



Health Through Diet

Specific Carbohydrate Diet (SCD) Allowable Foods

Additives

Baking soda
Gelatin (unflavored)
Potassium Sorbate
Sulphates
Vanillin

Alcoholic Beverages

Ethanol
Gin
Mead
Scotch whisky
Vodka
Wine (dry red and white)

Condiments

Capers
Horseradish sauce
Tabasco Brand Pepper Sauce

Dairy

Asiago cheese
Blue cheese
Brick cheese
Brie cheese
Butter
Camembert Cheese
Cheddar cheese
Cheese ** (If a cheese is not a processed cheese (manufactured) but is a cheese that has had a bacterial culture involved with its production and is aged at least 30 days)
Colby cheese
Dry Curd Cottage Cheese (DCCC)
Edam cheese
Gorgonzola cheese
Gouda cheese
Gruyere cheese
Havarti cheese
Kefir ** (see, Kefir) Limburger cheese
Manchego Cheese
Monterey Jack cheese
Muenster cheese

Natural cheeses

Parmesan cheese
Peanut Butter
Port du Salut cheese
Provolone cheese
Romano cheese
Roquefort cheese
Stilton cheese
Swiss cheese
Yoghurt (homemade)

Fruits

Apples
Apricots
Avocados
Bananas
Berries
Bourbon
Canned fruits (Fruits canned in their own juice are allowed)
Cantaloupe
Cherimoya
Cherries
Dates
Figs
Grapefruit
Grapes
Kiwi fruit
Kumquats
Lemons
Limes
Mangoes
Melon
Nectarines
Olives
Oranges
Papayas
Passion Fruit
Passion Fruit
Peaches
Pears
Persimmons
Pineapple
Plums
Prunes
Raisins
Sharifa

Tangerines

Watermelon

Grains & Flours

Bean flour* (Avoid using ready-made flours made from beans or lentils as they probably weren't soaked prior to grinding)

Meats

Anchovies
Bacon
Beef
Canned fish
Eggs
Fish
Fowl
Ham
Lamb
Pork
Pork Rinds
Poultry
Sashimi
Shellfish

Non-Alcoholic Beverages

Almond Milk
Club Soda
Coconut Milk
Coffee
Cranberry juice
Grape juice
Grapefruit juice
Green tea
Orange juice
Peppermint tea
Spearmint Tea



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Nuts and Seeds

Almonds
Almond butter
Brazil nuts
Cashews
Chestnuts
Coconut
Filberts (hazelnuts)
Hazelnuts (filberts)
Macadamia nuts
Peanuts
Pecans
Pine Nuts
Pistachio nuts
Seeds
Sesame seeds
Walnuts
Water chestnuts

Oils

Almond oil
Avocado oil
Canola oil
Coconut oil
Corn oil
Flax seed oil
Ghee
Grapeseed oil
Macadamia oil
Mustard (plain)
Olive oil
Peanut Oil
Safflower oil
Sesame oil
Sunflower oil
Walnut oil

Spices and Herbs

Allspice
Basil
Bay Leaf
Cilantro
Cinnamon
Echinacea
Garlic
Ginger
Nutmeg
Oregano

Paprika
Peppers
Rosemary
Sage
Salt
Tarragon
Thyme
Echinacea
Garlic
Ginger
Nutmeg
Oregano
Paprika
Peppers
Rosemary
Sage
Salt
Tarragon
Thyme

Supplements

Ascorbic acid
Aspartic acid
Cellulose (in supplements)
HN-Zyme
Lecithin
Leucine
L-Theanine
Magnesium citrate
Magnesium Stearate
Peptizyde
Phosphatidylcholine
Silica
Silicon Dioxide
Vegetable stearate

Sweets & Sweetners

Aspartame
Glycerin
Glycerol
Saccharine
Honey

Vegetables

Artichokes (French)
Asparagus
Beets

Black beans ** (May be tried when symptom free)
Black radish
Bok Choy
Broccoli
Brussell Sprouts
Cabbage
Cauliflower
Celeriac /celery root
Celery
Chard
Collard greens
Courgette
Eggplant
Haricot beans
Jalapenos
Kale
Kidney beans
Leek
Lentils
Lettuce
Lima beans
Mushrooms
Navy beans
Onions
Parsley
Peas
Pumpkin
Rhubarb
Rutabaga
Spinach
Split peas
Squash
String beans
Swede
Tomato juice (Canned)
Tomatoes
Wasabi
Watercress
Zucchini

