

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

Vegetables

Avocado 1/8th Bamboo shoots Asparagus 1 spear Beet 2 slices Artichoke hearts* 1/4 cup Beet, 1 small or 1/2 large Bok choy 1 cup/85g Bok choy 1 cup/85g Broccoli 3/4 cup Broccoli 3/4 cup Brussels sprouts 2 each Broccoli 2 2/3 cup Brussels sprouts 2 each Cabbage 1 cup/98g Savoy cabbage 1/2 cup Carrot Celery root/celeriac Chilip pepper 40g Cuumber Peas, green 1/3 cup Eggplant Tomato soup/juice Endive Fennel laub 1/2 cup Green beans 15 each Spinach 21 1/2 cups Green beans 15 each Spinach 21 1/2 cup Green beans 15 2 cup Savoy cabbage 3/4 cup Carrot Celery root/celeriac Chilip peper 40g Celery, 7cm Fennel leaves >3 cups Canned vegetables Starch (arrowroot, corn, petal) Eggplant Tomato, sun dried 27/15g Green beans 35 each Endive Fennel leaves Spinach 21 1/2 cup Green beans 15 each Spinach 21 1/2 cup Green beans 15 each Spinach 21 1/2 cup Savoy cabbage 3/4 cup Green beans 15 each Spinach 21 1/2 cup Sonow peas 10 pods Scallions, white part Shallot Chili peppers 11cm/28g Radicchio 12 leaves Radish Rutabaga Scallion, green tops only Snow peas 5 pods Squash: butternut, kabocha,	Less Fermentable	More Fermentable			
Avocado 1/8th Bamboo shoots Beet 2 slices Beet 2 slices Artichoke hearts* 1/4 cup Bok choy 1 cup/85g Broccoli 3/4 cup Broscoli 3/4 cup Broscoli 3/4 cup Broscoli 2 2/3 cup Brossels sprouts 2 each Cabbage 1 cup/98g Cabbage >1 cup Carrot Celery root/celeriac Chili pepper 40g Cucumber Eggplant Tomato soup/juice Endive Tomato, sun dried 2T/15g Fennel bulb 1/2 cup Green beans 15 each Capinals 1 1/2 cup Savoy cabbage 3/4 cup Starch 3/4 cup Starch 3/4 cup Seaweeds Turnip Taro Savoy cabbage 1 cup Savoy cabbage 3/4 cup Seaweeds Turnip Taro Savoy cabbage 1 cup Savoy cabbage 3/4 cup Seaweeds Turnip Taro Savoy cabbage 1 cup Savoy cabbage 1 cup Savoy cabbage 1 cup Savoy cabbage 3/4 cup Seaweeds Turnip Taro Savoy cabbage 1 cup Savoy cabbage 1 cup Savoy cabbage 1 cup Savoy cabbage 3/4 cup Seaweeds Turnip Taro Savoy cabbage 1 cup Savoy cabbage 1 c		•	-	SCD "Illegal"	
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Bok choy 1 cup/85g Broccoli 3/4 cup Broccoli 3/4 cup Brussels sprouts 2 each Cabbage 1 cup/98g Savoy cabbage 1/2 cup Carrot Carrot Celery root/celeriac Chili pepper 40g Cucumber Endive Fennel bulb 1/2 cup Savoy cabbage 3/2 cup Savoy cabbage 1 cup Fennel bulb 1/2 cup Savoy cabbage 1/2 cup Carrot Cumber Endive Fennel bulb 1/2 cup Green beans 25 each Cauliflower, >3/4 cup Yucca Canned vegetables Cucumber Endive Fennel bulb 1/2 cup Green beans 35 each Formato, soup/juice Fennel bulb 1/2 cup Green beans 15 each Leafy greens- ANY Spinach 1 1/2 cup Olives Peas, green 1/4 cup Bull peppers, all colors Chili peppers 11cm/28g Radicchio 12 leaves Radish Rutabaga Scallion, green tops only Snow peas 5 pods Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup Personic i Allor i Chili pepper 40g Brussels Sprouts 6 each Turnip Taro Savoy cabbage 1 cup Brussels Sprouts 6 each Turnip Taro Savoy cabbage 1 cup Brussels Sprouts 6 each Turnip Taro Savoy cabbage 1 cup Brussels Sprouts 6 each Turnip Taro Savoy cabbage 1 cup Brussels Sprouts 6 each Turnip Taro Savoy cabbage 1 cup Brussels Sprouts 6 each Turnip Taro Savoy cabbage 1 cup Brussels Sprouts 