

Specific Carbohydrate Diet (SCD) Foods List

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Meat, Fish & Eggs		Vegetables cont.		Split peas, snap or snow peas
	Beef		Spinach	White navy beans
	Bison		Sprouts	Breakfast Cereals
	Chicken		Squashes	None except Hot Nut Flour
	Cornish game hen		Swiss chard (and other greens)	(see recipe at
	Duck		Tomato (no tinned sauces/pastes)	www.scdrecipe.com)
	Eggs		Zucchini	
	Goose and game birds			NO Grain and Starches ALLOWED
	Game meats (elk, venison, moose, rabbit)	Fruits		
	Lamb		Apples, apricots	
	Ostrich, pork (limited amounts)		Cherries, grapes	
	Quail		Cranberries	Beverages
	Rabbit		Grapefruit, oranges	Filtered water, weak organic coffee
	Turkey		Peaches, pears	Fresh vegetable. fruit juice
	Veal		Pineapple, mango, papaya	Herbal teas (i.e. rooibos)
	Shrimp, prawns, lobster, scallops, crab (limited amounts)		Lemons, limes, kiwi	Fats and Oils
	Wild fish (salmon, cod, bass, haddock, halibut, mackerel, perch, Pollack, snapper, sole, tuna, trout, tilapia, summer flounder, sardines)		Berries (blackberries, blueberries, raspberries, strawberries, currants)	Cold pressed flaxseed, sunflower, pumpkin seed, sesame, safflower, extra virgin olive oil – for dressings
	Soy-tofu, tempeh, miso (organic, fermented is best)		Plums	Coconut oil, ghee-for cooking
Vegetables			Dates (Medjool, California)	Condiments and Spices
	Artichoke (French, not Jerusalem)		Fruits canned in own juice	Baking soda
	Asparagus		Watermelon, other melons	Capers
	Avocado	Nuts and Seeds and Nut Butters		Coconut, coconut milk
	Beets, Broccoli		Almonds, almond butter	Dijon mustard, unsweetened
	Brussels sprouts		Almond milk (after 6 months)	Cellulose (in supplements)
	Cabbage		Brazil nuts, cashews	Herbs, fresh and dried
	Carrots		Filberts (hazelnuts)	Mayonnaise (unsweetened)
	Cauliflower		Pecans, peanuts in shell	White, red, apple cider vinegar
	Celery		Sesame seeds (after 3 months)	Real flavour extracts
	Cucumber		Sunflower seeds (after 3 months)	Sea salt
	Eggplant		Walnuts, macadamia nuts	Spices
	Green beans	NO Breads and Crackers ALLOWED		Unsweetened salsa
	Garlic (scallions, shallots, onions and leeks)			Dairy
	Lettuces			Cheddar, Colby, Swiss, havarti brick, Gouda, Gruyere, Brie
	Olives, mushrooms (avoid with dysbiosis)	Beans and Legumes		Dry curd cottage cheese, homemade SCD yogurt
	Parsnips, potato		Black beans	Butter
	Peppers, jalapenos		Kidney beans	Sweeteners
	Radishes		Lentils,	Honey
	Rutabaga (add in slowly)		Lima beans	