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| **­ Specialised 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 ***except for: ricotta, mozzarella, cottage cheese, cream cheese, feta, processed cheeses and spreads.***  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. | ***Nuts & Seeds in moderation***  ***Nut butters in moderation,*** Psyllium | ***Nut butters in tiny amounts*** |

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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, courgette, 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.  Juices with no additives. | ALL, fresh and dried | ***Restricted: Only whole/fresh or frozen in protein smoothie*** | RESTRICTED 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, | Cooked, 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 water  Diluted juices, vegetable juices | 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  Coffee: < 2 cups daily  Chicory/roasted | Broths  Water  Herbal teas  Seltzer, mineral 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 |
|  | **Comprehensive Elimination Diet** | **Gluten Free/**  **Casein Free** | **Specific Carbohydrate**  **Diet** | **Gut & Psychology Syndrome Diet** | **Anti-Fungal Diet** | **FODMAP Diet** | **Restoration Diet** |
| **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**

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| * **Comprehensive Elimination Diet: IFM Tool Kit** * **Specific Carbohydrate Diet:** [**http://www.breakingtheviciouscycle.info/**](http://www.breakingtheviciouscycle.info/legal/legal_illegal_a-c.htm) * **Gut and Psychology Syndrome Diet:** [**http://gapsdiet.com/The\_Diet.html**](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**](http://cassia.org/candida.htm) * **Fodmaps Diet:** [**http://www.fodmapsdiet.com**](http://www.fodmapsdiet.com) |