6 each Turnip Taro Savoy cabbage 1 cup Brussels Sprouts 6 each Turnip Taro Water chestnut Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapioca) Fennel bulb >1 cup Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapioca) Fennel bulb >1 cup Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapioca) Fennel bulb >1 cup Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapioca) Fennel bulb >1 cup Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapioca) Fennel bulb >1 cup Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapioca) Fennel bulb >1 cup Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapioca) Fennel bulb >1 cup Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapioca) Fennel bulb >1 cup Yucca Carned vegetables Starch (arrowroot, corn, potato, rice, tapio	Bamboo shoots	Asparagus 1 spear	Avocado, whole	Okra	
Broccoli 3/4 cup Brussels sprouts 2 each Brussels sprouts 2 each Cabbage 1 cup/98g Cabbage 91 cup Savoy cabbage 1/2 cup Green beans 25 each Callinopers ANY Spinach 1 1/2 cup Green beans 15 each Capfy greens- ANY Spinach 1 1/2 cup Olives Radish Rutabaga Scallion, green tops only Snow peas 5 pods Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup Brussels sprouts 2 each Broccoli 2 2/3 cup Brussels Sprouts 6 each Turnip Taro Taro Cabbage 91 cup Brussels Sprouts 6 each Turnip Taro Taro Cabbage 91 cup Green beans 25 each Cauliflower, >3/4 cup Water chestnut Carot Celery, >7cm	Beet 2 slices	Artichoke hearts* 1/4 cup	Beet, 1 small or 1/2 large	Potato, white/all colors	
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Carrot Leek 1/2 each/42g Celery, >7cm * Yam Celery root/celeriac Parsnip Fennel bulb >1 cup Chives Chili pepper 40g Fennel leaves >3 cups Cucumber Peas, green 1/3 cup Garlic Starch (arrowroot, corn, potato, rice, tapioca) Endive Tomato, sun dried 2T/15g Jerusalem artichoke Fennel bulb 1/2 cup Savoy cabbage 3/4 cup Leek 1 each/84g Green beans 15 each Spinach >1 1/2 cups Mushrooms Leafy greens- ANY Zucchini >3/4 cup Onions Spinach 1 1/2 cup Olives Peas, green 1/2 cup Olives Snow peas 10 pods Peas, green 1/4 cup Bell peppers, all colors Chili peppers 11cm/28g Radicchio 12 leaves Radish Rutabaga Scallion, green tops only Snow peas 5 pods Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup	Cabbage 1 cup/98g	Cabbage >1 cup	Savoy cabbage 1 cup	Taro	
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Radicchio 12 leaves Radish Rutabaga Scallion, green tops only Snow peas 5 pods Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup	Bell peppers, all colors		Shallot		
Radish Rutabaga Scallion, green tops only Snow peas 5 pods Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup	Chili peppers 11cm/28g		Sugar snap peas		
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Scallion, green tops only Snow peas 5 pods Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup	Radish				
Snow peas 5 pods Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup	Rutabaga				
Squash: butternut, kabocha, pumpkin-1/4 c, yellow/zucchini 1/2 cup	Scallion, green tops only				
pumpkin-1/4 c, yellow/zucchini 1/2 cup	Snow peas 5 pods				
yellow/zucchini 1/2 cup	Squash: butternut, kabocha,				
	pumpkin-1/4 c,				
Tomato	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.



