

# SIBO Food Guide Vegetables

LESS FERMENTABLE

MORE FERMENTABLE



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Artichoke Hearts* 1/8 c	Asparagus 1 spear	Asparagus 4 spears	Bean Sprouts
Arugula	Artichoke Hearts* ¼ c	Artichoke	Corn
Bamboo Shoots	Butternut Squash	Avocado	Okra
Beet 2 slices	½ c/60g	Beet 4 slices	Potato: white/all colors
Bok Choy 1 c/85g	Cabbage >1 c/98g	Bok Choy 1½ c/127g	Potato: sweet
Broccoli ½ c/1.6oz	Cabbage: Savoy 3/4 c	Broccoli 1 c	Starch powder: all
Brussels Sprouts 2 ea	Leek ½ ea/42g	Brussels Sprouts 6 ea/ 114g	arrowroot, corn, potato, rice, tapioca
Cabbage 1 c/98g	Parsnip	Cabbage: Savoy 1 c	Seaweeds
Cabbage: Savoy ½ c	Pepper: Chili 40g	Cauliflower	Turnip
Carrot	Peas, green 1/3c	Celery	Taro
Celery Root/Celeriac	Spinach >15 leaves/ 150g	Fennel bulb >1 c, leaves >3c	Water Chestnuts
Chives	Tomato: soup/juice	Garlic	Yam
Cucumber	Tomato: Sun-dried	Jerusalem artichoke	Yucca
Eggplant	2 T/15g	Leek 1 ea/84g	Canned vegetables
Endive		Mushrooms	
Fennel bulb ½c, leaves 1c		Onions	
Green Beans 10ea/2.5oz		Peas, green ½ c/72g	
Greens: lettuce, collard, chard, kale, spinach		Snow Peas 10 pods	
Olives		Scallions: white part	
Peas, green ¼ c		Shallot	
Peppers: Bell/ Sweet		Sugar Snap Peas	
Peppers: Chili 11cm/28g		Zucchini >¾ cup	
Radicchio 12 leaves			
Radish			
Rutabaga			
Scallion: green part			
Snow Peas: 5 pods			
Squash: Butternut ¼ c			
Kobocha, Sunburst, Yellow, Zucchini ¾ c			
Tomato			

# SIBO Food Guide

## Fruits

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SCD "ILLEGAL"

Banana: fresh, dried

Berries:

blueberry < 80 ea

boysenberry

strawberry

raspberry 10ea/19g

Carambola

Citrus: lemon, lime,  
oranges, tangelos,  
tangerine

Current, dried 1Tb

Dragon Fruit

Durian

Grapes

Guava

Kiwifruit

Longon 5 ea/15g

Melon:

cantaloupe/rock,

honeydew ½ c/100g

Papaya/Paw Paw

Passion fruit 4 pulps/  
100g

Pineapple

Pomegranate ½ ea/  
38g, ¼ c seeds

Prickly Pear

Rambutan 2 ea/31g

Rhubarb

Jam/Jelly: homemade  
(no pectin, sugar)

Berries: cranberry 1T

Cherries 3 ea

Citrus: grapefruit ½ ea  
104g

Longon 10ea/30g

Lychee 5 ea

Melon: honeydew  
>½ cup/100g

Passion fruit >4  
pulp/ 100g

Pineapple, dried  
1 slice

Rambutan 4ea/62g

Apple

Apricot

Avocado

Berries: cranberry 2 T  
blueberry >80/100g  
blackberry  
raspberry >50 ea

Cherries 6 ea

Citrus, grapefruit 1ea  
207g

Current, dried 2Tb

Custard Apple

Date, dried

Fig, dried

Mango\*

Nectarine

Papaya, dried

Peach

Pear

Pear: nashi

Persimmon

Plum

Pomegranate 1 ea/  
76g, ½ c seeds

Prunes

Raisins

Tamarillo\*

Watermelon

Canned fruit in high  
fodmap fruit juice

Plantain

Jam/Jelly: commercial

# SIBO Food Guide

## Legumes/Beans



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Lentil: brown ½ c green & red ¼ c Lima ¼ c	Black Lentil green & red ½ c Lima 1/3 c	Borlotti/Cranberry Kidney/Red Lima ½ c Navy/White/Haricot Baked Spilt pea	Butter Cannellini Chickpea/Garbanzo Fava/Faba/Broad Pinto Soy

