

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 3/4 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 | Jerusalem artichoke | Yucca |
| Eggplant | 2 T/15g | 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 | | | |
| Kobocho, Sunburst, Yellow, Zucchini ¾ c | | | |
| Tomato | | | |

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
Raisons
Tamarillo*
Watermelon

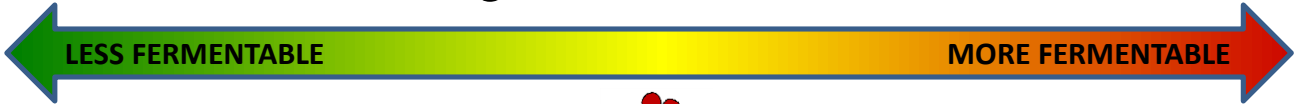
Canned fruit in high
 fodmap fruit juice

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 |

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Sweeteners



SCD "LEGAL" LOW FODMAP

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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

SIBO Specific Diet: Food Guide Beverages & Alcohol

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MORE FERMENTABLE



SCD "LEGAL" LOW FODMAP

SCD "LEGAL" MODERATE FODMAP

SCD "LEGAL" HIGH FODMAP

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:

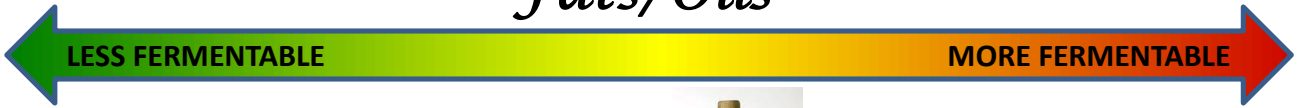
Women – 1 oz/day, 3-5x week
Men – 2.5 oz/day, 3-5x week

Wine moderate amounts:

Women – 4 oz/day, 3-5x wk
Men – 9 oz/day, 3-5x wk

SIBO Specific Diet: Food Guide

Fats/Oils



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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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SCD "LEGAL" LOW FODMAP

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

SCD "LEGAL" MODERATE FODMAP

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SCD "ILLEGAL"

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)
- Gottschall E, and SCD™ Community. *Specific Carbohydrate Diet Legal/Illegal List*. <http://www.breakingtheviciouscycle.info/legal/listing/>. Accessed October 22, 2012, January 20 & December 6 2013.
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