

PRODUCE

Weight Loss Prevention

Although the **Specific Carbohydrate Diet (SCD)** can be a nutritionally complete diet, for some patients there can be a concern for weight loss. This is because the foods on the SCD are sometimes less calorically dense (i.e., think about the calories of junk food compared to fruits and vegetables). In addition, foods on the SCD are different from what patients are used to eating so initially patients may not eat as much to consume adequate calories. Here are some nifty tips to try at home to prevent weight loss while on the SCD or modified SCD.

- 1) **Goal of 3 meals + 3 snacks per day** (see example ideas below)
- 2) **Ensure you are eating a fat and protein at each meal and ideally at each snack.** Fat and protein keep you full and help you feel satisfied. Try to always pair a vegetable and fruit with a fat/protein at snacks to increase calories.
 - Proteins:
 - Chicken, pork, beef, turkey, eggs, fish, beans, lentils, nuts and nut butters (cashews, peanuts, almonds, pistachios, walnuts, Brazil nuts, macadamia nuts), sunflower and pumpkin seeds, cheese, SCD yogurt, collagen such as Great Lakes brand
 - Fats:
 - Avocado, coconut milk/coconut cream, coconut oil, olive oil, safflower oil, sunflower oil, flax seed oil, almond/peanut/cashew/pumpkin/sunflower butters, ghee, butter, cheese, full fat SCD yogurt
- 3) **If you have to add calories to your diet, here are some ideas of how to add calories and healthy fats at breakfast:**
 - Almond OR pecan flour pancakes OR waffles + honey syrup OR homemade jam + full-fat SCD yogurt + bacon
 - Omelet + cheese + bacon or homemade sausage + avocado + sautéed vegetables
 - Granola recipe + yogurt + fruit + coconut flakes
 - Smoothie: 1 c. homemade yogurt + ½ c. greens + 2 Tbsp. coconut cream or oil/avocado + ½-1 c. fruit like blueberries/banana/peaches/mango + honey
 - Smoothie: 1 c. almond milk, 1 big scoop of peanut butter, 1 Tbsp. coconut oil, 1 frozen banana, 1-2 Tbsp. homemade yogurt, 1-2 tsp. cinnamon, 3-4 ice cubes, 1 scoop collagen protein powder
- 4) **If you have to add calories to your diet, here are some ideas of how to add calories and healthy fats at lunch:**
 - Sliced meat + cheese + fruit + nut plate
 - SCD bread** + peanut/almond butter + homemade jam or fruit OR meat + cheese + SCD mayonnaise OR other favorite sandwich
 - Leftover stews/soups with a protein and fat in the soup

PRODUCE

- Chicken + egg salad (chopped chicken, hard-boiled egg, SCD mayo**, chopped pickles)
- 5) **If you have to add calories to your diet, here are some ways to add calories and healthy fats at dinner:**
- Make sure you use oil while preparing your protein and include 2 servings of vegetables
 - Mac and Cheese recipe** + 1 serving of protein such as poultry or pork
 - Pesto sauce recipe** can be added to poultry + 2 servings of vegetables
- 6) **Snacks:** make sure your child has a morning and an afternoon snack.
- 7) **Desserts:** Have some dessert before bedtime such as SCD baked goods**, homemade SCD ice cream** with fruit puree, smoothie, bananas foster**, nuts.

*If you are worried that you are losing weight even after implementing these recommendations, please contact your GI provider and dietitian for next steps.

** See recipes on NiMBAL (www.nimbal.org)