

# SCD FOODS DATABASE

updated may 3, 2007

#	item	legality	Category	note	source
98	acidophilus milk, commercial	illegal	dairy		1
147	agar-agar (gelatin made from seaweed)	illegal	thickener	a thickener, among other things.	1
200	Agave syrup	illegal	sweetener		2
201	Algae	illegal	misc	aggravates an already disturbed immune system.	2
202	allspice	legal	spice/herb	As long as you're just using Allspice as a cooking spice, it's legal. Don't use the oil.	2
203	almond butter	legal	nut	almond butter w/ no added sugar	2
135	almond milk, home made	legal	beverage	<= 8 oz daily if consuming almond baked goods. May be tried after being on diet for 6 months.	1,2
204	almond oil	legal			2
67	almonds	legal	nut	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.	1,2
205	aloe vera	illegal	misc	It contains mucilaginous polysaccharides.	2
206	amaranth flour	illegal	starch	A grain substitute that contains starches.	2
207	anchovies	legal		check label	
87	apple cider	legal	beverage	from a local grower - w/o sugars. Cider should be diluted with water before drinking.	1
86	apple juice	illegal	beverage	poor labeling - unlisted sugars	1
41	apples	legal	fruit		1
43	apricots	legal	fruit		1
138	arrowroot	illegal	thickener	It is a mucilaginous herb.	1,2
11	artichoke	legal	vegetable	french, but not jerusalem which looks like a tuber	1
208	ascorbic acid (vitamin C)	legal	supplement	should be nothing but vitamin C	2
167	Asiago cheese	legal	cheese	occasionally - not shredded / grated	1
12	asparagus	legal	vegetable		1
209	aspartame	legal	sweetener	bad stuff - don't use it anyways	2
210	aspartic acid	legal	misc	an amino acid	2

211 Astragalus	illegal	spice/herb		2
212 avacado oil	legal	oil	Good for mayonaise and salad dressings but might not withstand heat very well	2
42 avacadoes	legal	fruit		1
213 bacon	illegal/legal	meat	Commercial moked bacon that has been fried very crisply is allowed once per week. Sugar-free bacons do not have to be limited to once per week. Check the labels carefully.	2
214 baker's yeast	illegal	misc	aka: Saccharamyces cerevisiae. In brewing, AKA "top-fermenting yeast 2, 4 and sometimes "ale yeast".	
155 baking powder	illegal	spice/herb	Has starch as an ingredient, (usually corn starch) and other illegals to make it rise better.	1,2
156 baking soda	legal	spice/herb		1
215 balsamic vinegar	illegal/legal	condiment	Usually the store bought stuff is fake. You can make your own. The real stuff is at least 18 years old.	2
44 bananas	legal	fruit	ripe with black spots beginning to appear on skin - no green ends	1
216 bark tea	illegal	spice/herb	acts as a laxative.	2
217 barley	illegal	starch		2
219 basil	legal	spice/herb		2
218 bay leaf	legal	spice/herb		2
153 bean flour	illegal	bean	must be soaked before grinding - bought varieties are not.	1
220 bean sprouts	illegal	bean		2
221 bee pollen	illegal	misc	Pollen is irritating to a damaged gut.	2
1 beef	legal	meat	Fresh and frozen. Check the labels carefully for additives.	1,2
161 beer	illegal	beverage		1
13 beets	legal	vegetable		1
45 berries of all kinds	legal	fruit	including blueberries	1
222 bhindi	illegal	vegetable	A mucilaginous food. Aka: okra, drumsticks	2

