



# Health Through Diet

## Specific Carbohydrate Diet (SCD) Allowable Foods

### Additives

Baking soda  
Gelatin (unflavored)  
Potassium Sorbate  
Sulphates  
Vanillin

### Alcoholic Beverages

Ethanol  
Gin  
Mead  
Scotch whisky  
Vodka  
Wine (dry red and white)

### Condiments

Capers  
Horseradish sauce  
Tabasco Brand Pepper Sauce

### Dairy

Asiago cheese  
Blue cheese  
Brick cheese  
Brie cheese  
Butter  
Camembert Cheese  
Cheddar cheese  
Cheese \*\* (If a cheese is not a processed cheese (manufactured) but is a cheese that has had a bacterial culture involved with its production and is aged at least 30 days)  
Colby cheese  
Dry Curd Cottage Cheese (DCCC)  
Edam cheese  
Gorgonzola cheese  
Gouda cheese  
Gruyere cheese  
Havarti cheese  
Kefir \*\* (see, Kefir) Limburger cheese  
Manchego Cheese  
Monterey Jack cheese  
Muenster cheese

Natural cheeses  
Parmesan cheese  
Peanut Butter  
Port du Salut cheese  
Provolone cheese  
Romano cheese  
Roquefort cheese  
Stilton cheese  
Swiss cheese  
Yoghurt (homemade)

### Fruits

Apples  
Apricots  
Avocadoes  
Bananas  
Berries  
Bourbon  
Canned fruits (Fruits canned in their own juice are allowed)  
Cantaloupe  
Cherimoya  
Cherries  
Dates  
Figs  
Grapefruit  
Grapes  
Kiwi fruit  
Kumquats  
Lemons  
Limes  
Mangoes  
Melon  
Nectarines  
Olives  
Oranges  
Papayas  
Passion Fruit  
Passion Fruit  
Peaches  
Pears  
Persimmons  
Pineapple  
Plums  
Prunes  
Raisins  
Sharifa

Tangerines  
Watermelon

### Grains & Flours

Bean flour\* (Avoid using ready-made flours made from beans or lentils as they probably weren't soaked prior to grinding)

### Meats

Anchovies  
Bacon  
Beef  
Canned fish  
Eggs  
Fish  
Fowl  
Ham  
Lamb  
Pork  
Pork Rinds  
Poultry  
Sashimi  
Shellfish

### Non-Alcoholic Beverages

Almond Milk  
Club Soda  
Coconut Milk  
Coffee  
Cranberry juice  
Grape juice  
Grapefruit juice  
Green tea  
Orange juice  
Peppermint tea  
Spearmint Tea



# Health Through Diet

## Specific Carbohydrate Diet (SCD) Allowable Foods

### Nuts and Seeds

Almonds  
Almond butter  
Brazil nuts  
Cashews  
Chestnuts  
Coconut  
Filberts (hazelnuts)  
Hazelnuts (filberts)  
Macadamia nuts  
Peanuts  
Pecans  
Pine Nuts  
Pistachio nuts  
Seeds  
Sesame seeds  
Walnuts  
Water chestnuts

### Oils

Almond oil  
Avocado oil  
Canola oil  
Coconut oil  
Corn oil  
Flax seed oil  
Ghee  
Grapeseed oil  
Macadamia oil  
Mustard (plain)  
Olive oil  
Peanut Oil  
Safflower oil  
Sesame oil  
Sunflower oil  
Walnut oil

### Spices and Herbs

Allspice  
Basil  
Bay Leaf  
Cilantro  
Cinnamon  
Echinacea  
Garlic  
Ginger  
Nutmeg  
Oregano

Paprika  
Peppers  
Rosemary  
Sage  
Salt  
Tarragon  
Thyme  
Echinacea  
Garlic  
Ginger  
Nutmeg  
Oregano  
Paprika  
Peppers  
Rosemary  
Sage  
Salt  
Tarragon  
Thyme

### Supplements

Ascorbic acid  
Aspartic acid  
Cellulose (in supplements)  
HN-Zyme  
Lecithin  
Leucine  
L-Theanine  
Magnesium citrate  
Magnesium Stearate  
Peptizyde  
Phosphatidylcholine  
Silica  
Silicon Dioxide  
Vegetable stearate

### Sweets & Sweeteners

Aspartame  
Glycerin  
Glycerol  
Saccharine  
Honey

### Vegetables

Artichokes (French)  
Asparagus  
Beets

Black beans \*\* (May be tried when symptom free)  
Black radish  
Bok Choy  
Broccoli  
Brussell Sprouts  
Cabbage  
Cauliflower  
Celeriac /celery root  
Celery  
Chard  
Collard greens  
Courgette  
Eggplant  
Haricot beans  
Jalapenos  
Kale  
Kidney beans  
Leek  
Lentils  
Lettuce  
Lima beans  
Mushrooms  
Navy beans  
Onions  
Parsley  
Peas  
Pumpkin  
Rhubarb  
Rutabaga  
Spinach  
Split peas  
Squash  
String beans  
Swede  
Tomato juice (Canned)  
Tomatoes  
Wasabi  
Watercress  
Zucchini

