

SDC 4: Foods Permitted on SCD and MSCD



Below is a summary of foods that are allowed and not allowed on **Specific Carbohydrate Diet (SCD)** adapted from the book *Breaking the Vicious Cycle* (BTVC) by Elaine Gottschall and the corresponding website <http://www.breakingtheviciouscycle.info>. The SCD can be used along with standard medications or as “monotherapy”, without other medications. It focuses on fresh, whole, unprocessed foods.

MEATS AND OTHER PROTEINS	
Allowed	Not Allowed
Fresh eggs of all kinds Poultry (chicken, turkey, quail) Fish and shellfish (fresh or frozen) Canned fish (in water or oil) Beef, veal Pork Lamb Collagen	Many deli meats, processed meats, smoked meats (e.g., hotdogs, bologna, ham) Most bacons Imitation shellfish Most canned meats (i.e., Spam) Breaded meats Most seasoned, packaged meats Egg substitute products Meat substitutes (i.e., Tofutti) *There are some SCD legal processed meats, please refer to the NiMBAL website or PRODUCE Popular Brand List handout
FRUITS	
Allowed	Not Allowed
Most fresh fruits Bananas with brown spots Brown, ripened coconut Frozen fruits without additives Naturally dried fruit (i.e., dates, raisins, apricots without preservatives, flavors, or sugar) Fruits canned in their own juices Certain brand dehydrated fruits and fruit leathers	Plantain Tamarind Green bananas or bananas without brown spots Green coconut meat and water Dried fruits with added sugar, flavors or corn syrup (i.e., most dried cranberries) Fruit juice made from concentrate (usually has added sugar) Fruit juice with added corn syrup or sugar Fruit concentrates or fruit syrups

PRODUCE

VEGETABLES	
Allowed	Not Allowed
<p>Most fresh, non-starchy vegetables</p> <p>Frozen vegetables</p> <p>Some packaged tomato juices*</p> <p>Some jarred tomato sauces*</p> <p>Homemade tomato juice, sauce, paste or puree</p> <p>French artichokes</p> <p>Canned pumpkin without additives*</p> <p> *Always read food label on pre-packaged vegetables.</p>	<p>Canned vegetables (except pumpkin)</p> <p>Most canned tomato sauce, paste, purees</p> <p>Most commercial spaghetti or marinara sauces</p> <p>Root vegetables such as:</p> <p>Potatoes, yams/sweet potatoes, kohlrabi, parsnips, yucca, taro, Jerusalem artichokes, jicama</p> <p>Starchy vegetables such as:</p> <p>Corn, baby corn, water chestnuts, , fava beans, soy beans, edamame, tofu, garbanzo beans/chickpeas, bean sprouts</p> <p>Mucilaginous vegetables such as:</p> <p>Okra, nopal/cactus, aloe vera, seaweeds, kelp, algae</p> <p>Bitter melon</p> <p> Meat substitutes (i.e., Tofutti)</p>
FATS AND OILS	
Allowed	Not Allowed
<p>Butter (organic)</p> <p>Ghee</p> <p>Oil of most variety, including coconut, flax seed, olive, avocado, sunflower, safflower, peanut</p> <p>Mayonnaise- homemade or store bought if without starches, additives or sugars</p> <p>Olives: black, green, Kalamata (read for illegal additives)</p> <p>Avocado</p> <p>Canola and corn oils*</p> <p> *Limit these highly processed oils. Use for deep frying only, ≤ 2 times per week</p>	<p>Margarine, butter substitutes</p> <p>Low-fat and nonfat butters, cheeses</p> <p>Many commercial salad dressings</p> <p>Most commercial spreads and dips (i.e., Best Foods)</p>

PRODUCE

CHEESE AND OTHER DAIRY

Allowed	Not Allowed
Butter (organic) Ghee Dry curd or farmer's cheese Yogurt cheese made with SCD yogurt Cheeses aged for >30 days (i.e., cheddar, Parmesan, Monterey Jack, Swiss, Havarti, Brie, cotija....) (See list in BTVC)	Unaged, typically soft cheeses (i.e., feta, chevre, ricotta, paneer, cream cheese, cottage cheese, fresh Mexican cheese) Processed cheese (i.e., American, Velveeta, jarred or canned cheese, Kraft Singles) Sour cream, cream fraiche, any cream *Avoid packages/bagged, sliced or grated cheese or cheese mixes which often contain starch to prevent caking

