

Specific Carbohydrate Diet Grocery List

H = Highly Fermentable, use with caution **M** = Moderately Fermentable, limit to one per meal, **L** = Less Fermentable

Nuts (Raw)

Do not get roasted as coating may contain illegals:

- Almonds
- Almond butter
- Brazil nuts
- Cashews
- Cashew butter
- Chestnuts
- Hazelnuts (Fiberts)
- Peanuts in the shell
- Peanut Butter (no sugar)
- Macadamia nuts
- Pecans
- Pine Nuts
- Pistachio nuts
- Seeds
- Walnuts

Fruits:

- Dried Dates (H)
- Dried Figs (H)
- Dried Currants (H)
- Dried raisins (H)
- Dried prunes (H)
- Dried pineapple (M)
- Apples (H)
- Apricots (H)
- Avocado (H)
- Bananas (L)
- Berries of all kinds
- Blackberries (H)
- Blueberries (L)
- Boysenberry (L)
- Cantaloupe (L)
- Capers
- Chard (red, green, rainbow & Swiss)
- Cherimoya (custard apple)
- Cherries (6ea = H, 3ea = M)
- Coconut
- Clementines (L)
- Cranberry (M)
- Grapefruit (H) (1 slice = M)
- Grapes (L)
- Honeydew (L) (>1/2 cup = M)
- Kiwifruit (L)
- Kumquats
- Lemons (L)
- Limes (L)
- Mandarin (L)
- Mango (H)
- Cantaloupe (L)
- Honeydew (1/2 cup = L)
- Watermelon (H)
- Kumquats (L)
- Nectarines (H)
- Oranges (L)
- Papayas (L)
- Passion Fruit (L)
- Peaches (H)
- Persimmons
- Pineapple (L)
- Plantain (H)
- Plums (H)
- Pomegranate (1/4 cup seeds = L, 1/2 cup = H)
- Raspberries (L)
- Rhubarb (L)
- Strawberries (L)
- Tangelo (L)
- Tangerines (L)
- Watermelon (H)
- Jam/Jelly (H)

Vegetables:

- Acorn Squash
- Artichokes, French (not Jerusalem) (H)
- Asparagus (H)
- Avocado (H)
- Basil
- Bay leaf
- Beets (H)

- Black radish (fibrous use with caution)
- Bok choy (1 cup = L, 1 1/2 cups = H)
- Broccoli (1/2 cup = L, 1 cup = H)
- Brussel Sprouts (H)
- Butternut Squash (1/4 cup = L, 1/2 cup = M)
- Cabbage (1 cup = L, >1 cup = M)
- Cabbage, savoy (1/2 = L, 1 cup = H)
- Carrots (L)
- Cauliflower (H)
- Celery (H)
- Celery root/celeriac (L)
- Chives (L)
- Cilantro
- Collard Greens (L)
- Cucumbers (L)
- Eggplant (L)
- Endive/witlof (L)
- Fennel bulb (1/2 cup = L, >1 cup = H)
- Garlic (H)
- Ginger (L)
- Green beans (L)
- Horseradish (and sauce)
- Jalapeño (M)
- Kale (L)
- Kabocha squash/Jap pumpkin (L)
- Leeks (1/2ea = M, 1ea = H)
- Lettuce (L)
- Mushrooms (H)
- Olives (L)
- Onions (H)
- Parsley
- Parsnip (M)
- Peas: green (1/3 cup = M, 1/2 cup = H)
- Peas: snow peas (7 pods = M, 10 pods = H)
- Peas: sugar snap (10 pods = H)
- Pepper chili (M)
- Peppers bell/sweet (L)
- Pumpkin (not canned)
- Radicchio (L)
- Radish (L)
- Rutabaga (Swede) (L)
- Scallion (green part = L)
- Scallion (white part = H)
- Shallot (H)
- Spinach (L; > 15 leaves = M)
- Squash, Yellow & Sunburst (L)
- Sundried Tomato (M)
- Swiss Chard (L)
- Tomato (L) not canned
- Watercress
- Zucchini (3/4 cup = L, >3/4 cup = H)

Miscellaneous:

- Artichoke hearts canned (M) not Jerusalem
- Canned fruit in fruit juice (H = if fructose malabsorber)
- Coconut aminos
- Dill pickles (with no illegals)
- Echinacea
- Eggs
- Gelatin (unflavored)
- Glycerin
- Glycerol
- Honey (Clover = L)
- Kimchi
- Lecithin

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- Vinegar (no sugar added)
- Red/White wine vinegar, apple cider, white)

Cheeses (Aged, Lactose-Free)

- Asiago cheese
- Blue cheese
- Brick cheese
- Brie
- Camembert
- Cheddar cheese
- Colby cheese
- Cottage cheese (Dry curd only)
- Edam cheese
- Gorgonzola
- Gouda
- Gruyère
- Havarti
- Limburger (occasionally)
- Manchego cheese
- Monterey jack
- Muenster cheese
- Parmesan
- Port du salut (occasionally)
- Provolone
- Romano
- Roquefort
- Stilton cheese
- Swiss cheese

Spices/Flavoring:

- Allspice
- Baking soda

- Cinnamon
- Coconut aminos
- Mustard (plain)
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Sage
- Salt
- Tarragon
- Thyme
- Vanillin (not concentrated)
- Wasabi (in natural state, no fillers)

Meats (no sugar added)

- All fresh/frozen meat unprocessed and no additives
- Anchovies
- Bacon (no sugar)
- Beef
- Canned fish (no broth)
- Chicken
- Fish
- Fowl
- Ham (no sugar)
- Lamb
- Liver pate
- Pork
- Pork rinds
- Poultry
- Sardines (not smoked)
- Sashimi
- Shellfish
- Turkey

Beans (add after 3 months):

- Black Beans (M)
- Kidney Beans (H)
- Lentils, brown (L)
- Lentils, green/red (L-M)
- Lima Beans (L)
- Navy Beans (Haricot) (H)
- Split Peas (H)
- Baked beans (H)

Oils:

- Almond oil
- Avocado oil
- Butter (grass fed best)
- Canola oil
- Coconut oil
- Corn oil
- Flaxseed oil
- Ghee
- Grapeseed oil
- Macadamia nut oil
- Olive oil
- Peanut oil
- Safflower oil
- Sesame oil
- Sunflower oil
- Walnut oil

Drinks (no sugar added)

- Apple cider
- Black tea (weak)
- Bourbon
- Club soda
- Almond milk (no sugar, no gums)

- Coconut milk (no sugar, no gums)
- Coffee (week), not instant
- Cranberry juice (no sugar) Knudsens Just Cranberry is SCD legal
- Ethanol
- Gin
- Ginger tea
- Grape juice (no sugar)
- Green tea
- Lemon tea
- Mint tea
- Orange juice (no sugar)
- Peppermint tea
- Spearmint tea
- Tomato juice (only salt added)
- Vodka
- Whiskey
- Wine (only very dry red and white)



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