



Food Lists and Recipes

For the specific carbohydrate diet (SCD)

Food lists, snacks and recipes for your child on the specific carbohydrate diet. (SCD)

Included Foods

Start with stage 1

- Broth – Kitchen Basics or homemade bone broth.
- Eggs – Use organic pastured eggs. Omit if your child is having acute diarrhea.
- Juices – 100% apple cider and grape juice (Welch's brand is SCD safe).
- Gelatin – Knox, Bernard Jensen or Great Lakes brands.
- Meat – roasted, boiled or broiled: chicken, beef, turkey, lean pork and lean game meats. No ham or bacon yet.
- Carrots – peeled and cooked* for 4 hours.

May introduce stage 2

- Veggies – peeled, seeded and well cooked.* Veggies include spinach, butternut and acorn squash.
- Fruit – ripe banana (with brown spots), applesauce and peeled, seeded and well-cooked pear sauce.
- Meat – same as Stage 1.
- Nut milk – homemade coconut, blanched almond, or pecan milk and SCD homemade yogurt (see recipes).

Advance to stage 3

- Veggies – peeled, seeded and well cooked*: asparagus, cucumber, green beans, peppers, mushrooms, pumpkin and squash (butternut, delicata, zucchini and spaghetti).
- Fruit – peeled, deseeded and cooked: apricot, avocado (cooked and raw are okay), peach, pineapple, plum, tomato.
- Meat – same as stage 1.
- Nuts and seeds. Nut butters: almond, pecan, and sunflower butter. Nut milks: cashew, hazelnut and macadamia nut milk.

Advance to stage 4

- 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 and 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 and watermelon.

Food lists and recipes for the specific carbohydrate diet

- Dried fruit and raisins (100% fruit without added sugar) well cooked in water until plump and soft.
- Meat – crisp fried pork or SCD approved bacon (without nitrites and additives) added in addition to meats above.
- Nuts and seeds-same as above.
- Recipe – Peanut Butter Cookies (see recipes).

*Veggies can be baked, broiled, sautéed or boiled as long as a fork can go through them easily when done.

Stage 5

- Veggies – you can now add raw vegetables.
- Fruits – all peeled and deseeded but may be raw. Apples, pears, peach, persimmon and grapes.
- Dried fruits – eat sparingly due to concentration of fructose (sugar). Raisins are sweeter than other dried fruit, so use caution with portion sizes.
- 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 whole nuts and coconut flakes.
- Legumes – split peas and lentils, lima, and navy beans soaked and well cooked.
- Other pre-made snacks-some Lara Bars (read label), Veggie-Go's (read label). Look for non-SCD ingredients on labels such as added sugar, dairy, soy and chocolate.

Snack Ideas

For a healthy snack, pair foods from two food groups. Choose foods from the stage that your child is in.

Fruits (organic):

- Berries
- Sliced apple
- Ripe banana

Vegetables (organic):

- Carrots and walnut dip (see recipes)
- Cucumber and Caesar dressing (see recipes)

Proteins (organic):

- Applegate hot dogs and sausages (review food label to ensure no sugars/additives are listed).
- Slices of cooked and seasoned meat.

Dairy (organic):

- Hard cheese slices (cheddar, Colby, Swiss, Havarti and dry curd cottage cheese).

- SCD yogurt made with organic 2%, whole milk, with or without added half and half to increase calories if needed (see recipe).

Recipes

The recipes listed below are only for stage 5 unless noted above.

Cheesy Crackers

Ingredients

- 1 cup, cheddar cheese, fresh grated
- 1 cup, almond flour (try Lucy's brand)
- 1 teaspoon sea salt
- ½ cup, grated parmesan cheese
- ½ cup water
- 1 tablespoon olive oil

Directions:

1. Preheat your oven to 350°F.
2. Combine all the ingredients except water.
3. Add water until it is mixed in thoroughly. Add more if needed to bring the dough together into a single mass.
4. Place the dough on a non-stick surface (a Teflon mat preferably) that you can transfer to a cookie sheet.
5. Flatten the dough with your hand and then place a piece of parchment paper on top (or other non-stick surface). Use a roller to flatten the dough until it is very thin, about ⅛ inch.
6. Place on a baking pan and bake for 3 to 4 minutes until cheese is starting to melt and dough is slightly drier.
7. Remove pan from the oven and slice into desired shapes with a pizza cutter. Place back in the oven and bake for another 7 to 10 minutes.
8. Turn crackers and bake for another 7 to 10 minutes until deep golden brown.
9. Remove from the oven and let cool before releasing the crackers from the Teflon mat.

