

SIBO Food Guide Vegetables

LESS FERMENTABLE

MORE FERMENTABLE



SCD "LEGAL" LOW FODMAP

SCD "LEGAL" MODERATE FODMAP

SCD "LEGAL" HIGH FODMAP

SCD "ILLEGAL"

Artichoke Hearts* 1/8 c
Arugula
Bamboo Shoots
Beet 2 slices
Bok Choy 1 c/85g
Broccoli 1/2 c/1.6oz
Brussels Sprouts 2 ea
Cabbage 1 c/98g
Cabbage: Savoy 1/2 c
Carrot
Celery Root/Celeriac
Chives
Cucumber
Eggplant
Endive
Fennel bulb 1/2 c, leaves 1c
Green Beans 10ea/2.5oz
Greens: lettuce, collard,
chard, kale, spinach
Olives
Peas, green 1/4 c
Peppers: Bell/ Sweet
Peppers: Chili 11cm/28g
Radicchio 12 leaves
Radish
Rutabaga
Scallion: green part
Snow Peas: 5 pods
Squash: Butternut 1/4 c
Kobocha, Sunburst,
Yellow, Zucchini 3/4 c
Tomato

Asparagus 1 spear
Artichoke Hearts* 1/4 c
Butternut Squash
1/2 c/60g
Cabbage >1 c/98g
Cabbage: Savoy 3/4 c
Leek 1/2 ea/42g
Parsnip
Pepper: Chili 40g
Peas, green 1/3c
Spinach >15 leaves/
150g
Tomato: soup/juice
Tomato: Sun-dried
2 T/15g

Asparagus 4 spears
Artichoke
Avocado
Beet 4 slices
Bok Choy 1 1/2 c/127g
Broccoli 1 c
Brussels Sprouts 6 ea/
114g
Cabbage: Savoy 1 c
Cauliflower
Celery
Fennel bulb >1 c,
leaves >3c
Garlic
Jerusalem artichoke
Leek 1 ea/84g
Mushrooms
Onions
Peas, green 1/2 c/72g
Snow Peas 10 pods
Scallions: white part
Shallot
Sugar Snap Peas
Zucchini >3/4 cup

Bean Sprouts
Corn
Okra
Potato: white/all colors
Potato: sweet
Starch powder: all
arrowroot, corn,
potato, rice, tapioca
Seaweeds
Turnip
Taro
Water Chestnuts
Yam
Yucca
Canned vegetables

SIBO Food Guide

Fruits

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SCD "LEGAL" LOW FODMAP

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SCD "ILLEGAL"

Banana: fresh, dried
Berries:
 blueberry < 80 ea
 boysenberry
 strawberry
 raspberry 10ea/19g
Carambola
Citrus: lemon, lime,
 oranges, tangelos,
 tangerine
Current, dried 1Tb
Dragon Fruit
Durian
Grapes
Guava
Kiwifruit
Longon 5 ea/15g
Melon:
 cantaloupe/rock,
 honeydew ½ c/100g
Papaya/Paw Paw
Passion fruit 4 pulps/
 100g
Pineapple
Pomegranate ½ ea/
 38g, ¼ c seeds
Prickly Pear
Rambutan 2 ea/31g
Rhubarb

Jam/Jelly: homemade
 (no pectin, sugar)

Berries: cranberry 1T
Cherries 3 ea
Citrus: grapefruit ½ ea
 104g
Longon 10ea/30g
Lychee 5 ea
Melon: honeydew
 >½ cup/100g
Passion fruit >4
 pulp/ 100g
Pineapple, dried
 1 slice
Rambutan 4ea/62g

Apple
Apricot
Avocado
Berries: cranberry 2 T
 blueberry >80/100g
 blackberry
 raspberry >50 ea
Cherries 6 ea
Citrus, grapefruit 1ea
 207g
Current, dried 2Tb
Custard Apple
Date, dried
Fig, dried
Mango*
Nectarine
Papaya, dried
Peach
Pear
Pear: nashi
Persimmon
Plum
Pomegranate 1 ea/
 76g, ½ c seeds
Prunes
Raisins
Tamarillo*
Watermelon

