



**Clean
Pantry**



Specific Carbohydrate Diet (SCD)

Sugar Free; Gluten Free; Grain Free

This list is to be used as a guideline only and is not an all-inclusive representation of the Specific Carbohydrate Diet.

	Yes	No
Grains	None (Grain Free Diet)	All grains, gluten-containing or not, including wheat, quinoa, corn, oats, rice and barley
Beans and Legumes	Navy, green, kidney and black beans, split peas; lentils and peanuts	All others, including black-eyed peas, chickpeas (garbanzo beans) and fava beans
Nuts and Seeds	All nuts, with or without the shell, with no additives Natural or organic nut or seed butters without additives	Shelled peanuts or other nuts that have been roasted with starch; nut butters with additives
Oils and Butters	All oils, including butter, ghee, coconut oil, olive oil, safflower oil, flaxseed oil	Avoid hydrogenated oils, margarines and artificial butters with additives
Herbs, spices and salt	Fresh or dried herbs and spices, without any additives	
Sweeteners	Honey, fruit juice, fruit (bananas and apple sauce are good for baking)	
Beverages	Juices without added sugar, nut milks, weak tea or coffee, other beverages sweetened only with pure fruit juice; dry wine and other alcoholic beverages without much residual sugar	Beverages with processed sugars or additives
Condiments	Vinegar without added sugar, ketchup, mayonnaise and mustard without any sugar or other additives	Ketchup with added sugar, tomato sauce with sugar, soy sauce and other seasonings that may include starches, sugars or grains/gluten