### Specific Carbohydrate Diet (SCD) Allowable Foods

#### Additives
- Baking soda
- Gelatin (unflavored)
- Potassium Sorbate
- Sulphates
- Vanillin

#### Alcoholic Beverages
- Ethanol
- Gin
- Mead
- Scotch whisky
- Vodka
- Wine (dry red and white)

#### Condiments
- Capers
- Horseradish sauce
- Tabasco Brand Pepper Sauce

#### Dairy
- Asiago cheese
- Blue cheese
- Brick cheese
- Brie cheese
- Butter
- Camembert Cheese
- Cheddar cheese
- Cheese ** (If a cheese is not a processed cheese (manufactured) but is a cheese that has had a bacterial culture involved with its production and is aged at least 30 days)
- Colby cheese
- Dry Curd Cottage Cheese (DCCC)
- Edam cheese
- Gorgonzola cheese
- Gouda cheese
- Gruyere cheese
- Havarti cheese
- Kefir ** (see, Kefir) Limburger cheese
- Manchego Cheese
- Monterey Jack cheese
- Muenster cheese

#### Fruits
- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Bourbon
- Canned fruits (Fruits canned in their own juice are allowed)
- Cantaloupe
- Cherimoya
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Mangoes
- Melon
- Nectarines
- Olives
- Oranges
- Papayas
- Passion Fruit
- Peach
- Pears
- Persimmons
- Pineapple
- Plums
- Prunes
- Raisins
- Sharifa

#### Grains & Flours
- Bean flour* (Avoid using ready-made flours made from beans or lentils as they probably weren't soaked prior to grinding)

#### Meats
- Anchovies
- Bacon
- Beef
- Canned fish
- Eggs
- Fish
- Fowl
- Ham
- Lamb
- Pork
- Pork Rinds
- Poultry
- Sashimi
- Shellfish

#### Non-Alcoholic Beverages
- Almond Milk
- Club Soda
- Coconut Milk
- Coffee
- Cranberry juice
- Grape juice
- Grapefruit juice
- Green tea
- Orange juice
- Peppermint tea
- Spearmint Tea

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*Adapted from: [http://www.breakingtheviciouscycle.info/legal/legal_illegal_a-c.htm](http://www.breakingtheviciouscycle.info/legal/legal_illegal_a-c.htm) [www.healththroughdiet.com](http://www.healththroughdiet.com)
### Specific Carbohydrate Diet (SCD) Allowable Foods

#### Nuts and Seeds
- Almonds
- Almond butter
- Brazil nuts
- Cashews
- Chestnuts
- Coconut
- Filberts (hazelnuts)
- Hazelnuts (filberts)
- Macadamia nuts
- Peanuts
- Pecans
- Pine Nuts
- Pistachio nuts
- Seeds
- Sesame seeds
- Walnuts
- Water chestnuts

#### Oils
- Almond oil
- Avocado oil
- Canola oil
- Coconut oil
- Corn oil
- Flax seed oil
- Ghee
- Grapeseed oil
- Macadamia oil
- Mustard (plain)
- Olive oil
- Peanut Oil
- Safflower oil
- Sesame oil
- Sunflower oil
- Walnut oil

#### Spices and Herbs
- Allspice
- Basil
- Bay Leaf
- Cilantro
- Cinnamon
- Echinacea
- Garlic
- Ginger
- Nutmeg
- Oregano

#### Supplements
- Ascorbic acid
- Aspartic acid
- Cellulose (in supplements)
- HN-Zyme
- Lecithin
- Leucine
- L-Theanine
- Magnesium citrate
- Magnesium Stearate
- Peptizyde
- Phosphatidylcholine
- Silica
- Silicon Dioxide
- Vegetable stearate

#### Sweets & Sweetners
- Aspartame
- Glycerin
- Glycerol
- Saccharine
- Honey

#### Vegetables
- Artichokes (French)
- Asparagus
- Beets
- Black beans ** (May be tried when symptom free)
- Black radish
- Bok Choy
- Broccoli
- Brussell Sprouts
- Cabbage
- Cauliflower
- Celeriac /celery root
- Celery
- Chard
- Collard greens
- Courgette
- Eggplant
- Haricot beans
- Jalapenos
- Kale
- Kidney beans
- Leek
- Lentils
- Lettuce
- Lima beans
- Mushrooms
- Navy beans
- Onions
- Parsley
- Peas
- Pumpkin
- Rhubarb
- Rutabaga
- Spinach
- Split peas
- Squash
- String beans
- Swede
- Tomato juice (Canned)
- Tomatoes
- Wasabi
- Watercress
- Zucchini