Canned fruit in high
 fodmap fruit juice

Plantain

Jam/Jelly: commercial

SIBO Food Guide

Legumes/Beans



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Lentil: brown ½ c green & red ¼ c Lima ¼ c	Black Lentil green & red ½ c Lima 1/3 c	Borlotti/Cranberry Kidney/Red Lima ½ c Navy/White/Haricot Baked Spilt pea	Butter Cannellini Chickpea/Garbanzo Fava/Faba/Broad Pinto Soy

Nuts/Seeds



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Almonds 10 ea/.42oz flour 2 T Coconut: flour/shredded ¼ cup milk (w/no thickeners) Hazelnuts 10 ea/15g Macadamia 20 ea/40g Peanuts 32 ea/28g Peanut butter 4 T Pecans 10 ea/22g Pine nuts 1 T/14g Pumpkin seeds 2 T/23g Sesame seeds 1 T/11g Sunflower seeds 2 t/6g Walnuts 10 ea/30g	Chestnuts, handful Flaxseed < 1T Hazelnuts 20 ea/30g Pecans 40 ea/100g Walnuts 100g	Almonds 20 ea/.85oz flour 4 T Cashews Hazelnuts 80 ea/100g Pine nuts 8 T/100g Pistachios Pumpkin seeds 100g Sesame seeds 100g Sunflower seed 100g	Chia seeds Coconut milk- with thickeners (guar gum, carageenan) Seed flour

SIBO Food Guide

Dairy



SCD "LEGAL" LOW FODMAP

Butter
Cheese: aged 1 mo+,
dry curd cottage
cheese, yogurt
cheese/labneh
Ghee
Sour Cream:
homemade 24 hour
Yogurt: homemade 24
hour

SCD "LEGAL" MODERATE FODMAP

Cream: lactase-
treated ¼ cup
Milk: 100% Lactose-
Free commercial

SCD "LEGAL" HIGH FODMAP

Yogurt: lactose-free
commercial (pectin)

SCD "ILLEGAL"

Cheese: cream
cheese, cottage
cheese, fresh cheese
(feta, cheve, fresh
mozzarella), ricotta
Kefir: commercial,
homemade 24 hour
Cream
Milk
Sour cream:
commercial
Yogurt: commercial

Protein/Meats



SCD "LEGAL" LOW FODMAP

Bacon- with honey
Broth: homemade
meat or [marrow
bones](#) (no cartilage)
Beef
Eggs
Fish
Game
Lamb
Organ Meats
Pork
Poultry
Seafood

SCD "LEGAL" MODERATE FODMAP

Bacon- w/sugar 1x wk

SCD "LEGAL" HIGH FODMAP

Broth: homemade
bone/cartilage

SCD "ILLEGAL"

Bacon- w/high
fructose corn syrup
Deli/Processed Meat-
with sugar, carra-
geenan, high
fodmap or SCD
illegal additives

SIBO Food Guide Sweeteners

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SCD "ILLEGAL"

Aspartame-
occasionally
Glucose/Dextrose
Honey: alfalfa, cotton,
clover, raspberry 2 T
Saccharine- pure (no
high fodmap or SCD
illegal additives)
Stevia- pure (no inulin)
in small amounts,
occasionally

Honey*: blackberry,
buckwheat,
citrus/orange
blossom 1 T

Honey*: acacia, sage,
tupelo

Agave syrup
Barley Malt syrup
Brown Rice syrup
Cane sugar
(Rapadura, Sucanat)
Coconut sugar
Fructose, powdered
High-fructose corn
syrup
Maple syrup
Molasses
Sugar/Sucrose
Sucralose
Polyols/Sugar alcohol:
isomalt, erythritol,
lactitol, maltitol,
mannitol, sorbitol,
xylitol

SIBO Food Guide

Beverages & Alcohol

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SCD "LEGAL" HIGH FODMAP

SCD "ILLEGAL"