223 bitter gourd	illegal	vegetable		2
465 black azuki bean	illegal	bean	aka: black adzuki, black aduki, asuki	3
224 black beans - aka: black turtle, turtle, turtle soup bean, mexican black bean, spanish black bean, frijole negro.	legal	bean	May be tried when symptom free. see prep guidelines in book	2,3
225 black eye beans	illegal	bean		2
226 black radish	legal	vegetable	It is very fibrous, so go slowly and be careful.	2
168 Blue cheese	legal	cheese	occasionally - not shredded / grated	1
73 boiled chestnuts	legal	nut	mixes not allowed	1
227 bok choy	legal	vegetable	Introduce late in diet.	2
228 Bologna	illegal	meat		2
144 bouillon cubes	illegal	misc		1
229 bourbon	legal	beverage	occasionally	2
69 brazil nuts	legal	nut	mixes not allowed	1
169 Brick cheese	legal	cheese	freely - not shredded / grated	1
170 Brie cheese	legal	cheese	occasionally - not shredded / grated	1
17 broccoli	legal	vegetable		1
18 brussel sprouts	legal	vegetable		1
231 buckwheat	illegal	starch		2
232 bulgur	illegal	starch		2
233 Burdock root	illegal	vegetable	It contains inulin (FOS) and mucilage.	2
113 butter	legal	dairy	cultured highly recommended	1
234 butter beans	illegal/legal	bean	see notes on lima and fava beans	2
99 buttermilk, commercial	illegal	dairy		1
19 cabbage	legal	vegetable	Introduce later in diet.	1,2
171 Camembert cheese	legal	cheese	occasionally - not shredded / grated	1
235 Canellini beans	illegal	bean		2
10 canned fish	legal	meat	canned in oil or water, but no broth	1
238 canola oil	legal	oil	legal, but not recommended	2
239 Cantaloupe	legal	fruit		2
240 capers	legal	vegetable		2
143 carob	illegal	misc		1

241 Carrageenan	illegal	thickener	Carrageenan is seaweed and high in polysaccharides, therefore illegal.	2
21 carrots	legal	vegetable		1
319 catsup, home made	legal	condiment		2
20 cauliflower	legal	vegetable	Introduce later in diet.	1,2
242 Celeriac /celery root	legal	vegetable	Very fibrous, Introduce late in diet.	2
22 celery	legal	vegetable		1
243 Cellulose (in supplements)	legal	misc	Cellulose in your supplements is okay and virtually impossible to avoid.	2
244 Cellulose Gum	illegal	misc		2
245 Cereals	illegal	starch		2
468 chana dal (dhal, dahl, daal, daar)	illegal	bean	aka: chickpea, ceci bean, bengal gram, hummus, chana, channa	2,4
246 chard (red, green, rainbow, swiss)	legal	vegetable	Similar to spinach/celery. Introduce late in diet.	2
173 Cheddar cheese, medium	legal	cheese	freely - not shredded / grated	1
172 Cheddar cheese, mild	legal	cheese	freely - not shredded / grated	1
174 Cheddar cheese, sharp	legal	cheese	occasionally - not shredded / grated	1
247 Cherimoya	legal	fruit	aka: custard apple or sharifa.	2
46 cherries	legal	fruit		1
248 Chestnut flour	illegal/legal	nut	boughten is illegal. Nuts must be soaked like beans before making into flour.	2
249 chestnuts	legal	nut	May be tried when symptom free. However, if you buy dried chestnuts, soak them and cook them until soft.	2
250 Chevre cheese	illegal	cheese		2
251 chewing gum	illegal	misc		2
253 chick peas	illegal	bean	aka: garbanzo beans, ceci bean, bengal gram, hummus, chana, channa	2
252 Chickory root	illegal	beverage	(previously legal)	2
254 Chlorella	illegal	misc	It is a blue-green algae similar to spirulina	2
142 chocolate	illegal	misc		1
256 cilantro	legal	spice/herb		2
257 cinnamon	legal	spice/herb		2

