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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, shellfishBroths 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 meatsEggs | All unprocessed meats in small amounts: Pureed, well-cooked, stews, soups.  |
| **Dairy Products** **& Dairy Alternatives** | NONEDairy alternatives are allowed: coconut, hemp, rice | NONEDairy 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 cheesesYogurt-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 cheeseRice 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 hoursBerries, 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 waterDiluted juices, vegetable juices | ALL without dairy or gluten | Water, Tea, weak, freshly madeWaterBroths | Water, Tea, weak, freshly madeWaterBroths | Water, herbal tea | Tea, herbal teas, herbal infusions, hot water, coconut waterCoffee: < 2 cups dailyChicory/roasted | BrothsWaterHerbal teasSeltzer, mineral water, diluted juices, diluted vegetable juices |
| **Sweeteners** | Use Sparingly: Brown rice syrup, agave nectar, honey, stevia, fruit sweetener, blackstrap molasses  | ALL | Honey if toleratedSaccharine | Honey | Stevia | Maple syrup, Rice syrup,Treacle, Golden syrup, glucose syrup, nutrasweet, sucralose, aspartame, stevia, saccharine | Use sparingly |
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| **Miscellaneous** | BrothsMedical foods (non dairy, soy, or gluten-containing)Fermented and cultured foodsVinegar (not white vinegar) | BrothsMedical foods (non dairy, soy, or gluten-containing)Fermented and cultured foodsVinegar  | BrothsGelatinPickles (without additives) | SoupsStewsCellulose in supplementsGin, Scotch occasionallyPickles (without additives)Tea, weak, freshly madeVinegarWine (dry) | Lemon and lime and vitamin C crystals as replacements for vinegar. Herbal tea***Tequila & Mead in small amounts*** | Jam, marmalade, vegemite, marmiteAlcohol: clear refined spirits such as gin and vodka in moderation | Medical FoodsBrothsHerbal InfusionsCoconut kefirCoconut 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)
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