

## Diet Designed to Clear Small Intestine Bacterial Overgrowth (SIBO)

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- This diet is a modified version of “The Specific Carbohydrate Diet” that was developed and popularized by biochemist Elaine Gottschall in her 1994 book, *Breaking the Vicious Cycle: Intestinal Health Through Diet*. This handout is designed to simplify the information contained in Elaine’s book and to introduce modifications that make it a more balanced diet, and still achieves the goal of effectively treating small intestine bacterial overgrowth.
- The “vicious cycle” is the process that Ms. Gottschall identified as the root problem that is currently causing the diarrhea, constipation, acid-reflux, gas, indigestion, bloating, fatigue and many other digestive symptoms in your body. The vicious cycle, in simple terms, is a process in which the food you eat stimulates bacteria to grow in the small intestine. As these bacteria grow in abundance, they produce gases and chemicals that damage the intestinal tract; cause pain, bowel movement inconsistency, gas, and other symptoms mentioned above; as well as vitamin and mineral deficiencies due to the bacteria consuming these nutrients.
- The diet is an all natural way to break this cycle of bacteria overgrowth by eliminating the food sources they feed on. By restoring bacteria to normal levels, the intestinal tract is allowed to start repairing any damage by itself.

	YES	NO
<b>Meat, Fish, &amp; Eggs</b>	Fresh or frozen poultry, fish, beef, lamb and shellfish; deli meats without starchy fillers, such as Boar’s Head brand (Harris Teeter, Lowe’s); Eggs	Breaded or processed meats such as hot dogs, bologna, potted meats, most cold cuts (added starches)
<b>Vegetables</b>	Most fresh or frozen vegetables; canned vegetables without added sugar (check ingredient list); sweet potatoes	Breaded vegetables, white potatoes, potato starch, canned vegetables with added sugar
<b>Fruit</b>	Fresh, frozen, or dried fruit without added sugar	Canned & dried fruit with added sugar
<b>Grains</b>	Breads, cereals, crackers & pasta made with 100% whole grains (must have the word WHOLE in front of ALL grains in the ingredient list), such as Original Shredded Wheat cereal, Triscuits crackers, and Mary’s Gone Crackers, etc.; other whole grains, such as oatmeal, corn & whole corn meal, brown & wild rice, popcorn, quinoa, etc.; whole grain flours, such as whole wheat flour or whole wheat pastry flour, whole oat flour, whole brown rice flour, etc.; almond flour, coconut flour	Breads, cereals, crackers & pasta made with refined grains; pre-sweetened oatmeal, grits, canned corn with added sugar, white rice, white all purpose and self-rising flour, tapioca starch, tapioca flour
<b>Dairy</b>	Aged cheese, such as cheddar, havarti, Monterey jack, parmesan, Swiss, blue, brie, gorgonzola, gouda, muenster, provolone, and Romano cheeses; butter, plain Greek yogurt; replace milk with Unsweetened Almond milk or Lactose-free milk such as Lactaid brand	All milk, ricotta, mozzarella, cottage cheese, cream cheese, feta, & processed cheese such as American & Velveeta); packaged shredded cheese, regular yogurt (not Greek), heavy cream, sour cream, ice cream
<b>Oils</b>	Oils such as olive, vegetable, canola, soy, peanut, corn, safflower, flaxseed, nut oils, and sesame oil; butter, ghee; commercially prepared mayonnaise if made without sugar & starches (such as Duke’s)	Cooking oils with additives, such as cooking sprays; margarine, “light” butters