COMMON DRINKS

Coffee 1 c/day (weak)
Cranberry juice- pure
Orange juice, fresh
½ c/ 125ml
Fruit Juice: from Low
Fodmap fruits ⅓ c/
100ml
Tea: black (weak),
chamomile, ginger,
green, hibiscus,
lemongrass, mate,
mint, oolong,
rooibos/rooibos chai,
rose hip
Water

ALCOHOL

Occasionally in
moderate amounts:
Bourbon
Gin
Vodka
Whiskey/Scotch
[Wine](#)

COMMON DRINKS

Tea: green < 2
cups/day
Seltzer/Carbonated
beverages (CO₂/gas)

COMMON DRINKS

Fruit Juice: from High
Fodmap fruits
Orange juice 1 c/
125ml

ALCOHOL

Rum: light/gold*

COMMON DRINKS

Coffee Substitutes
Soda (fructose,
sucrose)
Tea: chicory root,
licorice, pau d'arco

ALCOHOL

Beer
Brandy
Hard Cider
Liqueurs/Cordials
Rum: dark
Sherry
Tequila
Wine: dessert/sweet,
sake, sparkling, port

Liquor moderate amounts:

Women – 1 oz/day, 3-5x week

Men – 2.5 oz/day, 3-5x week

Wine moderate amounts:

Women – 4 oz/day, 3-5x wk

Men – 9 oz/day, 3-5x wk

SIBO Food Guide

Fats/Oils



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SCD "ILLEGAL"

Bacon fat Butter Coconut oil Cod liver oil & Fish oil Duck fat Garlic-infused oil Ghee Lard & Tallow Medium Chain Tri-glyceride/MCT oil Macadamia oil Olive oil Palm oil Polyunsaturated Vegetable Oils: Borage, Canola, Flax, Grape seed, Hemp, Pumpkin seed, Sesame, Sunflower, Walnut			Soybean oil
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Notes: T= Tablespoon, t= teaspoon, g= gram

*Contains excess fructose- only necessary to avoid in cases of fructose malabsorption.

- Starting the diet: Follow the "Intro" from the SCD, Gaps or SCDLifestyle plans with Low & Moderate Fodmap foods. Wait 1-3 months to introduce celery root, rutabagas, cruciferous vegetables, beans, seeds, nuts (including nut flours, butters & milks) coffee, alcohol, raw vegetables/salads and raw fruit. Cook, peel, de-seed and puree vegetables & fruit at 1st. Dairy is best avoided for the 1st few weeks if unsure of its' tolerability.
- Moderate Fodmap Column Foods: limit to 1 per meal. Meal = eating separated by 3-4 hours.
- Quantity listings are adult portions: decrease amounts for children.
- Tailor the diet: individual variations from this list are to be expected- trust your body's reactions over the list.
- Tolerances change over time: periodically re-try previously intolerant foods.
- This guide is a combination of SCD, Low Fodmap Diet & the clinical experience of Dr. Siebecker in treating SIBO.

SIBO Food Guide

Seasonings/Condiments

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SCD "LEGAL" LOW FODMAP

All spices (except onion & garlic)
Garlic-infused oil
Ginger (fresh & dried)
Mayonnaise, homemade or commercial w/ honey
Mustard- without garlic
Pickles/ Relish- no sweetener or garlic
Tabasco (McIlhennyCo)
Wasabi- pure
Vinegar: apple cider, distilled/white, red & white wine

SCD "LEGAL" MODERATE FODMAP

SCD "LEGAL" HIGH FODMAP

SCD "ILLEGAL"

Asafoetida powder
Chicory root (leaves ok)
Cocoa/chocolate- unsweetened
Gums/ Carrageenan/ Thickeners
Sauces or Marinades with High Fodmap/ SCD Illegal items
Soy Sauce/Tamari
Spices: Onion & Garlic powder
Vinegar: balsamic

Compiled by Dr. Allison Siebecker (www.siboinfo.com) with the following sources: (formatting thanks to Dr. Michele Bartlett)

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