



I have a medical condition called IBD. I must use a medical therapeutic diet called the Specific Carbohydrate Diet.  
Adhering to this diet is important, otherwise I will get very ill.

## Specific Carbohydrate Diet

### **Foods that I cannot have:**

- All grains. This includes wheat, corn, rice, oats, spelt and any products with these in them
- Potatoes and soy beans and any products with these in them
- Food additives/all processed foods
- All sweeteners except for natural honey
- Milk products except for yogurt fermented for over 24 hours and some hard cheeses

## Meals that work for my diet include:

Grilled meats and fish



Fresh/grilled vegetables



Fresh/cooked fruits, real eggs



Salt, pepper, butter, herbs and spices are fine as long as they don't include any additives such as preservatives and caking agents like Calcium Citrate, Xanthan Gum or Carrageenan.

There are many foods that I can eat so please ask me if you have any questions before you serve me anything.

My favorites dishes include:

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