

# PRODUCE

## SCD Summary of Foods

The **Specific Carbohydrate Diet (SCD)** is a nutritionally complete grain free diet, low in sugar and lactose. This list is a general outline of what foods are included and excluded on the SCD.

**\*Please refer to the SCD Detailed Summary handout for more detailed information\***

You CAN Eat:		Avoid these foods:			
<ul style="list-style-type: none"> <li>• <b>Fruits</b> (fresh/frozen, organic preferred)</li> <li>• <b>Vegetables</b> (fresh, frozen, fermented; non-starchy)</li> <li>• <b>Meats and poultry</b> (grass-fed/organic preferred; bone broth)</li> <li>• <b>Fish and seafood</b> (wild-caught preferred)</li> <li>• <b>Eggs</b> (organic, cage-free preferred)</li> <li>• <b>Dairy</b> (yogurt; fermented 24 hours; organic butter, ghee, hard cheese; aged over 30 days)</li> <li>• <b>Beans and legumes</b> (soaked overnight)</li> <li>• <b>Fats and oils</b> (nuts, nut butter, avocado oil, coconut oil, canola)</li> <li>• <b>Honey</b></li> <li>• <b>Condiments</b> (spices, turmeric, mustard, vinegar)</li> <li>• <b>Drinks</b> (tea, coffee, water, club soda, juice- no added sugar, almond/coconut milk, distilled spirits, wine)</li> </ul> <p><b>Modified SCD- You CAN Add:</b></p> <ul style="list-style-type: none"> <li>• <b>Organic rice</b></li> <li>• <b>Oats</b> (organic preferred)</li> <li>• <b>Sweet potatoes</b></li> <li>• <b>100% cocoa</b> (unsweetened, not Dutch processed) <b>or</b> <b>100% cacao powder, nibs, or butter</b> (no sugar added)</li> </ul> <p><b>Maple syrup</b> (Grade A)</p>		<ul style="list-style-type: none"> <li>• <b>All grains</b> (wheat, corn, barley, oats, rye, rice, buckwheat, soy, spelt, amaranth, quinoa, tapioca)</li> <li>• <b>Sugars</b> (lactose, sucrose, molasses, stevia, etc.)</li> <li>• <b>Dairy</b> (milk, ice cream, soft cheese)</li> <li>• <b>Starchy vegetables</b> (potatoes, sweet potatoes, other root vegetables)</li> <li>• <b>Starchy beans</b> (soybeans, garbanzo beans, fava)</li> <li>• <b>Processed meats</b> (hot dogs, deli meat*)</li> <li>• <b>Sweetened drinks</b> (juice with added sugar, sodas, beer)</li> <li>• <b>Canned foods</b> (veggies and fruits with added sugar or syrup)</li> <li>• <b>Seaweed products</b> (algae, agar, carrageenan)</li> <li>• <b>Many condiments</b> (ketchup*, anti-caking agents)</li> <li>• <b>Sweets</b> (candy, chocolate, cookies, anything with high fructose)</li> </ul> <p><i>*Exceptions allowed – some new brands are allowed, see preferred brands list</i></p>			
Key Words to Look for:		Words to Avoid:			
<ul style="list-style-type: none"> <li>• Grass-fed</li> <li>• Organic</li> <li>• Wild-caught</li> <li>• Pasture raised</li> <li>• Unsweetened</li> <li>• Raw</li> </ul>		<ul style="list-style-type: none"> <li>• Cage-free</li> <li>• GMO-free</li> <li>• Hormone-free</li> </ul>			
		<ul style="list-style-type: none"> <li>• All starch</li> <li>• All syrups</li> <li>• Carrageenan</li> <li>• Xanthan/guar gum</li> <li>• Hydrogenated oils</li> <li>• Monosodium glutamate (MSG)</li> </ul>			
		<ul style="list-style-type: none"> <li>• Corn - dextrose, dextrin</li> <li>• Sugar - maltose, galactose, sucrose, turbinado</li> <li>• Nitrate</li> </ul>			
Swap This for That					
Pasta:	Rice:	Milk:	Sugar/Candy:	Flours:	Milk Ice Cream:
Spaghetti squash or zucchini spiral	Cauliflower or Broccoli rice	Almond or coconut milk	Honey/honey candy/ripe and dry fruit	Nut or coconut flours/meal	Frozen fruit "ice cream"

Sources: Dr. David Suskind - NIMBAL, Dr. Josh Axe - Food is Medicine, Danielle Walker-Against All Grain, NASPGHAN