

Specialized Diets for GI Healing: Allowed Foods & Forbidden Foods (*italics = none*)

	Comprehensive Elimination Diet	Gluten Free/ Casein Free	Specific Carbohydrate Diet	Gut & Psychology Syndrome Diet	Anti-Fungal Diet	FODMAP Diet	Restoration Diet
Protein	ALL unprocessed meats: chicken, turkey, duck, goose, quail, ostrich, fish, shellfish, lamb, venison, rabbit, eggs. Wild game.	ALL unprocessed meats	ALL unprocessed meats: beef, pork, chicken, turkey, duck, goose, quail, ostrich, fish, shellfish, lamb, venison, rabbit, eggs. Processed meats that do not have any SCD forbidden ingredients	Eggs, fresh (if tolerated) Fresh meats (not preserved), fish, shellfish Broths with every meal. Canned fish in oil or water only	ALL unprocessed meats: beef, pork, chicken, turkey, duck, goose, quail, ostrich, fish, shellfish, lamb, venison, rabbit, eggs. Tofu, tempeh, Texturized vegetable protein	All unprocessed meats Eggs	All unprocessed meats in small amounts: Pureed, well-cooked, stews, soups.
Dairy Products & Dairy Alternatives	NONE Dairy alternatives are allowed: coconut, hemp, rice	NONE Dairy alternatives are allowed: nut, coconut, hemp, rice, soy.	All natural cheeses <i>except for: ricotta, mozzarella, cottage cheese, cream cheese, feta, processed cheeses and spreads.</i> Homemade yogurt cultured 24 hours.	All natural cheeses Yogurt-homemade	Eggs, plain yogurt (cow, sheep, goat) with live cultures, organic soy milk, soy cheese, coconut milk, unaged goat cheese	Lactose-free dairy products: milk, cottage cheese Rice milk, almond milk, hemp milk	Goat milk or sheep milk kefir. Dairy alternatives as coconut kefir
Fats & Oils	Sunflower, olive, flax, ghee, coconut, avocado, nut oils.	ALL	Avocados, olive oil, coconut oil, corn oil, avocado oil, etc.	Butter, ghee, coconut, avocado oil, olive	ALL	ALL	Ghee, coconut, olive, Sam Queen's restorative ghee
Nuts & Seeds	Coconut, pine nuts, chia seeds, flaxseeds, almonds, Brazil nuts, walnuts, chestnuts, filberts, pecans, nut flours, and meals	ALL that are non-processed with dairy or gluten.	Almonds, Brazil nuts, walnuts, chestnuts, filberts, pecans, nut flours and meals	Almonds, avocado, Brazil nuts, coconut, filberts, walnuts, chestnuts, pecans, nut flours and meals, peanuts, nut butters	ALL raw. Can roast at home or cook them.	<i>Nuts & Seeds in moderation</i> <i>Nut butters in moderation,</i> Psyllium	<i>Nut butters in tiny amounts</i>

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Non-Starchy Vegetables	ALL	ALL	Most: Fresh, frozen, raw or cooked. Asparagus, broccoli, cauliflower, artichokes, beets, Brussels sprouts, cabbage carrots, celery, cucumbers, eggplant, zucchini, summer squash, rhubarb, peppers, garlic, lettuce, spinach, mushrooms(unless Candidiasis), onions, turnips, watercress. NO canned vegetables.	Most: Fresh, mostly cooked, some raw	ALL	Alfalfa, avocado, bamboo shoots, bean shoot, beets, bok choy, broccoli, chili peppers, carrots, celery, chive, corn, cucumber, eggplant, fennel, kohlrabi, lettuce, olive, parsnip, mushroom, snow peas, spinach, squash, water chestnut, watercress	Well-cooked
Starchy Vegetables	ALL except corn	ALL	NONE: potatoes, yams	Beets, winter squash NONE: potatoes, yams	NONE: Exclude corn, yams, potatoes	peas, potato, sweet potato, taro, turnip, pumpkin,	Well-cooked
Legumes	ALL except soy	ALL	Dried navy beans, lentils, peas, split peas, unroasted cashews, peanuts in shell, natural peanut butter, lima beans, string beans	Lima beans, peas (dried split, fresh green) These are consumed in later stages of the diet only, best sprouted	Small amounts, not more than 1 cup cooked per day	Sweet peas, peanuts, peanut butter	Dahl
Fruits	ALL	ALL	ALL.	ALL, fresh and	Restricted: Only	RESTRICTED	Cooked,

