

SIBO DIET FOOD GUIDE

This food guide is a compilation of allowable foods from the SCD (Specific Carbohydrate Diet) and the Low FODMAP diet. It was originally developed by Dr. Allison Siebecker, ND based on her research and patient experience. (1)

Dr. Abigail Bisson, ND has adapted this list based on the most successful outcomes for her patients.

INTERNET RECIPE SEARCH

Because this allowable food list is a combination of diets, when you search for SCD, Low FODMAP, or SIBO friendly recipes you will find they may not match this list perfectly.

Please double check the ingredients against this list and make substitutions or adaptations as needed.

This food guide deliberately excludes ALL grains (except white rice) and starchy tubers. This is intentional.

Grains and starchy tubers are food sources for the overgrowing bacteria that are causing your symptoms so we are trying to starve them. Please do not eat these foods.

**If a food is not listed in the first two columns, do NOT eat it.
There are no exceptions.**

PROTEIN & MEATS

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
		High FODMAP	SCD Illegal
All seafood Bacon: no sugar Bacon w/ honey Beef Broth: homemade, no cartilage Deer, Elk, other wild game Eggs Fish Lamb Chicken / Poultry Pork Organ Meats	Bacon w/ sugar: 2 slices one time per week	Broth: homemade with cartilage	Deli meat Processed meats w/ high FODMAP ingredients or carrageenan, or SCD illegal ingredients. Bacon with high fructose corn syrup

< = less than > = more than g. = grams
tsp. = teaspoon Tabl. = Tablespoons

***If there is no specified amount, you may eat as much as you like**



FRUIT

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
		High FODMAP	SCD Illegal
Banana: fresh, dried Blueberry: < 80 berries Boysenberry Cantaloupe Carambola Current, dried: 1 Tabl. Dragon Fruit Durian Grapes Guava Honeydew: ½ cup Jam/Jelly: no sugar, pectin Kiwifruit Lemon Lime Longan berries: 5 each Orange Papaya Passion Fruit: 4 pulps Pineapple Pomegranate: ¼ cup seeds Prickly Pear Raspberry: 10 each Rhubarb Strawberry Star fruit Tangelos Tangerines	Cherries: 3 each Cranberries: 1 Tabl. Grapefruit: ½ each Honeydew melon: > ½ cup Longan: 10 each Lychee: 5 each Passion fruit: > 4 pulps Pineapple, dried, unsweetened: 1 slice Rambutan: 4 each	Apple Apricot Asian Pear Avocado Blueberry: > 80 berries Blackberries Cherries: 6 each Cranberries: 2 Tabl. Custard apples Dates Dried Currents: 2 Tabl. Dried Papaya Fig: dried Grapefruit: 1 each Mango Nectarine Papaya: dried Peach Pear Persimmon Plum Pomegranate: ½ cup seeds Prunes Raisins Raspberry: > 50 berries Watermelon Fruit canned in high FODMAP juice	Plantain Jam/Jelly: commercial with sugar, pectin

LEGUMES, BEANS, & GRAINS

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
		High FODMAP	SCD Illegal
Brown lentils: ½ cup Green lentils: ¼ c. cooked Lima beans: < ½ cup Red lentils: ¼ c. cooked White rice: ½ c. cooked	Black beans: ½ c. cooked Green lentils: ½ c. cooked Lima beans: ⅓ c. cooked	Baked beans Cranberry beans Lima beans: > ½ cup Kidney beans Navy Beans Red beans Split peas White beans	All grains except white rice Butter beans Cannellini beans Chickpeas/Garbanzo Fava / Broad beans Oats (including milk) Pinto beans Soy beans

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VEGETABLES

Allowable in specified amounts per meal* Low FODMAP

Artichoke heart: ½ cup
Arugula
Bamboo shoots
Beet: 2 slices
Bok Choy: 1 cup
Broccoli: ½ cup
Brussel Sprouts: 2 each
Butternut Squash: ¼ cup
Cabbage: 1 cup
Carrot
Celery Root / Celeriac
Chili Peppers: 28g.
Chives
Collard Greens
Cucumber
Eggplant
Endive
Fennel Bulb: ½ cup
Fennel Leaves: 1 cup
Green Beans: 10 each
Green Onion: green part
Green Peas: ¼ cup
Kale
Kobocha Squash
Lettuce
Olives
Radicchio
Radish
Rutabaga
Savoy Cabbage: ½ cup
Spinach: < 15 leaves
Sweet Bell Peppers
Swiss chard
Snow Peas: 5 pods
Sunburst Squash
Tomato
Yellow summer squash: ¾ cup
Zucchini: ¾ cup

Eat in moderation in specified amounts *

Moderate FODMAP

Asparagus: 1 spear
Artichoke Hearts: ¼ cup
Butternut Squash: ½ cup
Chili Peppers: 40g.
Green Cabbage: > 1 cup
Green Peas: ½ cup
Leeks: ½ each
Parsnip
Savoy Cabbage: ¾ cup
Spinach: > 15 leaves
Sun dried tomato: 2 Tabl.
Tomato Juice
Tomato Soup: milk free

DO NOT EAT ANYTHING IN THESE COLUMNS

High FODMAP

Asparagus: 4 spears
Artichoke
Avocado
Beets: 4 slices
Bok choy: 1 ½ cup
Broccoli: 1 cup
Brussel Sprouts: 6 each
Cauliflower
Celery
Fennel bulb: > 1 cup
Fennel leaves: > 3 cups
Garlic
Green Peas: ½ cup
Green Onion: white part
Jerusalem artichoke
Leek: 1 each
Mushrooms
Onions
Savoy Cabbage; 1cup
Shallots
Snow peas: 10 pods
Sugar Snap Peas
Zucchini: > ¾ cup