Peanut butter cookies

Ingredients

- 2 cups peanut butter
- 4 eggs
- $\frac{2}{3}$ cup honey
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- $\frac{1}{3}$ cup coconut flour

Directions:

1. Preheat an oven to 325°F.
2. Combine all ingredients in a bowl and mix until evenly mixed.
3. Place large spoonfuls of dough onto a baking pan and form into 2½-inch cookie shapes.
4. Bake for 7 to 10 minutes. Turn the pan in the oven and continue to bake for 5 minutes until the cookies are set but still soft to the touch.
6. Let cool before serving. Makes about 2 dozen, 2½-inch cookies.

SCD Black Bean Brownies

Ingredients

- 2 and $\frac{1}{2}$ cups almond flour. Use Lucy's or Honeyville.
- 1 and $\frac{1}{2}$ cups black beans, soaked overnight and boiled until tender
- 5 eggs
- $\frac{1}{2}$ cup coconut flour
- $\frac{1}{2}$ cup butter, at room temperature
- $\frac{1}{2}$ cup olive oil
- 1 cup honey
- 2 teaspoons baking soda
- 1 teaspoon vanilla extract

Directions:

Preheat oven to 350°F.

Combine black beans, eggs and honey in food processor and process until smooth and pasty. Scrape down the sides and continue to process if needed to achieve a smooth texture.

Pour the mixture into a bowl and combine with the rest of the ingredients. Mix until evenly mixed.

Pour the batter into a 9-inch spring form cake pan and bake for 20 to 25 minutes until the center is no longer liquid-like.

Makes a 9 inch cake. Serving size = $\frac{1}{8}$ of the cake

Vegetable Hummus

Ingredients

- 1 red pepper, seeded and rough chopped
- 1 fennel bulb, rough chopped
- 1 clove garlic, peeled (may add more to taste)
- ¼ cup almonds, toasted
- ½ cup olive oil
- Salt and pepper to taste

Directions

Wrap fennel, garlic, and red pepper in aluminum foil, drizzle with 1 tbsp. of oil. Bake at 400°F until soft (15 to 20 minutes).

In a blender combine red pepper, fennel, garlic and almonds. Blend while slowly adding olive oil until smooth.

Season with salt and pepper to taste.

If the sauce gets too thick to puree, add a tablespoon of water at a time until smooth. Yield: 4 servings, serving size: ½ cup.

SCD Caesar Salad Dressing

Ingredients

- 2 egg yolks
- 1 clove garlic, peeled and minced
- ½ lemon, juiced
- ½ cup parmesan cheese, grated
- 2 anchovy fillets, canned in salt and oil
- 1 teaspoon salt
- 1 tablespoon cracked black pepper
- ½ cup olive oil
- ½ cup safflower oil

Directions:

1. Combine all ingredients except oils in a food processor. Turn on and whip until evenly mixed.
2. Slowly drizzle in the oils making sure the mixture doesn't break. Continue drizzling in a slow steady stream until the dressing is thick and shiny.
3. Yield: 4 portions. Portion size: 2 ounces.

To Learn More

- Gastroenterology
206-987-2521
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Walnut Red Pepper Dip

Ingredients

- 2 cups, raw walnuts
- 1 teaspoon ground cumin
- ½ teaspoon iodized salt
- 1, 12-oz. jar roasted red peppers (drained) – Trader Joe's carries SCD
- 2 cloves garlic
- 4 tablespoons fresh parsley
- 2 teaspoons lemon Juice (fresh)

Directions:

1. Process walnuts, cumin, and salt in food processor until walnuts are finely ground.
2. Add peppers, garlic, oil, parsley and lemon juice. Whip until evenly mixed like hummus.
3. Serve with raw veggies.

SCD Yogurt

Ingredients

- 32 oz. organic whole milk
- SCD starter culture such as Yogourmet (5 gm packet).

Directions

Heat milk until it reaches 180°F.

Cool to 110°F and mix in the starter.

Keep at 110°F and let sit for 8 to 24 hours until the milk has set. It is easiest to make this using a yogurt maker.

Yield: 1 quart of yogurt.