### Vinegars

Apple Cider  
Citric Acid  
All vinegars without additional ingredients, but not Balsamic



# Health Through Diet

## Specific Carbohydrate Diet (SCD) Foods to Avoid

### Additives

Agar-agar  
Arrowroot  
Carrageenan  
Cellulose Gum  
Cornstarch  
Croscomellose sodium  
Granulated glucose  
Guar Gum  
Gums  
Lignin  
Maltodextrin  
Mannitol  
MSG  
Sago starch  
Xanthum Gum

### Alcoholic Beverages

Beer  
Brandy  
Port wine  
Sake  
Sherry

### Condiments

Bouillon cubes  
Ketchup (you can make your own)  
Soy Sauce  
Tamari

### Dairy

American Cheese  
Buttermilk  
Chevre cheese  
Chocolate  
Cottage cheese  
Cream  
Cream cheese  
Cream of Tartar  
Dried milk solids  
Feta Cheese  
Gjetost cheese  
Ice cream  
Lactaid Milk  
Lactose Hydrolyzed Milk

Margarine  
Milk  
Mozzarella cheese  
Neufchatel cheese  
Primost cheese  
Processed cheeses  
Ricotta cheese  
Sour cream  
Soybean milk  
Tofu  
Tofutti cheese  
Yoghurt (commercial, but you can make your own)

### Fruits & Seeds

Custard apple  
Flax seed  
Plantains  
Seed Butters

### Grains & Flours

Amaranth flour  
Buckwheat  
Cereals  
Chestnut flour  
Corn  
Durum Flour  
Ezekiel Bread  
Garfava flour  
Millet  
Oats  
Pasta  
Pea flour  
Psyllium husks  
Quinoa  
Rice  
Rice Bran  
Rice Flour  
Rye  
Seed Flour  
Soy  
Soybeans  
Spelt  
Sprouted Grain Bread  
Tapioca  
Tapioca Flour  
Triticale

Wheat  
Wheat germ

### Meats

Bologna  
Hot dogs  
Meats (canned)  
Meats (processed)  
Smoked meats

### Miscellaneous

Baker's yeast  
Baking powder  
Bee Pollen  
Carob  
Chewing gum  
Cocoa powder  
Natural Flavors  
Pappadam

### Non-Alcoholic Beverages

Apple Juice  
Bark tea  
Coffee (Instant)  
Cordials  
Decaffeinated Products  
Evaporated cane juice  
Juice from concentrate  
Noni Juice  
Pomegranate concentrate  
Postum  
V8 Juice

### Oils

Soybean oil

### Spices and Herbs

Aloe Vera  
Astragalus  
Fenugreek  
Kudzu (or kuzu)  
Licorice  
Miso  
Mucilaginous Herbs  
Pau 'Arco



# Health Through Diet

## Specific Carbohydrate Diet (SCD) Foods to Avoid

Slippery elm  
Spice blends  
Tamarind

### Supplements

Chlorella  
EM Power  
FOS powder  
Goatein  
Hemp seed, Hemp protein  
Inositol  
Inulin  
Iron supplements  
KyoGreen powder  
Liquid Clorophyll  
Mastic gum  
Melatonin  
Molo-cure  
Mucilaginous Polysaccharides  
Polysorbate 80  
Primal Defense  
Protein powder  
Sorbitol  
Soy Lecithin  
Spirulina

### Sweets & Sweeteners

Agave syrup  
Bulgur  
Corn syrup  
Cyclamate  
Date sugar  
Dextrose (contained in commercial products)  
Glucose candy  
Isoglucose  
Jaggery (gur)  
Maltitol  
Maple syrup  
Marshmallow  
Molasses  
Pectin  
Splenda  
Stevia  
Sucralose  
Tagatose  
Turbinado  
Xylitol

### Vegetables

Algae  
Artichokes (Jerusalem)  
Barley  
Bean sprouts  
Bhindi / Okra / Drumstick  
Bitter Gourd  
Black eye beans  
Burdock root  
Butter beans  
Canellini Beans  
Canned Vegetables  
Chick peas  
Chickory root  
Cucumbers  
Drumsticks  
Fava beans  
Garbanzo beans  
Jicama  
Kohlrabi  
Mungbeans  
Nettles  
Okra  
Parsnips  
Pinto beans  
Potatoes  
Pumpkin (canned)  
Quorn  
Seaweed  
Sweet Potatoes  
Taro  
Tomato paste (canned)  
Tomato purée (canned)  
Tomato sauce (canned)  
Turnips  
Vegetables (canned)  
Yams  
Yucca Root

### Vinegar

Balsamic vinegar