

SIBO Specific Diet Food Guide

By Dr. Allison Siebecker. Adapted by Dr. Catheryn Eichman.



Vegetables

Less Fermentable

More Fermentable

SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Artichoke hearts* 1/8c	Avocado 1/4th	Asparagus 4 spears	Bean sprouts
Avocado 1/8th	Asparagus 1 spear	Artichoke	Corn
Bamboo shoots	Artichoke hearts* 1/4 cup	Avocado, whole	Okra
Beet 2 slices	Butternut squash 1/2 cup	Beet 4 slices	Potato, white/all colors
Bok choy 1 cup/85g	Broccoli <1 1/2 cup	Bok choy 1 1/2cup	* Sweet potato 1/2 cup
Broccoli 3/4 cup	Cabbage >1 cup	Broccoli 1 cup	Seaweeds
Brussels sprouts 2 each	Green beans 25 each	Brussels Sprouts 6 each	Turnip
Cabbage 1 cup/98g	Leek 1/2 each/42g	Savoy cabbage 1 cup	Taro
Savoy cabbage 1/2 cup	Parsnip	Cauliflower	Water chestnut
Carrot	Chili pepper 40g	Celery	* Yam
Celery root/celeriac	Peas, green 1/3 cup	Fennel bulb >1 cup	Yucca
Chives	Tomato soup/juice	Fennel leaves >3 cups	Canned vegetables
Cucumber	Tomato, sun dried 2T/15g	Garlic	Starch (arrowroot, corn, potato, rice, tapioca)
Eggplant	Savoy cabbage 3/4 cup	Green beans 35 each	
Endive	Spinach >1 1/2 cups	Jerusalem artichoke	
Fennel bulb 1/2 cup	Zucchini >3/4 cup	Leek 1 each/84g	
Green beans 15 each		Mushrooms	
Leafy greens		Onions	
Spinach 1 1/2 cup		Peas, green 1/2 cup	
Olives		Snow peas 10 pods	
Peas, green 1/4 cup		Scallions, white part	
Bell peppers, all colors		Shallot	
Chili peppers 11cm/28g		Sugar snap peas	
Radicchio 12 leaves		Zucchini >3/4 cup	
Radish			
Rutabaga			
Scallion, green tops only			
Snow peas 5 pods			
Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup			
Tomato			

Note: The orange column represents foods with the highest FODMAP content. The red column indicates foods that are not compliant on the Specific Carbohydrate Diet (SCD), but may be allowed on the low FODMAP diet.

*The foods in the red column may be permitted if energy/calorie intake is insufficient.

Please check with Dr. Cat before implementing foods from the red column.

Please pay attention to serving sizes. **Serving sizes are per meal, not per day.**



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Fruits

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Banana, green kind only	Cranberry 1 tbsp	Apple	Plantain
Blueberry 1/4 cup	Cherries 3 each	Apricot	Commercial jam/jelly
Citrus: lemon, lime, orange, tangelo, tangerine	Grapefruit 1/2 each	Berries: cranberry 2 tbsp, blueberry >80, blackberry, raspberry >50 each	
Current, dried 1 tbsp	Longon 10 each	Cherries 6 each	
Dragon fruit	Lychee 5 each	Grapefruit 1 each	
Durian	Honeydew melon >1/2 cup	Current, dried 2 tbsp	
Grapes	Passion fruit >4 pulps	Custard apple	
Guava	Pineapple, dried 1 slice	Dates, dried	
Kiwi	Rambutan 4 each	Fig, dried	
Longon 5 each		Mango *	
Melon: cantaloupe, rock, honeydew 1/2 cup		Nectarine	
Papaya		Papaya, dried	
Passion fruit 4 pulps		Peach	
Pineapple		Pear	
Pomegranate 1/4 cup		Persimmon	
Prickly pear		Plum	
Rambutan 2 each		Pomegranate 1 each	
Raspberry 30 berries		Prunes	
Rhubarb		Raisins	
Strawberry 10 berries		Tamarillo *	
Homemade jam or jelly (no pectin or sugar)		Watermelon	
		Canned fruit in high FODMAP fruit juice	

Note: Fruit juices are allowed from low FODMAP (green column) fruit sources. Examples of these are orange, pomegranate, pineapple, strawberry, lemon, lime, and cranberry juice. However, juice should always be consumed in moderation.

Eat no more than 1 serving of fruit per meal. Examples are 1 small banana, 1 medium orange, or 1 cup of berries



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Legumes/Beans

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SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Chickpeas, 1/4 cup Lentil, brown 1/2 cup Lentil, green/red 1/4 cup Lima beans, 1/4 cup	Black beans, 1/4 cup Chickpeas, 1/2 cup Lentil, green/red 1/2 cup Lima beans, 1/3 cup	Bortolli/cranberry Kidney beans Lima beans, 1/2 cup Navy/white beans Baked beans Split peas	Butter beans Cannellini beans Fava/faba beans Pinto beans Soy beans

Note: Legumes should be canned and rinsed thoroughly before consuming. If you cannot find canned legumes, they should be soaked for 12 hours or overnight and boiled, drained, and then rinsed before consuming.



