmap Column Foods: limit to 1 per meal. Meal = eating separated by 3-4 hours.
- Quantity listings are adult portions: decrease amounts for children.
- Tailor the diet: individual variations from this list are to be expected- trust your body's reactions over the list.
- Tolerances change over time: periodically re-try previously intolerant foods.
- This guide is a combination of SCD, Low Fodmap Diet & the clinical experience of Dr. Siebecker in treating SIBO.

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Seasonings/Condiments



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All spices (except onion & garlic) Garlic-infused oil Ginger (fresh & dried) Mayonnaise, homemade or commercial w/ honey Mustard- without garlic Pickles/ Relish- no sweetener or garlic Tabasco (McIlhennyCo) Wasabi- pure Vinegar: apple cider, distilled/white, red & white wine			Asafoetida powder Chicory root (leaves ok) Cocoa/chocolate- unsweetened Gums/ Carrageenan/ Thickeners Sauces or Marinades with High Fodmap/ SCD Illegal items Soy Sauce/Tamari Spices: Onion & Garlic powder Vinegar: balsamic

Compiled by Dr. Allison Siebecker (www.siboinfo.com) with the following sources: (formatting thanks to Dr. Michele Bartlett)

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