<b>Nuts</b>	All nuts and seeds without added sugar; nut butters without added sugar; Almond flour	Nuts with added sugar; nut butters with added sugar
<b>Beans &amp; Peas</b>	Dry beans, fresh or frozen peas	Canned beans, soybeans and other foods made with soy (soybean oil and soy lecithin are okay), soymilk
<b>Sweeteners</b>	Honey, pure Stevia extract, pure Saccharin	Sugar (all types – white, brown, turbinado, raw); agave, maple syrup, molasses, corn syrup, evaporated cane juice, brown rice syrup, Truvia, Splenda, Sweet-n-Low, Equal, all artificial sweeteners other than pure saccharin; sugar alcohols (have –ol ending), FOS (fructooligosaccharides)
<b>Miscellaneous</b>	Unsweetened cocoa powder, pure vanilla extract, yeast for baking, vinegar, homemade ketchup & barbecue sauce without added sugar, mustards with no-sugar-added, dill pickles, plain horseradish, unsweetened coconut	Commercially prepared ketchup & barbecue sauce (high sugar), sweet pickles, instant soup mix, chewing gum, sweetened coconut, pectin, agar-agar, carageenan, maltodextrin
<b>Drinks</b>	Water, lactose-free cow's milk (Lactaid), unsweetened almond milk, fruit juices that are 100% fruit juice (no-added-sugar) diluted 50/50 with water, tea, coffee, dry wine, gin, scotch, bourbon, vodka, club soda, seltzer water	Any bottled water, drinks, or juices that contain sugar, corn syrup, or artificial sweetener, soy milk, sweet tea, sports/energy drinks, juices made from concentrate, sherry, port, sweet vermouth, cordials, liquors, brandy, sake, beer, mixers with added sugar

*\*To discuss this diet with a **Dietitian**, please make an appointment at the FirstHealth Center for Health & Fitness in Pinehurst. Call 910-715-1835 to make an appointment. Appointments generally last 30 minutes and cost \$25; however, additional time/fees may apply for more complicated cases.*

### **Tips for Baking with Honey**

- In general, substitute ½-¾ cup honey for 1 cup sugar. You need less honey than sugar because honey weighs more than sugar and because it is sweeter. It also has a different flavor than sugar and a little less will ensure that it doesn't affect the overall flavor too much.
- For every 1 cup of honey, subtract ¼ cup liquid from the recipe.
- If the recipe doesn't already include baking soda, add ¼ tsp for each cup of sugar replaced.
- Reduce cooking temperature by 25 degrees (honey will make your baked goods brown more easily.)

## Useful Recipes

### Simple Homemade Ketchup

#### *Ingredients*

8 ounces tomato paste

¼ tsp apple cider vinegar

1 tsp honey (optional since the paste is quite sweet on its own)

\*you might also consider adding garlic, onion, or other seasoning, to your taste.

#### *Directions*

1. Place all ingredients in a saucepan and simmer for 10 minutes or so.
2. Stir occasionally to blend, and add some water if becomes too thick.
3. Cool to room temperature and store in the refrigerator or freeze for later use. It lasts for about 1 week in the refrigerator.

### Strawberry Freezer Jam

#### *Ingredients*

1 Tbsp lemon juice

1 cup honey

2 cups of strawberries (washed and tops trimmed off)

#### *Directions*

1. Place the strawberries in a blender or food processor and blend until pureed. You can also mash them by hand.
2. Combine the mashed strawberries, lemon juice, and honey in a saucepan, and bring to a steady, low boil.
3. Boil for about 30 minutes, or until the volume decreases by at least a 3<sup>rd</sup>.
4. Cool to room temperature, and place in tightly closed glass jars, or other containers, leaving some space at the top for freezing expansion. It will last in the fridge for about 2 weeks, or in the freezer for a few months.

### Magic Banana "Ice Cream"

#### *Ingredients*

Very ripe bananas (4 medium-size bananas makes about 2 cups of ice cream)

#### *Directions*

1. Peel and slice the bananas into coins.
2. Freeze the bananas for a few hours (at least 2 hours; works best when frozen in single layer on sheet pan).
3. Place the frozen banana pieces in a blender or food processor and blend until creamy. (you may have to stop occasionally to scrape down the sides)
4. You can add anything you want once the bananas are creamy. Consider adding a spoonful of peanut butter, some vanilla, cinnamon, or cocoa powder and honey. Use your imagination! You can also blend other frozen fruits into the bananas.