Fruits

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

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



Legumes/	'Beans
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Less Fermentable	Less Fermentable More Fe		
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Chickpeas, 1/4 cup	Black beans, 1/4 cup	Bortolli/cranberry	Butter beans
entil, brown 1/2 cup	Chickpeas, 1/2 cup	Kidney beans	Cannellini beans
entil, green/red 1/4 cup	Lentil, green/red 1/2 cup	Lima beans, 1/2 cup	Fava/faba beans
ima beans, 1/4 cup	Lima beans, 1/3 cup	Navy/white beans	Pinto beans
Chickpea pasta 1 cup		Split peas	Soy beans
		Black beans, >1/2 cup	
		Chickpeas, >1/2 cup	
		All other beans	

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





Less Fermentable		More I	Fermentable
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Almonds 10 each (limit)	Almonds, 15 nuts	Almonds 20 nuts	
Almond flour 1/4 cup	Almond butter 1.5 Tbsp	Almond flour 1/2 cup	
Coconut flour 1/4 cup	Chia seeds > 2tbsp	Almond butter, >1.5 Tbsp	
Chia seeds 2 tbsp	Chestnuts 20	Cashews	
Flaxseeds <1 tbsp	Flaxseed 1.5 tbsp	Flaxseeds >2 tbsp	
Hazelnuts 10 nuts	Hazelnuts 20 nuts	Hazelnuts 80 nuts/100g	
Hemp seeds	Pecans 40 nuts	Pine nuts 8 tbsp/100g	
Macadamia 20 nuts/40g	Walnuts 30 nuts	Pistachios	
Peanuts 32 nuts		Pumpkin seeds 9 Tbsp	
Pecans 10 nuts		Sesame seeds 6 Tbspy	
Pine nuts		Sunflower seeds 6 Tbsp	
Pumpkin seeds			
Sesame seeds			
Sunflower seeds 1 tbsp			
Walnuts 10 nuts			

Note: The serving size of almond butter is 1 Tbsp.



Dairy

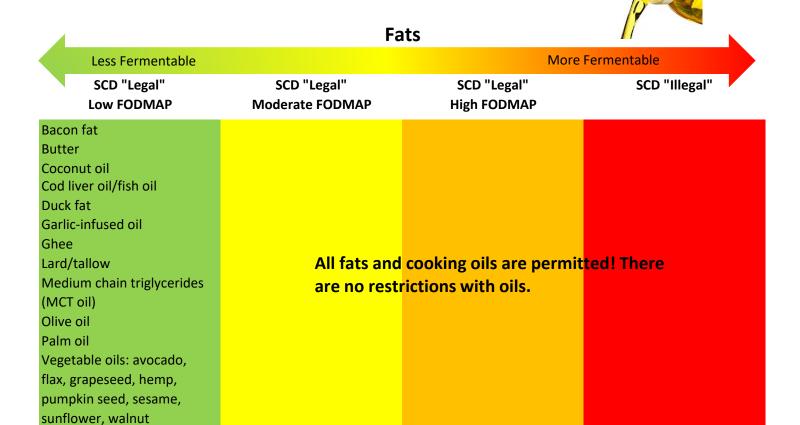
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Less Fermentable		Mo	re Fermentable
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal"
Butter	Lactose-free cream	Cheese: cream cheese,	Same foods in orange
Cheese: aged 1+ months:	Lactose-free yogurt	cottage cheese,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

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





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	Mostly all prote	Bacon with high fructose corn syrup ins are permitted!	Deli/processed meats with sugar, carrageenan, nitrates, and additives



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

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



Seasonings/Condiments

Less Fermentable		More Fermentable			
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	Balsamic vinegar 2 Tbsp	Chicory root Garlic, fresh or powder Gums/thickeners Onion, fresh or powder Sauces or marinades with high fructose corn syrup Balsamic vinegar >2 Tbsp	Cocoa/chocolate Carrageenan Soy sauce/Tamari		

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

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

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