MILK/MILK SUBSTITUTES

Allowed	Not Allowed
Homemade yogurt/yogurt products fermented for at least 24 hours Homemade nut and seed milk Homemade or canned coconut milk/cream (read label carefully)	Kefir Commercial milk, cream or yogurt of any kind Buttermilk Dried milk solids Evaporated or condensed milk Commercial soy, rice, almond milk Commercial coconut milk beverages* *Many have added starches, pectin and stabilizers

STARCH/BREAD/GRAINS

Allowed	Not Allowed
Coconut flour Lentil flour Nut flours (i.e., almond, pecan, hazelnut, walnuts...)	Wheat, semolina, barley, corn, rye, oats, rice, brown rice, buckwheat, amaranth, quinoa, millet, triticale, bulgur, spelt, wheat berry, wheat germ, farro, couscous, besan/gram flour, tapioca, banana flour Any other "ancient grains" Any flour, cereal, or other food made from these grains Starches of any kind (i.e., arrowroot, tapioca, sago, potato or cornstarch) Chestnut and pea flour

PRODUCE

NUTS/SEEDS	
Allowed	Not Allowed
<p>All fresh, raw, unprocessed, unflavored nuts*</p> <p>Most seeds</p> <p>Nut and seed butters made without additives</p>	<p>Chia, flax, hemp seeds</p> <p>Processed or flavored nuts and seeds</p> <p>“Mixed Nuts” or “Salted Nuts”</p> <p>Nut and seed butters with additives or flavors</p> <p>*Many packaged, roasted nuts have added starch to keep from sticking and to keep flavoring on the nut (salt and pepper <i>usually</i> OK)</p>
LEGUMES AND BEANS	
Allowed	Not Allowed
<p>Lentils</p> <p>Navy, haricot, kidney, lima, black beans</p> <p>Peas and split peas</p> <p>Adzuki beans</p> <p>*All beans must be soaked for 24 hours</p>	<p>Chickpeas/garbanzo beans</p> <p>Soy beans and edamame</p> <p>Fava, faba, butter beans</p> <p>Mung beans</p> <p>Cannellini beans</p> <p>Pinto beans</p> <p>Bean flour</p> <p>All canned beans</p>
HERBS/SEASONINGS/CONDIMENTS	
Allowed	Not Allowed
<p>Salt and pepper</p> <p>All fresh herbs</p> <p>Dried or dehydrated herbs without added sugar, starch or de-caker</p> <p>Vinegar without added sugar including apple cider, malt, distilled, red wine, sherry, rice vinegars</p>	<p>Fenugreek</p> <p>Chicory root</p> <p>Seasoning mixes (i.e., garlic salt, seafood or steak mixes)</p> <p>Bouillon cubes or instant soup bases</p> <p>Seasoning powders (i.e., onion or garlic salt)</p> <p>Premade sauces (i.e., ketchup, teriyaki, Worcestershire, etc.)</p> <p>Soy sauce and tamari</p> <p>Coconut aminos</p> <p>Fish sauce</p> <p>Gourmet mustards (due to added sugars)</p> <p>Balsamic vinegar</p>

PRODUCE

SWEETENERS	
Allowed	Not Allowed
Honey Saccharin Pure fruit juice Dates	Granulated, brown, cane or table sugar Coconut or palm sugar, turbinado Molasses Maple and agave syrup Stevia Splenda (sucralose) Aspartame Sugar alcohols (i.e., sorbitol, mannitol, xylitol, maltitol)
BEVERAGES	
Allowed	Not Allowed
Water Pure fruit juice Carbonated water and club soda Herb teas (i.e., chamomile, peppermint, hibiscus) Weak coffee	Beer, wine, hard cider Sherry, cordials, liqueurs, brandy, port, sake Sport and energy drinks Pedialyte Kombucha Water or milk kefir Coffee mixes with sugar
OTHER	
Allowed	Not Allowed
Unflavored gelatin Baking soda Almond and vanilla extracts (without alcohol)	Coconut aminos Pectin Thickeners (i.e., potato, corn, arrowroot, sago) Baking powder Guar gum, xanthan gum Carob Cocoa/chocolates Jell-O mixes Yeast Licorice Miso

PRODUCE

MODIFIED SCD	
Allowed	Recommended Quantities
Oats Organic rice Sweet potatoes	Per Day: Maximum of 2 servings of any item or combination of items Per Week: Minimum of 3 servings and maximum of 6 servings of any item or combination of items Serving size: 1 cup
Grade A maple syrup 100% cocoa (unsweetened, not Dutch processed) or 100% cacao powder, nibs, or butter (no sugar added)	Per week: Maximum of ½ cup of <i>each</i> item Per week: Minimum of 2 tablespoons of each item