#### Vinegars
- Apple Cider
- Citric Acid
- All vinegars without additional ingredients, but not Balsamic

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Adapted from: http://www.breakingtheviciouscycle.info/legal/legal_illegal_a-c.htm

www.healththroughdiet.com
Specific Carbohydrate Diet (SCD) Foods to Avoid

Additives
Agar-agar
Arrowroot
Carrageenan
Cellulose Gum
Cornstarch
Croscomellose sodium
Granulated glucose
Guar Gum
Gums
Lignin
Maltodextrin
Mannitol
MSG
Sago starch
Xanthum Gum

Alcoholic Beverages
Beer
Brandy
Port wine
Sake
Sherry

Condiments
Bouillon cubes
Ketchup (you can make your own)
Soy Sauce
Tamari

Dairy
American Cheese
Buttermilk
Chevre cheese
Chocolate
Cottage cheese
Cream
Cream cheese
Cream of Tartar
Dried milk solids
Feta Cheese
Gjetost cheese
Ice cream
Lactaid Milk
Lactose Hydrolyzed Milk

Margarine
Milk
Mozzarella cheese
Neufchatel cheese
Primost cheese
Processed cheeses
Ricotta cheese
Sour cream
Soybean milk
Tofu
Tofutti cheese
Yoghurt (commercial, but you can make your own)

Fruits & Seeds
Custard apple
Flax seed
Plantains
Seed Butters

Grains & Flours
Amaranth flour
Buckwheat
Cereals
Chestnut flour
Corn
Durum Flour
Ezekiel Bread
Garfava flour
Millet
Oats
Pasta
Pea flour
Psyllium husks
Quinoa
Rice
Rice Bran
Rice Flour
Rye
Seed Flour
Soy
Soybeans
Spelt
Sprouted Grain Bread
Tapioca
Tapioca Flour
Triticale

Meats
Bologna
Hot dogs
Meats (canned)
Meats (processed)
Smoked meats

Miscellaneous
Baker's yeast
Baking powder
Bee Pollen
Carob
Chewing gum
Cocoa powder
Cocoa powder
Natural Flavors
Pappadum

Non-Alcoholic Beverages
Apple Juice
Bark tea
Coffee (Instant)
Cordials
Decaffeinated Products
Evaporated cane juice
Juice from concentrate
Noni Juice
Pomegranate concentrate
Postum
V8 Juice

Oils
Soybean oil

Spices and Herbs
Aloe Vera
Astragalus
Fenugreek
Kudzu (or kuzu)
Licorice
Miso
Mucilaginous Herbs
Pau 'Arco
Specific Carbohydrate Diet (SCD) Foods to Avoid

### Supplements
- Slippery elm
- Spice blends
- Tamarind
- Chlorella
- EM Power
- FOS powder
- Goatein
- Hemp seed, Hemp protein
- Inositol
- Inulin
- Iron supplements
- KyoGreen powder
- Liquid Chlorophyll
- Mastic gum
- Melatonin
- Molo-cure
- Mucilaginous Polysaccharides
- Polysorbate 80
- Primal Defense
- Protein powder
- Sorbitol
- Soy Lecithin
- Spirulina

### Vegetables
- Algae
- Artichokes (Jerusalem)
- Barley
- Bean sprouts
- Bhindi / Okra / Drumstick
- Bitter Gourd
- Black eye beans
- Burdock root
- Butter beans
- Canellini Beans
- Canned Vegetables
- Chick peas
- Chickory root
- Cucumbers
- Drumsticks
- Fava beans
- Garbanzo beans
- Jicama
- Kohlrabi
- Mungbeans
- Nettles
- Okra
- Parsnips
- Pinto beans
- Potatoes
- Pumpkin (canned)
- Quorn
- Seaweed
- Sweet Potatoes
- Taro
- Tomato paste (canned)
- Tomato purée (canned)
- Tomato sauce (canned)
- Turnips
- Vegetables (canned)
- Yams
- Yucca Root

### Sweets & Sweeteners
- Agave syrup
- Bulgur
- Corn syrup
- Cyclamate
- Date sugar
- Dextrose (contained in commercial products)
- Glucose candy
- Isoglucose
- Jaggery (gur)
- Maltitol
- Maple syrup
- Marshmallow
- Molasses
- Pectin
- Splenda
- Stevia
- Sucralose
- Tagatose
- Turbinado
- Xylitol

### Vinegar
- Balsamic vinegar