

We graciously thank Dr. Allison Siebecker, a pioneer in SIBO research, for the use of her Diet Guide. The following is excerpted from her extensive website on SIBO at www.siboinfo.com

This is my version of a combination of The Specific Carbohydrate Diet and The Low Fodmap Diet. It includes my clinical input and several alterations from the original diets, based on my experience treating SIBO with diet. I have found this combination best for SIBO and specifically best for those who do not get adequate symptom relief from the other diets. It combines the best of both diets, reducing a broader range of fermentable carbohydrates than any other SIBO diet. Unfortunately it is also the most restrictive option. Therefore it is recommended to try the other less restrictive diets before this option.

SIBO Specific Diet: Food Guide
Vegetables



SCD “LEGAL” LOW FODMAP	SCD “LEGAL” MODERATE FODMAP	SCD “LEGAL” HIGH FODMAP	SCD “ILLEGAL”
Artichoke Hearts* 1/8 c	Asparagus 1 spear	Asparagus 4 spears	Bean Sprouts
Arugula	Artichoke Hearts* ¼ c	Artichoke	Corn
Bamboo Shoots	Butternut Squash	Avocado	Okra
Beet 2 slices	½ c/60g	Beet 4 slices	Potato: white/all colors
Bok Choy 1 c/85g	Cabbage >1 c/98g	Bok Choy 1½ c/127g	Potato: sweet
Broccoli ½ c/1.6oz	Cabbage: Savoy 3/4 c	Broccoli 1 c	Starch powder: all
Brussels Sprouts 2 ea	Leek ½ ea/42g	Brussels Sprouts 6 ea/	arrowroot, corn,
Cabbage 1 c/98g	Parsnip	114g	potato, rice, tapioca
Cabbage: Savoy ½ c	Pepper: Chili 40g	Cabbage: Savoy 1 c	Seaweeds
Carrot	Peas, green 1/3c	Cauliflower	Turnip
Celery Root/Celeriac	Spinach >15 leaves/	Celery	Taro
Chives	150g	Fennel bulb >1 c,	Water Chestnuts
Cucumber	Tomato: soup/juice	leaves >3c	Yam
Eggplant	Tomato: Sun-dried	Garlic	Yucca
Endive	2 T/15g	Jerusalem artichoke	Canned vegetables
Fennel bulb ½c, leaves 1c		Leek 1 ea/84g	
Green Beans 10ea/2.5oz		Mushrooms	
Greens: lettuce, collard,		Onions	
chard, kale, spinach		Peas, green ½ c/72g	
Olives		Snow Peas 10 pods	
Peas, green ¼ c		Scallions: white part	
Peppers: Bell/ Sweet		Shallot	
Peppers: Chili 11cm/28g		Sugar Snap Peas	
Radicchio 12 leaves		Zucchini >¾ cup	
Radish			
Rutabaga			
Scallion: green part			
Snow Peas: 5 pods			
Squash: Butternut ¼ c			
Kobocha, Sunburst,			
Yellow, Zucchini ¾ c			
Tomato			

Fruits

LESS FERMENTABLE

MORE FERMENTABLE



SCD "LEGAL" LOW FODMAP

SCD "LEGAL" MODERATE FODMAP

SCD "LEGAL" HIGH FODMAP

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
Raisons
Tamarillo*
Watermelon

Canned fruit in high
 fodmap fruit juice

Plantain

Jam/Jelly: commercial

SIBO Specific Diet: Food Guide

Legumes/Beans



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
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 Specific Diet: 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 Specific Diet: Food Guide

Sweeteners

LESS FERMENTABLE

MORE FERMENTABLE



SCD "LEGAL" LOW FODMAP

SCD "LEGAL" MODERATE FODMAP

SCD "LEGAL" HIGH FODMAP

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 Specific Diet: Food Guide

Beverages & Alcohol

LESS FERMENTABLE

MORE FERMENTABLE



SCD "LEGAL" LOW FODMAP

SCD "LEGAL" MODERATE FODMAP

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

Fats/Oils



SCD "LEGAL" LOW FODMAP

SCD "LEGAL" MODERATE FODMAP

SCD "LEGAL" HIGH FODMAP

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
--	--	--	-------------

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 Specific Diet: Food Guide

Seasonings/Condiments

LESS FERMENTABLE

MORE FERMENTABLE



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)

- Gottschall E, and SCD™ Community. *Specific Carbohydrate Diet Legal/Illegal List*. <http://www.breakingtheviciouscycle.info/legal/listing/>. Accessed October 22, 2012, January 20 & December 6 2013.
- Gibson P, Muir J, Barrett J, Shepard S, et al. *The Low Fodmap Diet, Edition 3*. Central Clinical School, Monash University. Melbourne, Victoria Australia. June 2012. www.med.monash.edu/cecs/gastro
- Gibson P, Muir J, Barrett J. *The Monash University Low Fodmap Diet App*. Monash University. Melbourne, Victoria Australia. <http://med.monash.edu.au/cecs/gastro/fodmap/iphone-app.html>. Accessed January 13, December 6 2013.
- Hamdan, K. *Crystallization of Honey*. Bee World. Vol.87 (4) 2010 pp. 71-74. [PDF](#).
- Hebblethwaite C. *Your Low FODMAP Diet Plan*. [Dietary Specialists Limited](#), Christchurch New Zealand. June 2012.
- [Kajiwara S](#), [Gandhi H](#), [Ustunol Z](#). Effect of honey on the growth of and acid production by human intestinal *Bifidobacterium spp.*: an in vitro comparison with commercial oligosaccharides and inulin. [J Food Prot.](#) 2002 Jan;65(1):214-8. [PMID: 11808799](#)
- Siebecker A. *Clinical Experience, SIBO specialty private practice*. SIBO Center for Digestive Health at NCNM Clinic, Portland, Or. 2010-present. www.siboinfo.com.
- Wright S. *The SCD Diet and Alcohol: Part III – The SCD Guide to Liquors*. <http://scdlifestyle.com/2010/02/scd-legal-alcohol-part3/>. Accessed October 22, 2012.