SCD Illegal

Arrowroot Powder
Bean sprouts
Canned Vegetables
Casava flour
Corn
Corn starch
Okra
Potato starch
Potato, sweet
Potato, white
Rice starch or flour
Seaweed
Tapioca starch
Taro Root
Turnip
Water chestnuts
Yam
Yucca

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DAIRY

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
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Butter Cheddar Cheese Dry curd cottage cheese Ghee Gouda cheese Gruyere cheese Parmesan cheese Provolone cheese Swiss cheese Sour cream: homemade 24 hr. Yogurt: homemade 24 hr. (recipe on Dr. Bisson's website under 'Recipes')	Milk: 100% Lactose Free, commercial Cream: Lactose Free ¼ cup (Lactase Enzyme treated)	Yogurt: lactose-free commercial (due to pectin)	Chevre Cream Cream cheese Cottage cheese Goat cheese Kefir: commercial Kefir: homemade Milk: regular Mozzarella cheese Ricotta cheese Sour Cream: commercial Yogurt: commercial

NUTS & SEEDS

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
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Almonds: 10 each / .42oz Almond Flour: 2 Tabl. Coconut flour: ¼ cup Coconut, shredded: ¼ cup Coconut milk: no thickener Hazelnuts: 10 each Macadamia nuts: 20 each Peanuts: 32 each Peanut butter: 4 Tabl. Pecans: 10 each Pine nuts: 1 Tabl. Pumpkin seeds: 2 Tabl. Sesame seeds: 1 Tabl. Sunflower seeds: 2 tsp. Walnuts: 10 each	Chestnuts: handful Flaxseed: < 1 Tabl. Hazelnuts: 20 each Pecans: 40 each Walnuts: 100 g.	Almonds: 20 each Almond flour: 4 Tabl. Cashews Hazelnuts: 80 each Pine nuts: 8 Tabl. Pistachios Pumpkin seeds: 100 g. Sesame Seeds: 100 g. Sunflower Seeds: 100 g.	Chia Seeds Coconut milk: w/ thickener Buckwheat flour Flaxseed flour Other seed flours

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SEASONINGS & CONDIMENTS

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
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All spices except garlic and onion All vinegar except balsamic Ginger: fresh, dried Mayonnaise: homemade Mayonnaise: commercial, no sugar, no seed oils Mustard: no garlic Pickles: no sugar, garlic, onion Relish: no sugar, garlic Tabasco: McHenryCo brand Wasabi: pure	Coconut Aminos		Asafoetida powder Balsamic vinegar Chicory root Carrageenan Cocoa Gar gum Garlic: fresh or dried Marinades w/ high FODMAP items Onion: fresh or dried Sauces made w/ high FODMAP items Soy sauce Tamari sauce Thickeners: gums, starches, pectin Unsweetened chocolate

BEVERAGES & ALCOHOL

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
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Black tea Coffee: 1 cup / day Cranberry Juice: no sugar Fruit juice: from low FODMAP fruit- ½ cup Green tea Herbal tea Orange juice: fresh, ½ cup Water: filtered ALCOHOL Bourbon Gin Vodka Whiskey Scotch	Carbonated beverages: unsweetened, no artificial sweeteners Green tea: < 2 cups / day Selzer water: no sugar WINE: occasionally in moderate amounts Women: 4oz / day, 3-5x week Men: 9oz / day, 3-5x week LIQUOR: occasionally in moderate amounts Women: 1oz / day, 3-5x week Men: 2.5oz / day, 3-5x week	Fruit juice from high FODMAP fruits Orange Juice: 1 cup ALCOHOL Rum: light/gold	All soda: regular, diet Coffee substitutes Chicory root tea Licorice tea Pau d'arco ALCOHOL Beer Brandy Dessert Wines Hard Cider Liqueurs / Cordials Port Rum: dark Sherry Sparkling wines Tequila

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FATS & OILS

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
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Avocado oil Butter Bacon Fat Coconut oil Cod liver oil Duck fat Fish oil Flax oil Garlic/onion infused oil Ghee Lard / tallow Macadamia oil Medium-chain triglyceride oil (MCT oil) Olive oil Palm oil Sesame oil Walnut oil			Canola oil Corn oil Cotton seed oil Grape seed oil Rice bran oil Seed oil, all other Soybean oil Vegetable oils

SWEETENERS

Allowable in specified amounts per meal* Low FODMAP	Eat in moderation in specified amounts * Moderate FODMAP	DO NOT EAT ANYTHING IN THESE COLUMNS	
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Honey: Alfalfa: 2 Tabl. Clover: 2 Tabl. Raspberry: 2 Tabl. Liquid monk fruit: pure Glucose / dextrose powder Stevia: pure, in small amounts, no inulin	Honey: 1 Tabl. Blackberry: 1 Tabl. Buckwheat: 1 Tabl. Citrus: 1 Tabl. Orange blossom: 1 Tabl.	Honey: Acacia Sage Tupelo	Agave syrup Barley malt syrup Brown rice syrup Cane sugar Coconut sugar Date sugar High-fructose corn syrup Fructose, powdered Maple syrup Molasses Monk fruit: granular Saccharin Sucralose Sugar / Sucrose <u>Sugar Alcohols:</u> Erythritol, Maltitol, Sorbitol, Mannitol, Xylitol

(1) Dr. Allison Siebecker, ND www.siboinfo.com

Adapted for Dr. Abigail Bisson, ND formatting by Ann Tilgner

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