

Specialized diets for GI healing: Allowed foods and forbidden foods (*bold italics = none*)

	Comprehensive elimination diet	Gluten free / casein free	Specific carbohydrate diet	Gut and 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 and dairy alternatives	NONE Diary alternatives are allowed: coconut, hemp, rice	NONE Dairy alternatives are allowed: nut, coconut, hemp, rice, soy	All natural cheese except for ricotta, mozzarella, cottage cheese, feta, processed cheeses and spreads Homemade yogurt cultured 24 hours	All natural cheese 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 and 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 oil	ALL	ALL	Ghee, coconut, olive, Sam Queen's restorative ghee
Nuts and 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 and 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, 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: corn, yams, potatoes	Peas, potatoes, sweet potatoes, 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

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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
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 OR RYE	Rice Congee
Herbs and 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 amounts of garlic tolerated	Not at first , then add: turmeric, ginger, cumin, coriander, and other spices

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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
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 and 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: breakingtheviciouscycle.info
- Gut and psychology syndrome diet: gapsdiet.com/the_diet.html
- Restoration diet: *Digestive Wellness*, 4th ed.
- Anti-fungal diet: IFM Tool Kit
- Yeast questionnaire: cassia.org/candida.htm
- Fodmaps diet: fodmapsdiet.com