



## Dr. Ritamarie's Modified SCD and FODMAPs Diets Combined

### 30-Day Gut Healing and Repair

Adapted from the diet in the book, *Breaking the Vicious Cycle*, by Elaine Gottschall.

**The Specific Carbohydrate Diet (SCD)**™ is intended mainly for Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis, and chronic diarrhea. The foods allowed on the Specific Carbohydrate Diet™ are based on the molecular structure of the foods.

The allowed carbohydrates are monosaccharides and have a single molecule structure that allows them to be easily absorbed by the intestine wall. Complex carbohydrates which are disaccharides (double molecules) and polysaccharides (chain molecules) are not allowed.

The premise is that complex carbohydrates that are not easily digested feed harmful bacteria in your intestine causing them to overgrow and thus produce by-products and inflame the intestine wall.

The diet works by starving out these bacteria to restore the balance of bacteria in our gut.

The diet is provided here as an option for you if you've had long standing, chronic digestive issues that have not responded to your attempts to heal.

**The Modified SCD** list has been **further adapted** to exclude **FODMAPs** - **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides **A**nd **P**olyols. If you are still having difficulties even on the SCD diet restrictions, it might be worth a try to further restrict the high FODMAP foods.

This protocol should only be followed for a month or two. Then, you should start to add foods back in. The diet is far too restrictive for long-term use.

## The Modified Specific Carbohydrate Diet (SCD)<sup>™</sup>

### ALLOWED FOODS

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Almonds, including almond butter</li> <li>• Berries, all kinds except blackberries</li> <li>• Black radish</li> <li>• Black, white, and red pepper</li> <li>• Bok choy</li> <li>• Brazil nuts</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cashews, raw only</li> <li>• Cayenne pepper</li> <li>• Cellulose in supplements</li> <li>• Cherimoya</li> <li>• Cinnamon</li> <li>• Citric acid</li> <li>• Coconut milk (fresh, not canned)</li> <li>• Coconut oil</li> <li>• Coconut, fresh or dried (shredded)</li> <li>• Collard greens</li> </ul> | <ul style="list-style-type: none"> <li>• Coriander, fresh or dried</li> <li>• Cucumber</li> <li>• Dill, fresh or dried</li> <li>• Eggplant</li> <li>• Erythritol (*maybe)</li> <li>• Filbert</li> <li>• Ginger root, fresh</li> <li>• Hazelnuts</li> <li>• Herbal teas</li> <li>• Herbs, fresh or dried without additives</li> <li>• Juices freshly pressed from permitted vegetables</li> <li>• Kale</li> <li>• Kiwi fruit</li> <li>• Kumquats</li> <li>• Lemons</li> <li>• Lentils, sprouted</li> <li>• Lettuce, all kinds</li> <li>• Limes</li> <li>• Mustard seeds, pure powder</li> <li>• Nut flour or ground nuts</li> </ul> | <ul style="list-style-type: none"> <li>• Nutmeg</li> <li>• Nuts, all kinds freshly shelled</li> <li>• Olive oil, virgin cold-pressed</li> <li>• Olives</li> <li>• Parsley</li> <li>• Pecans</li> <li>• Peppers (yellow, red, and orange)</li> <li>• Pickles, without sugar or any other non-allowed ingredients</li> <li>• Seaweed, fresh and dried</li> <li>• Spices, single and pure without any additives</li> <li>• Spinach</li> <li>• Squash (summer and winter)</li> <li>• String beans</li> <li>• Tomatoes</li> <li>• Turnips</li> <li>• Vinegar (Apple cider)</li> <li>• Walnuts</li> <li>• Watercress</li> <li>• White navy beans, properly prepared</li> <li>• Zucchini</li> </ul> |
|---|--|--|