Nut/Seeds

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Almonds 10 each (limit) Almond flour 1/4 cup Coconut flour 1/4 cup Chia seeds 2 tbsp Flaxseeds <1 tbsp Hazelnuts 10 nuts Hemp seeds 2 tbsp Macadamia 20 nuts/40g Peanuts 32 nuts Pecans 10 nuts Pine nuts 1 tbsp Pumpkin seeds 2 tbsp Sesame seeds 1 tbsp Sunflower seeds 1 tbsp Walnuts 10 nuts	Chia seeds > 2tbsp Chestnuts 20 Flaxseed 1.5 tbsp Hazelnuts 20 nuts Pecans 40 nuts Walnuts 30 nuts	Almonds 20 nuts Almond flour 1/2 cup Cashews Flaxseeds >2 tbsp Hazelnuts 80 nuts/100g Pine nuts 8 tbsp/100g Pistachios Pumpkin seeds 100g Sesame seeds 100g Sunflower seeds 100g	Coconut milk with thickeners Seed flour

Note: 1 tbsp of almond butter is permissible.

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Dairy

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SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Butter Cheese: aged 1+ months: (cheddar, brie, parmesan, camembert) Dry curd cottage cheese, yogurt cheese/labneh Ghee Coconut yogurt	Cream-lactose free Lactose-free yogurt Lactose-free milk	Cheese: cream cheese, cottage cheese, feta, goat cheese, mozzarella, ricotta Kefir (commercial) Cream Sour cream (commercial) Yogurt (commercial)	Same foods in orange column

Note: Dairy-free milk substitutes such as almond milk and coconut milk are permitted in moderation, at 1 cup per serving



Protein/Meats

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Bacon without sugar Broth, homemade with meat or marrow bones Beef Eggs Fish Game Lamb Pork Poultry Shellfish Organ meats	Bacon with sugar	Bacon with HFCS Broth made from cartilage	Deli/processed meats with sugar, carrageenan, nitrates, and additives

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Fats

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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 triglycerides (MCT oil) Olive oil Palm oil Vegetable oils: avocado, flax, grapeseed, hemp, pumpkin seed, sesame, sunflower, walnut			



Sugars/Sweeteners

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Honey 1/2 tsp Maple syrup 2 tbsp Stevia, pure: no inulin or sugar alcohols Coconut sugar 1 tsp	Honey 1 tsp Coconut sugar 2 tsp	Agave Coconut sugar 3 tsp Fructose, powdered Honey 1 tbsp High-fructose corn syrup Molasses Pylols: isomalt, erythritol, mannitol, sorbitol, xylitol <i>anything ending in -ol</i>	Barley malt syrup Brown rice syrup Cane sugar Sucrose (table sugar) Sucralose

Note: Consume no more than 2 tbsp honey per day.

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Seasonings/Condiments

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SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
All spices (except onion and garlic) Coconut aminos Garlic-infused oil Ginger, fresh and dried Mayonnaise Mustard, garlic-free Pickles/relish, no sugar or garlic Tabasco (McIlhenny Co) Wasabi, pure Vinegars: apple cider, distilled/white, white wine, red wine		Chicory root Garlic, fresh or powder Gums/thickeners Onion, fresh or powder Sauces or marinades with HFCS	Cocoa/chocolate Carrageenan Soy sauce/Tamari Vinegar: balsamic

Note: FODY brand foods makes seasonings and condiments without garlic/onion. Garlic-infused oil is permitted, but raw or dried garlic is not permitted.



Beverages

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Almond milk, 1 cup Coconut milk, 1 cup Coffee 1 cup/day (weak) Cranberry juice, pure Orange juice, fresh 1/2 cup Fruit juice from low FODMAP fruits 1/3cup Tea: black (weak), ginger, green, mint, chai, Yerba mate, oolong, rose hip, rooibos, hibiscus Water Alcohol: gin, vodka, whiskey, bourbon, red and white wine (<1 glass)	Tea: green <2 cups/day Seltzer water Carbonated beverages (unsweetened, no soda)	Almond milk with thickeners Fruit juice from high FODMAP fruits Orange juice 1 cup Light gold rum Tea: chamomile, fennel, chicory, licorice, and dandelion tea	Coffee substitutes Chicory root Soda Licorice tea Pau d'arco Beer Brandy Hard cider Liqueurs/cordials Sherry Tequila Wine: dessert, sweet, port, sparkling, sake

Note: Fruit juice and alcohol should be consumed in moderation. It is still recommended you limit alcohol consumption. The serving size of almond and coconut milk is 1 cup per serving.

