



## Dr. Ritamarie's SIBO Diet Guidelines

### Modified SCD and FODMAP Diets Combination

**The Specific Carbohydrate Diet (SCD)**<sup>™</sup> is intended mainly for irritable bowel syndrome, Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis, and chronic diarrhea. The foods allowed on the Specific Carbohydrate Diet<sup>™</sup> 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 the 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 SCD food** list has been **further adapted** to rank the foods based on how high they are in **FODMAPs** - **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides **a**nd **P**olyols. The combination of the two diets has been shown to be helpful in healing from SIBO, small intestine bacterial overgrowth.

The food lists here have been further modified to remove many of the processed foods and foods containing poor quality and oxidized fats that allowed on the SCD and FODMAP plans. These lists are adapted from the work of Dr. Allison Siebecker ([www.siboinfo.com](http://www.siboinfo.com)) and the book "Breaking the Viscous Cycle" by Elaine Gottschall.

#### **NOTES: IMPORTANT – Read before beginning diet.**

Start by using only foods in GREEN column. If improved after a couple of weeks, slowly experiment with adding desired foods from yellow column. If continued improvement, foods from orange column can be added carefully. If there is a number beside the food, it's indicating that that is the quantity or measurement of the food that is considered safe for that category.

When adding new foods, monitor symptoms carefully. If they aggravate symptoms, remove. Retest at a later date in smaller quantities.

Foods in red column marked with \* are those we recommend continuing to eliminate even after healed. This diet is intended for short term use – from 2 weeks to 3 months, depending on severity of the condition. The diet is too restrictive for long-term use.



## VEGETABLES

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



## FRUITS

SCD "LEGAL" LOW FODMAP Ok for SIBO Diet	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	Avoid While Healing SIBO
Banana Berries: blueberry < 80 boysenberry strawberry raspberry 10/19g Citrus: lemon, lime, oranges, tangelos, tangerine Dragon Fruit Durian Grapes Guava Kiwifruit Longan: 5 /15g Melon: cantaloupe/rock, Honeydew: ½ c/100g Papaya/Paw Paw Passion fruit: 4 pulps/ 100g Pineapple Pomegranate: ½ / 38g; ¼ c seeds Prickly Pear Rhubarb	Cherries: 3 Cranberry: 1T Grapefruit: ½/104g Lychee: 5	Apple Apricot Avocado Custard Apple / Cherimoya Mango Nectarine Papaya, dried Peach Pear Persimmon Plum Watermelon	Plantain Dried fruits Prunes Raisins Current, dried *Jam/Jelly



## LEGUMES/BEANS

SCD “LEGAL” LOW FODMAP Ok for SIBO Diet	SCD “LEGAL” MODERATE FODMAP	SCD “LEGAL” HIGH FODMAP	Avoid While Healing SIBO
Lentil – brown: ½ c Lentil -green & red: ¼ c Lima: ¼ c	Black	Cranberry Kidney/Red Navy/White/Haricot Baked Split pea	Butter Cannellini Chickpea/Garbanzo Fava/Broad Pinto Soy

## NUTS/SEEDS

SCD “LEGAL” LOW FODMAP Ok for SIBO Diet	SCD “LEGAL” MODERATE FODMAP	SCD “LEGAL” HIGH FODMAP	Avoid While Healing SIBO
Almonds: 10/42oz Almond flour: 2 T Coconut flour: ¼ cup Coconut –shredded: ¼ c Coconut milk - pure Hazelnuts: 10/15g Macadamia: 20 /40g Pecans: 10/22g Pine nuts: 1 T/14g Pumpkin seeds: 2 T/23g Sesame seeds: 1 T/11g Sunflower seeds: 2 t/6g Walnuts: 10 /30g	Chestnuts, handful Flaxseed < 1T	Cashews Hazelnuts:80/100g Pine nuts: 8 T/100g Pistachios	Chia seeds Coconut milk - with guar gum, carrageenan Seed flour



## DAIRY /EGGS/MEATS

SCD “LEGAL” LOW FODMAP Ok for SIBO Diet	SCD “LEGAL” MODERATE FODMAP	SCD “LEGAL” HIGH FODMAP	Avoid While Healing SIBO
Broth, homemade, (no cartilage) Deep Ocean Fish Organic Beef Wild Game Organic Lamb Organic Poultry  <i>Choose Organic meats and limit to 3-4 ounces or less daily</i>		Broth: homemade with bone/cartilage	* All Dairy * Processed meats: i.e. bacon, cold cuts, deli meat Eggs – top allergen

## SEASONINGS/CONDIMENTS

SCD “LEGAL” LOW FODMAP Ok for SIBO Diet	SCD “LEGAL” MODERATE FODMAP	SCD “LEGAL” HIGH FODMAP	Avoid While Healing SIBO
All spices (except onion) Garlic-infused oil Ginger (fresh & dried) Mustard- without garlic Pickles/Relish - no sweetener or garlic Wasabi - pure Vinegar: apple cider, coconut			Asafoetida powder Chicory root (leaves ok) Cocoa/chocolate Soy Sauce/Tamari Onion Powder Garlic powder * Vinegar: balsamic, distilled, wine





## FATS/OILS

SCD “LEGAL” LOW FODMAP Ok for SIBO Diet	SCD “LEGAL” MODERATE FODMAP	SCD “LEGAL” HIGH FODMAP	Avoid While Healing SIBO
Coconut oil Cod liver oil Fish oil Garlic-infused oil MCT oil (Medium Chain Triglyceride) Macadamia oil Olive oil Borage oil (unheated) Flax oil (unheated) Hemp oil (unheated) Pumpkin seed oil (unheated) Sesame oil			*Soybean Oil *Polyunsaturated oils *Hydrogenated oils *Heated oils