Vinegars

Apple Cider
Citric Acid
All vinegars without additional ingredients, but not Balsamic



Health Through Diet

Specific Carbohydrate Diet (SCD) Foods to Avoid

Additives

Agar-agar
Arrowroot
Carrageenan
Cellulose Gum
Cornstarch
Croscornellose sodium
Granulated glucose
Guar Gum
Gums
Lignin
Maltodextrin
Mannitol
MSG
Sago starch
Xanthum Gum

Alcoholic Beverages

Beer
Brandy
Port wine
Sake
Sherry

Condiments

Bouillon cubes
Ketchup (you can make your own)
Soy Sauce
Tamari

Dairy

American Cheese
Buttermilk
Chevre cheese
Chocolate
Cottage cheese
Cream
Cream cheese
Cream of Tartar
Dried milk solids
Feta Cheese
Gjetost cheese
Ice cream
Lactaid Milk
Lactose Hydrolyzed Milk

Margarine
Milk
Mozzarella cheese
Neufchatel cheese
Primost cheese
Processed cheeses
Ricotta cheese
Sour cream
Soybean milk
Tofu
Tofutti cheese
Yoghurt (commercial, but you can make your own)

Fruits & Seeds

Custard apple
Flax seed
Plantains
Seed Butters

Grains & Flours

Amaranth flour
Buckwheat
Cereals
Chestnut flour
Corn
Durum Flour
Ezekiel Bread
Garfava flour
Millet
Oats
Pasta
Pea flour
Psyllium husks
Quinoa
Rice
Rice Bran
Rice Flour
Rye
Seed Flour
Soy
Soybeans
Spelt
Sprouted Grain Bread
Tapioca
Tapioca Flour
Triticale

Wheat
Wheat germ

Meats

Bologna
Hot dogs
Meats (canned)
Meats (processed)
Smoked meats

Miscellaneous

Baker's yeast
Baking powder
Bee Pollen
Carob
Chewing gum
Cocoa powder
Natural Flavors
Pappadum

Non-Alcoholic Beverages

Apple Juice
Bark tea
Coffee (Instant)
Cordials
Decaffeinated Products
Evaporated cane juice
Juice from concentrate
Noni Juice
Pomegranate concentrate
Postum
V8 Juice

Oils

Soybean oil

Spices and Herbs

Aloe Vera
Astragalus
Fenugreek
Kudzu (or kuzu)
Licorice
Miso
Mucilaginous Herbs
Pau 'Arco



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Specific Carbohydrate Diet (SCD) Foods to Avoid

Slippery elm
Spice blends
Tamarind

Supplements

Chlorella
EM Power
FOS powder
Goatein
Hemp seed, Hemp protein
Inositol
Inulin
Iron supplements
KyoGreen powder
Liquid Clorychlorophyll
Mastic gum
Melatonin
Molo-cure
Mucilaginous Polysaccharides
Polysorbate 80
Primal Defense
Protein powder
Sorbitol
Soy Lecithin
Spirulina

Sweets & Sweeteners

Agave syrup
Bulgur
Corn syrup
Cyclamate
Date sugar
Dextrose (contained in commercial products)
Glucose candy
Isoglucose
Jaggery (gur)
Maltitol
Maple syrup
Marshmallow
Molasses
Pectin
Splenda
Stevia
Sucralose
Tagatose
Turbinado
Xylitol

Vegetables

Algae
Artichokes (Jerusalem)
Barley
Bean sprouts
Bhindi / Okra / Drumstick
Bitter Gourd
Black eye beans
Burdock root
Butter beans
Canellini Beans
Canned Vegetables
Chick peas
Chickory root
Cucumbers
Drumsticks
Fava beans
Garbanzo beans
Jicama
Kohlrabi
Mungbeans
Nettles
Okra
Parsnips
Pinto beans
Potatoes
Pumpkin (canned)
Quorn
Seaweed
Sweet Potatoes
Taro
Tomato paste (canned)
Tomato purée (canned)
Tomato sauce (canned)
Turnips
Vegetables (canned)
Yams
Yucca Root

Vinegar

Balsamic vinegar