# YES

# Fruit: All fruit is allowed based on stages

Vegetables: All non-starchy vegetables are allowed

Meat: Non-processed meat without SCD illegal ingredients are allowed

Fish: All types, fresh and frozen. Must be unprocessed and unbreaded without additives

Eggs: All types of eggs are allowed; preferably organic pastured eggs should be used.

Cheese: Hard cheeses aged over 90 days (cheddar, etc). Use Dry Curd Cottage Cheese,, Friendly Farmer cheese based on stages

Nuts: ALL (almonds, walnuts, pecans, cashews, hazelnuts, macadamia, peanuts, etc.) all natural nut butters may be better tolerated during initial stages

Seeds: All are allowed based on stages with the only exceptions listed under NO

Beans: Only dried navy, lentils, split pea, Lima, black and green beans string beans, peas cooked per SCD rules

HomemadeYogurt: Use SCD guidelines for making yogurt from cow milk, goat milk and nut milks

Honey: Preferably raw and/or local for sweetening

ArtificialSweeteners: Only Sweet and Low is permitted

Oils: Ghee, pastured butter, coconut oil, sunflower oil, and olive oil for cooking

Other: Unflavored Gelatin

NO

Grains: Wheat products, pastas, rice, corn, quinoa, millet, amaranth, buckwheat

Starchy Vegetables**:** Potatoes, rutabaga, parsnips, yams

Milk: All milk and cream based products (OK to use these to make the homemade yogurt)

Cheese: Ricotta, goat cheese, feta, cream cheese, mozzarella.

Nuts**/**Seeds: None with illegal coating or that possibly has illegal ingredients used when roasting. Flax, chia and hemp seeds are not allowed

Beans: Garbanzo, kidney beans, any canned beans

Sugar: None with the exception of Honey. No agave, cane, brown sugar; molasses, rapudura, date or coconut sugar

ArtificialSweeteners: None except Sweet and Low

Preservatives: None of any kind

Binders**/**Thickeners: Agar, carrageenan guar gum, potato flour, rice flour, sorghum bean flour are not permitted. Oils: No vegan butter products, soy bean oil,

Other: Stevia, carob, whey powder; margarine, maple syrup, FOS (*fructooligosaccharides*), seaweed or seaweed products

MAYBE Balsamic vinegar, turnips, canola oil, canned foods with no illegal ingredients (may still contain BPA), Saccharin (allowed but possibly not healthy). Stevia may be tried after 2 years on diet

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| INTRO DIET  **Broth**: Kitchen basics or homemade bone broth  **Eggs**: Organic pastured eggs. Omit if having acute diarrhea  **Juices**: 100% apple cider and grape juice (Welch’s is SCD safe)  **Gelatin**: Knox, Bernard Jensen, Great Lakes  **Meat**: Roasted, boiled or broiled: chicken, beef, turkey, lean pork, lean game meats. No ham or bacon yet  **Carrots**: Peeled and cooked for 4 hours | STAGE 1  **Veggies**: Peeled, seeded and well cooked: Spinach, butternut and acorn squash  **Fruit**: Ripe banana (brown spots), applesauce and Peeled, seeded and well cooked pear sauce  **Meat**: Same as Intro Diet  **Nut Milk**: Homemade coconut, blanched almond, or pecan milk and yogurts | STAGE 2  **Veggies**: Peeled, seeded and well cooked: asparagus, cucumber, green beans, peppers, mushrooms, pumpkin and other winter squash  **Fruit**: Peeled, deseeded and cooked: apricot, avocado (cooked and raw), peach, pineapple, plum, tomato  **Meat**: Same  **Nuts and Seeds**: Nut butters: almond, pecan. Nut milks: cashew, hazelnut, macadamia nut milk |

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| STAGE 3  **Veggies**: Peeled, seeded and well cooked: Beets, bok choy, broccoli, brussel sprouts, cabbage, cauliflower, celeriac, celery, Chinese cabbage, collards, eggplant, kale, leek, lettuce, lima beans, onions, parsley, spaghetti squash, swiss chard, watercress  **Fruit**: Peeled, seeded and cooked: blueberry, blackberry, cantaloupe, cherry, date, elderberry, fig, gooseberry, grapefruit, kiwi, kumquat, lemon, lime, mango, orange, papaya, passion fruit, strawberry, tangerine, watermelon  **Dried Fruit and Raisins**: Well cooked in water and plump and soft. Raisins are more advanced than other dried fruit  **Meat**: Crisp fried pork or legal bacon added  **Nuts and Seeds**: Same | STAGE 4  **Veggies**: Raw vegetables are now introduced  **Fruits**: All peeled and deseeded but may be raw: Apples, pears, peach, persimmon, grapes  **Meat**: Battered with almond flour and deep friend can be added  **Nuts and Seeds**: Coconut flour; walnut and macadamia flour can be introduced as well as nut pieces and coconut flakes  **Legumes**: Split peas and lentils, lima, and navy beans soaked and well cooked | STAGE 5  **Veggies**: All, raw  **Fruit**: All, raw  **Meat**: All, include dried meats like jerky (as tolerated)  **Nuts and Seeds**: All, whole pieces  **Beans**: Black and Kidney beans can be allowed, plus allowed beans prepared according to SCD rules |

**No more than 2 – 5 days on Intro Diet – When moving to the next stage, include the foods that you have eaten in previous stages – If symptoms get worse on moving up a stage, move back by 1 stage until better – If in flare, eat Intro Diet for 2 – 5 days then reassess – When introducing new foods, wait a day between the new food and introducing the next food – If symptoms, wait for them to clear before resuming reintroduction – All Fruit and veggies should be peeled, deseeded and very well cooked until Stage 4, then just peeled – Stage 5 allows raw fruit and veggies, whole nuts, seeds and SCD beans**

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| BOOKS  “**Breaking The Vicious Cycle**” *by* Elaine Gottschall  (original SCD rule/recipe book) | COOKBOOKS  “**Eat Well Feel Well**”  *by* Kendall Conrad  “**Recipes for the Specific Carbohydrate Diet**” and “**Adventures in the Family Kitchen**”  *by* Raman Prasad  “**Cooking to Heal Little Tummies**”  by Jenna Roberts and Natalie Hagood  “**Cooking for the SCD**”  *by* Eric Kerwein  “**Lucy’s SCD Cookbook**”  *by* Lucy Rosset  “**Grain Free Gourmet**”  *by* Jodi Bager and Jenny Lass | WEBSITES  Many websites may have conflicting information. We suggest these websites as core resources for recipes and lists of approved foods.  [www.breakingtheviciouscycle.info](http://www.breakingtheviciouscycle.info)  [www.scdrecipe.com](http://www.scdrecipe.com)  [www.pecanbread.com](http://www.pecanbread.com)  [www.lifewithibd.com](http://www.lifewithibd.com)  [www.nomorecrohns.com](http://www.nomorecrohns.com)  [www.lucyskitchenshop.com](http://www.lucyskitchenshop.com)  [www.digestivewellness.com](http://www.digestivewellness.com)  [www.comfytummy.com](http://www.comfytummy.com) |