			Juices with no additives.	dried	whole/fresh or frozen in protein smoothie	QUANTITY: ½ cup serving/ no more often than every 2 hours Berries, citrus fruits, Cantaloupe, Banana, jackfruit, kiwi, grapes, passionfruit, pineapple, rhubarb, guava, pawpaw, lychee,	smoothies
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Grains	Quinoa, millet, amaranth, teff*, oat*, tapioca, rice, sorghum	Quinoa, millet, amaranth, teff*, oat*, tapioca, rice, sorghum	NONE	NONE	NONE	Barley, oats, quinoa millet, teff*, oat*, tapioca, rice, sorghum, seitan, amaranth, buckwheat, arrowroot, sago, oat bran, barley bran NO: WHEAT/RYE	Rice Congee
Herbs & Spices	All pure spices, fresh or dried	All pure spices, fresh or dried	All pure spices, fresh or dried	All pure spices, fresh or dried	Fresh only.	All pure spices, fresh or dried. No onion, Minor amts of garlic tolerated	Not at first, then add: turmeric, ginger, cumin, coriander, and other spices
Beverages	Water, broths. un-caffeinated herbal teas, seltzer, mineral	ALL without dairy or gluten	Water, Tea, weak, freshly made Water Broths	Water, Tea, weak, freshly made Water Broths	Water, herbal tea	Tea, herbal teas, herbal infusions, hot water, coconut water	Broths Water Herbal teas Seltzer, mineral

	water Diluted juices, vegetable juices					Coffee: < 2 cups daily Chicory/roasted	water, diluted juices, diluted vegetable juices
Sweeteners	Use Sparingly: Brown rice syrup, agave nectar, honey, stevia, fruit sweetener, blackstrap molasses	ALL	Honey if tolerated Saccharine	Honey	Stevia	Maple syrup, Rice syrup, Treacle, Golden syrup, glucose syrup, nutrasweet, sucralose, aspartame, stevia, saccharine	Use sparingly
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Miscellaneous	Broths Medical foods (non dairy, soy, or gluten-containing) Fermented and cultured foods Vinegar (not white vinegar)	Broths Medical foods (non dairy, soy, or gluten-containing) Fermented and cultured foods Vinegar	Broths Gelatin Pickles (without additives)	Soups Stews Cellulose in supplements Gin, Scotch occasionally Pickles (without additives) Tea, weak, freshly made Vinegar Wine (dry)	Lemon and lime and vitamin C crystals as replacements for vinegar. Herbal tea Tequila & Mead in small amounts	Jam, marmalade, vegemite, marmite Alcohol: clear refined spirits such as gin and vodka in moderation	Medical Foods Broths Herbal Infusions Coconut kefir Coconut water

*Certified Gluten Free

- **Comprehensive Elimination Diet:** IFM Tool Kit
- **Specific Carbohydrate Diet:** <http://www.breakingtheviciouscycle.info/>
- **Gut and Psychology Syndrome Diet:** http://gapsdiet.com/The_Diet.html
- **Restoration Diet:** *Digestive Wellness*, 4th ed.
- **Anti-Fungal Diet:** IFM Tool Kit
- **Yeast Questionnaire:** <http://cassia.org/candida.htm>
- **Fodmaps Diet:** <http://www.fodmapsdiet.com>