## Nuts/Seeds



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Almonds 10 ea/.42oz flour 2 T Coconut: flour/shredded ¼ cup milk (w/no thickeners) Hazelnuts 10 ea/15g Macadamia 20 ea/40g Peanuts 32 ea/28g Peanut butter 4 T Pecans 10 ea/22g Pine nuts 1 T/14g Pumpkin seeds 2 T/23g Sesame seeds 1 T/11g Sunflower seeds 2 t/6g Walnuts 10 ea/30g	Chestnuts, handful Flaxseed < 1T Hazelnuts 20 ea/30g Pecans 40 ea/100g Walnuts 100g	Almonds 20 ea/.85oz flour 4 T Cashews Hazelnuts 80 ea/100g Pine nuts 8 T/100g Pistachios Pumpkin seeds 100g Sesame seeds 100g Sunflower seed 100g	Chia seeds Coconut milk- with thickeners (guar gum, carageenan) Seed flour

# SIBO Food Guide

## Dairy



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SCD "LEGAL"  
HIGH FODMAP

SCD "ILLEGAL"

Butter  
Cheese: aged 1 mo+,  
dry curd cottage  
cheese, yogurt  
cheese/labneh  
Ghee  
Sour Cream:  
homemade 24 hour  
Yogurt: homemade 24  
hour

Cream: lactase-  
treated ¼ cup  
Milk: 100% Lactose-  
Free commercial

Yogurt: lactose-free  
commercial (pectin)

Cheese: cream  
cheese, cottage  
cheese, fresh cheese  
(feta, cheve, fresh  
mozzarella), ricotta  
Kefir: commercial,  
homemade 24 hour  
Cream  
Milk  
Sour cream:  
commercial  
Yogurt: commercial

## Protein/Meats



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SCD "LEGAL"  
HIGH FODMAP

SCD "ILLEGAL"

Bacon- with honey  
Broth: homemade  
meat or [marrow  
bones](#) (no cartilage)  
Beef  
Eggs  
Fish  
Game  
Lamb  
Organ Meats  
Pork  
Poultry  
Seafood

Bacon- w/sugar 1x wk

Broth: homemade  
bone/cartilage

Bacon- w/high  
fructose corn syrup  
Deli/Processed Meat-  
with sugar, carra-  
geenan, high  
fodmap or SCD  
illegal additives

# SIBO Food Guide Sweeteners



## SCD "LEGAL" LOW FODMAP

## SCD "LEGAL" MODERATE FODMAP

## SCD "LEGAL" HIGH FODMAP

## SCD "ILLEGAL"

Aspartame-  
occasionally  
Glucose/Dextrose  
Honey: alfalfa, cotton,  
clover, raspberry 2 T  
Saccharine- pure (no  
high fodmap or SCD  
illegal additives)  
Stevia- pure (no inulin)  
in small amounts,  
occasionally

Honey\*: blackberry,  
buckwheat,  
citrus/orange  
blossom 1 T

Honey\*: acacia, sage,  
tupelo

Agave syrup  
Barley Malt syrup  
Brown Rice syrup  
Cane sugar  
(Rapadura, Sucanat)  
Coconut sugar  
Fructose, powdered  
High-fructose corn  
syrup  
Maple syrup  
Molasses  
Sugar/Sucrose  
Sucralose  
Polyols/Sugar alcohol:  
isomalt, erythritol,  
lactitol, maltitol,  
mannitol, sorbitol,  
xylitol

# SIBO Food Guide Beverages & Alcohol



## SCD "LEGAL" LOW FODMAP

## SCD "LEGAL" MODERATE FODMAP

## SCD "LEGAL" HIGH FODMAP

## SCD "ILLEGAL"

### COMMON DRINKS

Coffee 1 c/day (weak)  
 Cranberry juice- pure  
 Orange juice, fresh  
 ½ c/ 125ml  
 Fruit Juice: from Low  
 Fodmap fruits ⅓ c/  
 100ml  
 Tea: black (weak),  
 chamomile, ginger,  
 green, hibiscus,  
 lemongrass, mate,  
 mint, oolong,  
 rooibos/rooibos chai,  
 rose hip  
 Water