## Meal Ideas

### *Breakfast*

Original Shredded Wheat cereal with unsweetened almond milk (or Lactaid) and a small banana

Two corn (or whole grain) tortillas, warmed, with scrambled eggs and a slice of cheddar cheese

Old fashioned oatmeal with 2 Tbsp chopped nuts, cinnamon, and honey to taste

Whole grain toast or English muffin with peanut butter

Scrambled eggs, whole grain toast, and fruit

### *Lunch*

Sliced turkey with lettuce, tomato on whole grain bread or corn tortilla with Dukes mayonnaise or mustard and fruit

Large mixed salad with grilled chicken, colorful vegetables, parmesan cheese, and homemade vinaigrette dressing (oil, vinegar or squeeze of lemon/lime/orange, honey, salt and pepper to taste)

Grilled cheese sandwich with cheddar cheese on buttered whole grain bread, sliced tomato, piece of fruit

Turkey burger over a salad with salsa and whole corn tortilla chips, such as Tostitos Simply Natural yellow or blue corn (only ingredients are whole corn, oil, and salt)

Homemade tuna salad made with Duke's mayonnaise and diced pickles, side of whole grain crackers, such as Triscuits or Mary's Gone Crackers brand

Peanut butter and freezer jam sandwich on whole grain bread, and side of raw vegetables with homemade dip (plain Greek yogurt with herbs and spices mixed in, such as parsley, chives, and garlic)

### *Snacks*

Plain Greek yogurt with honey, cinnamon, and sliced banana

½ cup baby carrots and ½ cup hummus

Sliced cheddar cheese and a apple

Pear and 20 almonds

Whole grain brown rice cakes (such as Lundberg brand) with peanut butter

Plain popcorn with melted butter (add your own seasonings)

## *Dinner*

Steak kabob with onions, tomatoes, mushrooms, marinated in homemade vinaigrette, served over brown or wild rice

Quick beans and rice: sauté chopped onion in oil with garlic, add chopped tomato, chopped red pepper, and kidney or black beans, season with herbs and spices; serve mixed with brown rice, and a salad with homemade vinaigrette

Baked chicken or salmon, topped with homemade honey mustard (2 parts mustard, 1 part honey), roasted asparagus, and ½ a sweet potato with butter & cinnamon

Grilled hamburger with sautéed onions, lettuce, tomato, and homemade baked sweet potato fries

Roasted pork loin, corn, and steamed broccoli with parmesan cheese

Stuffed peppers with cooked ground beef, brown rice, onion, garlic, and tomatoes

Chicken breast stuffed with spinach and blue cheese, and a sweet potato topped with melted butter

Homemade bean chili and homemade corn bread (made with whole corn meal, such as House Autry brand or Hodgson Mill - check ingredient list and choose one made with WHOLE grain corn)

## **Online Shopping Resources for Whole Grains**

Arrowhead Mills

[www.arrowheadmills.com](http://www.arrowheadmills.com)

- Whole grain flours: whole wheat flour, rye flour, oat flour
- Gluten-free whole grain flours: millet, brown rice, blue corn meal, yellow corn meal
- Gluten-free whole grains: Quinoa, Amaranth, Buckwheat groats, Millet

Bob's Red Mill

[www.bobsredmill.com](http://www.bobsredmill.com)

- Whole grain flours: Whole wheat flour & whole wheat pastry flour, rye, spelt
- Gluten-free whole grain flours: almond meal/flour, brown rice, whole grain corn meal, oat, millet, amaranth, brown rice, coconut, quinoa, teff
- Gluten-free whole grains: buckwheat groats, oats, millet, amaranth, quinoa, teff

Tinkyada Rice Pasta

[www.tinkyada.com](http://www.tinkyada.com)

- Whole grain brown rice pasta

Mary's Gone Crackers

[www.marysgonecrackers.com](http://www.marysgonecrackers.com)

- Gluten-free whole grain crackers

Lundberg Family Farms

[www.lundberg.com](http://www.lundberg.com)

- Whole grain brown rice pasta, whole grain brown rice couscous, whole grain brown rice cakes