## The Modified Specific Carbohydrate Diet (SCD)<sup>™</sup>

### FOODS TO AVOID

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• Agar-agar</li> <li>• Alcohol</li> <li>• Algae - can aggravate an already disturbed immune system</li> <li>• Aloe vera</li> <li>• Apples</li> <li>• Apricots</li> <li>• Arrowroot</li> <li>• Artichoke</li> <li>• Asparagus</li> <li>• Aspartame</li> <li>• Astragalus - contains polysaccharides</li> <li>• Avocado</li> <li>• Baked beans</li> <li>• Baker's yeast</li> <li>• Baking powder and raising agents of all kind</li> <li>• Balsamic vinegar</li> <li>• Bean flour and sprouts</li> <li>• Beans and legumes: all except lentils</li> <li>• Bee pollen</li> <li>• Beer</li> <li>• Beetroot</li> <li>• Bicarbonate of soda</li> </ul> | <ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• Celery</li> <li>• Cellulose gum</li> <li>• Cherries</li> <li>• Chestnuts and chestnut flour</li> <li>• Chewing gum</li> <li>• Chicory root</li> <li>• Chocolate</li> <li>• Coffee and coffee substitutes</li> <li>• Cooking oils</li> <li>• Cordials</li> <li>• Corn – all forms</li> <li>• Cottonseed</li> <li>• Cream of tartar</li> <li>• Currants</li> <li>• Dairy products: all types</li> <li>• Dates</li> <li>• Fish, preserved, smoked, salted, breaded and canned with sauces</li> <li>• Flour, made out of grains</li> <li>• FOS (fructooligosaccharides)</li> <li>• Fruit, juiced, canned or preserved</li> <li>• Garlic</li> </ul> | <ul style="list-style-type: none"> <li>• Lychee</li> <li>• Mango</li> <li>• Margarines and butter replacements</li> <li>• Meats, except grass fed, organic and wild</li> <li>• Mushrooms</li> <li>• Nectarines</li> <li>• Nuts, salted, roasted and coated</li> <li>• Okra - mucilaginous food</li> <li>• Onions</li> <li>• Parsnips</li> <li>• Peaches</li> <li>• Pears</li> <li>• Peas</li> <li>• Pectin</li> <li>• Persimmon</li> <li>• Pistachio</li> <li>• Plums</li> <li>• Prunes</li> <li>• Raisins</li> <li>• Sausages, commercially available</li> <li>• Savoy cabbage</li> <li>• Scallions / spring onions</li> <li>• Shallots</li> </ul> |
|---|--|---|

## The Modified Specific Carbohydrate Diet (SCD)<sup>™</sup>

### FOODS TO AVOID

<ul style="list-style-type: none"> <li>• Bitter gourd</li> <li>• Black eyed peas</li> <li>• Blackberries</li> <li>• Bouillon cubes or granules</li> <li>• Buckwheat</li> <li>• Burdock root - contains FOS and mucilage</li> <li>• Butter beans</li> <li>• Buttermilk</li> <li>• Canned coconut milk</li> <li>• Canned vegetables and fruit</li> <li>• Carob</li> <li>• Carrageenan</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Gluten – very important</b></li> <li>• Grains: all</li> <li>• Grapefruit</li> <li>• Honey</li> <li>• Inulin</li> <li>• Jams</li> <li>• Jellies</li> <li>• Jerusalem artichoke</li> <li>• Ketchup, commercially available</li> <li>• Lactose</li> <li>• Leeks</li> <li>• Lunch meat: all</li> </ul>	<ul style="list-style-type: none"> <li>• Soda / soft drinks</li> <li>• Soy beans</li> <li>• Split peas</li> <li>• Sugar alcohols except erythritol</li> <li>• Sweeteners: all including agave, maple syrup, rice syrup, honey, and artificial</li> <li>• Tapioca – starch</li> <li>• Tea, instant</li> <li>• Vegetables, canned or preserved</li> <li>• Watermelon</li> <li>• Xylitol</li> <li>• Yams</li> </ul>
--	--	--