### ALCOHOL

Occasionally in  
 moderate amounts:  
 Bourbon  
 Gin  
 Vodka  
 Whiskey/Scotch  
[Wine](#)

### COMMON DRINKS

Tea: green < 2  
 cups/day  
 Seltzer/Carbonated  
 beverages (CO<sub>2</sub>/gas)

### COMMON DRINKS

Fruit Juice: from High  
 Fodmap fruits  
 Orange juice 1 c/  
 125ml

### ALCOHOL

Rum: light/gold\*

### COMMON DRINKS

Coffee Substitutes  
 Soda (fructose,  
 sucrose)  
 Tea: chicory root,  
 licorice, pau d'arco

### ALCOHOL

Beer  
 Brandy  
 Hard Cider  
 Liqueurs/Cordials  
 Rum: dark  
 Sherry  
 Tequila  
 Wine: dessert/sweet,  
 sake, sparkling, port

**Liquor moderate amounts:**  
**Women – 1 oz/day, 3-5x week**  
**Men – 2.5 oz/day, 3-5x week**

**Wine moderate amounts:**  
**Women – 4 oz/day, 3-5x wk**  
**Men – 9 oz/day, 3-5x wk**

# SIBO Food Guide Fats/Oils



## SCD "LEGAL" LOW FODMAP

## SCD "LEGAL" MODERATE FODMAP

## SCD "LEGAL" HIGH FODMAP

## SCD "ILLEGAL"

Bacon fat Butter Coconut oil Cod liver oil & Fish oil Duck fat Garlic-infused oil Ghee Lard & Tallow Medium Chain Tri- glyceride/MCT oil Macadamia oil Olive oil Palm oil Polyunsaturated Vegetable Oils: Borage, Canola, Flax, Grape seed, Hemp, Pumpkin seed, Sesame, Sunflower, Walnut			Soybean oil
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Notes: T= Tablespoon, t= teaspoon, g= gram

\*Contains excess fructose- only necessary to avoid in cases of fructose malabsorption.

- Starting the diet: Follow the "Intro" from the SCD, Gaps or SCDLifestyle plans with Low & Moderate Fodmap foods. Wait 1-3 months to introduce celery root, rutabagas, cruciferous vegetables, beans, seeds, nuts (including nut flours, butters & milks) coffee, alcohol, raw vegetables/salads and raw fruit. Cook, peel, de-seed and puree vegetables & fruit at 1<sup>st</sup>. Dairy is best avoided for the 1<sup>st</sup> few weeks if unsure of its' tolerability.
- Moderate Fodmap Column Foods: limit to 1 per meal. Meal = eating separated by 3-4 hours.
- Quantity listings are adult portions: decrease amounts for children.
- Tailor the diet: individual variations from this list are to be expected- trust your body's reactions over the list.
- Tolerances change over time: periodically re-try previously intolerant foods.
- This guide is a combination of SCD, Low Fodmap Diet & the clinical experience of Dr. Siebecker in treating SIBO.

# SIBO Food Guide Seasonings/Condiments

← LESS FERMENTABLE

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## SCD "LEGAL" LOW FODMAP

All spices (except onion & garlic)  
Garlic-infused oil  
Ginger (fresh & dried)  
Mayonnaise, homemade or commercial w/ honey  
Mustard- without garlic  
Pickles/ Relish- no sweetener or garlic  
Tabasco (McIlhennyCo)  
Wasabi- pure  
Vinegar: apple cider, distilled/white, red & white wine

## SCD "LEGAL" MODERATE FODMAP

## SCD "LEGAL" HIGH FODMAP

## SCD "ILLEGAL"

Asafoetida powder  
Chicory root (leaves ok)  
Cocoa/chocolate- unsweetened  
Gums/ Carrageenan/ Thickeners  
Sauces or Marinades with High Fodmap/ SCD Illegal items  
Soy Sauce/Tamari  
Spices: Onion & Garlic powder  
Vinegar: balsamic

- Compiled by Dr. Allison Siebecker ([www.siboinfo.com](http://www.siboinfo.com)) with the following sources: (formatting thanks to Dr. Michele Bartlett)
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