

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" Hard to Digest
Artichoke hearts 1/2c	Artichoke hearts 1 cup	Asparagus 5 spears	Bean sprouts
Avocado 1/8th	Avocado 1/4th	Artichoke globe	Corn
Bamboo shoots	Asparagus 1 spear	Avocado, whole	Okra
Beet 2 slices	Artichoke hearts* 1/4 cup	Beet, 1 small or 1/2 large	Potato, white/all colors
Bok choy 1 cup/85g	Beet, 1/6 large beet	Bok choy 1 1/2cup	* Sweet potato 1/2 cup
Broccoli 3/4 cup	Butternut squash 1/2 cup	Broccoli 2 3/4 cup	Seaweeds
Brussels sprouts 2 each	Broccoli 2 2/3 cup	Brussels Sprouts 6 each	Turnip
Cabbage 1 cup/98g	Cabbage >1 cup	Savoy cabbage 1 cup	Taro
Savoy cabbage 1/2 cup	Green beans 25 each	Cauliflower, >3/4 cup	Water chestnut
Carrot	Leek 1/2 each/42g	Celery, >7cm	* Yam
Celery root/celeriac	Parsnip	Fennel bulb >1 cup	Yucca
Chives	Chili pepper 40g	Fennel leaves >3 cups	Canned vegetables
Cucumber	Peas, green 1/3 cup	Garlic	Starch (arrowroot, corn, potato, rice, tapioca)
Eggplant	Tomato soup/juice	Green beans 35 each	
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		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" Hard to Digest
Banana, green/yellow only	Blueberries 1/3 cup	Apple	Plantain
Blueberry 1/4 cup	Cranberry 1 1/2 Tbsp	Apricot	Jam or jelly with sugar
Citrus: lemon, lime, orange, tangelo, tangerine	Cherries 3 each	Berries: cranberry 2 Tbsp, blueberry >80, blackberry, raspberry >50 each	or high fructose corn syrup
Cranberry 1 Tbsp	Grapefruit 1/2 each	Cherries 6 each	
Currant, dried 1 tbsp	Longon 10 each	Grapefruit 1 each	
Dragon fruit	Lychee 5 each	Current, dried 2 tbsp	
Durian	Honeydew melon >1/2 cup	Custard apple	
Grapes	Passion fruit >4 pulps	Dates, dried	
Guava	Pineapple 1 1/4 cup	Fig, dried	
Kiwi	Pineapple, dried 1 slice	Mango *	
Longon 5 each	Rambutan 4 each	Nectarine	
Melon: cantaloupe, rock, 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	
Jam or jelly (low FODMAP fruits with no added sugar)		Canned fruit in high 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



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Legumes/Beans/Grains

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal" Hard to Digest
Chickpeas, 1/4 cup Lentil, brown 1/2 cup Lentil, green/red 1/4 cup Lima beans, 1/4 cup Chickpea pasta 1 cup Lentil pasta 1 cup	Black beans, 1/4 cup Chickpeas, 1/2 cup Lentil, green/red 1/2 cup Lima beans, 1/3 cup	Wheat, rye, barley Kidney beans Lima beans, 1/2 cup Navy/white beans Split peas Black beans, >1/2 cup Chickpeas, >1/2 cup All other beans	Butter beans Cannellini beans Fava/faba beans Pinto beans Soy beans Rice, oats, quinoa, corn, millet, amaranth

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. Gluten-free grains are low FODMAP however, hard to digest, therefore should be avoided.



Nut/Seeds

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal" Hard to Digest
Almonds 10 each Almond flour 1/4 cup Coconut flour 1/4 cup Chia seeds 2 tbsp Flaxseeds <1 tbsp Hazelnuts 10 nuts Hemp seeds Macadamia 20 nuts/40g Peanuts 32 nuts Pecans 10 nuts Pine nuts Pumpkin seeds Sesame seeds Sunflower seeds 1 tbsp Walnuts 10 nuts	Almonds, 15 nuts Almond butter 1.5 Tbsp 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 Almond butter, >1.5 Tbsp Cashews Flaxseeds >2 tbsp Hazelnuts 80 nuts/100g Pine nuts 8 tbsp/100g Pistachios Pumpkin seeds 9 Tbsp Sesame seeds 6 Tbsp Sunflower seeds 6 Tbsp Peanut butter made with molasses	

Note: Almond butter is permitted on green column, the serving size is 1 Tbsp. Peanut butter is okay to consume.

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Fats

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SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal" Hard to Digest
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	All fats and cooking oils are permitted! There are no restrictions with oils. However, choose healthy oils such as olive, avocado, almond, flax, and sunflower.		



Sugars/Sweeteners

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal" Hard to Digest
Honey 1/2 tsp Maple syrup 2 Tbsp Stevia with no xylitol, inulin, or erythritol	Honey 1 tsp Maple syrup 1/4 cup Coconut sugar 2 tsp	Agave Coconut sugar 3 tsp Fructose, powdered Honey 1 tbsp High-fructose corn syrup Molasses Polyols: isomalt, erythritol, mannitol, sorbitol, xylitol <i>anything ending in -ol</i>	Barley malt syrup Brown rice syrup Cane sugar (sucrose) Sucrose (table sugar) Sucralose

Note: Consume no more than 2 Tbsp honey per day. Sugar is non-fermentable, okay to consume in small amounts.

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Seasonings/Condiments

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SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal" Hard to Digest
All spices (except onion and garlic) Coconut aminos Garlic-infused oil Ginger, fresh and dried Mayonnaise Mustard, garlic-free Pickles/relish, no garlic Tabasco (McIlhenny Co) Wasabi, pure Vinegars: apple cider, distilled/white, white wine, red wine Balsamic vinegar, 1 Tbsp	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 Tamari (GF soy sauce)

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



Beverages

Less Fermentable		More Fermentable	
SCD "Legal" Low FODMAP	SCD "Legal" Moderate FODMAP	SCD "Legal" High FODMAP	SCD "Illegal" Hard to Digest
Almond milk, 1 cup Coconut milk, 1 cup Macadamia milk, 1 cup Coffee, no dairy 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, seltzer water Alcohol: gin, vodka, whiskey, bourbon, red and white wine (1 glass)		Non-dairy milk with thickeners Fruit juice from high FODMAP fruits Orange juice 1 cup Oat milk/yogurt Cashew milk/yogurt Light gold rum Tea: chamomile, fennel, chicory, licorice, and dandelion tea Soda Carbonated beverages with sugar Wine, over 1 2/3 glass Same alcohol in red column	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, macadamia, and coconut milk is 1 cup per serving.