258 citric acid	legal	misc	citric acid as and additive is okay	2
165 club soda	legal	beverage		1
255 cocoa	illegal	misc		2
47 coconut	legal	fruit	Fresh or unsweetened. Shredded and flour are legal	1,2
259 coconut flour	legal	misc		2
134 coconut milk, home made	legal	beverage		1
260 coconut oil	legal	oil		2
106 coffee substitutes	illegal	beverage	most have malt added	1
105 coffee, instant	illegal	beverage		1
90 coffee, very weak	legal	beverage		1
175 Colby cheese	legal	cheese	freely - not shredded / grated	1
261 collard greens	legal	vegetable	of the cabbage family, introduce late in diet.	2
262 corn	illegal	starch		2
108 corn oil	legal	oil		1
151 corn syrup	illegal	sweetener		1
137 cornstarch	illegal	thickener		1
191 cottage cheese, regular	illegal	cheese		1
263 Courgette - aka: zucchini	legal	vegetable		2
265 cranberry juice	legal	fruit	Knudsen's Just Cranberry juice, has been checked out legal. Juice should be diluted with water before drinking.	2
266 cream	illegal	dairy	but can be used in making yoghurt	2
192 cream cheese	illegal	cheese		1
267 cream of tartar	illegal	misc		2
268 Croscornellose sodium	illegal	misc	a drug additive?	2
23 cucumbers	legal	vegetable		1
269 custard apple	legal	fruit	aka: sharifa or cherimoya	2
270 cyclamate	legal	sweetener	Better alternative than saccharine, because it has no aftertaste. Was suspected of cancer in 1966.	2
271 date sugar	illegal	sweetener		2
48 dates	legal	fruit	only loose california or Medjool dates - no sticky dates as these are sweetened	1
272 Decaffeinated Products	illegal	beverage	process may introduce questionables	2

159	dextrose	illegal	sweetener	although a monosaccharide, they are often packaged with other sugars that aren't on the label	1
125	diet soft drink, aspartame or Nutri-Sweetener	illegal/legal	beverage	should be avoided if possible as may contain lactose. Otherwise 1 per week	1
124	diet soft drink, saccharin	legal	beverage	2-3 a week	1
126	diet soft drink, any other sweetener	illegal	beverage		1
119	dill pickles	legal	vegetable	w/o added sugars, etc.	1
97	dried milk solids	illegal	dairy		1
273	drumsticks	illegal	vegetable	aka: okra, bhindi	2
9	dry curd cottage cheese	legal	dairy		1
274	durum flour	illegal	starch	it's a wheat flour	2
275	echinacea	legal	supplement	Especially if it is in Alcohol, but even it is in pill form with a bit of lactose. It can be very helpful if a cold or flu is coming on.	2
176	Edam cheese	legal	cheese	occasionally - not shredded / grated	1
24	eggplant	legal	vegetable		1
7	eggs	legal	meat		1
131	elemental spices	legal	spice/herb	cinnamon, nutmeg, etc	1
276	EMPower	illegal	supplement	has many illegal ingredients	2
102	enzyme treated milk	illegal	dairy	except as noted in book, ch 9	1
277	ethanol	legal	beverage	aka: alcohol -the kind in gin, etc.	2
278	evaporated cane juice	illegal	sweetener	aka: sugar	2
279	ezekiel bread	illegal	starch	sprouted grain breads are illegal	2
280	faba (fava) beans	illegal	bean	aka: broad bean, fava, horse bean, field bean, tic, Windsor, English, fool, foul, ful, feve, haba, habas and butter bean. See note on lima beans for additional confusion.	2,3
476	Faygo Sparkling Waters	legal	beverage	ingredients: carbonated water, natural flavor	5
281	fenugreeek	illegal	spice/herb		2
193	feta cheese	illegal	cheese		1
283	figs	legal	fruit	can be difficult to digest & laxative	2

70 filberts aka: hazelnuts	legal	nut	mixes not allowed	1
5 fish	legal	meat	Fresh and frozen. Check the labels carefully for additives.	1,2
285 flax seed	illegal	misc		2
284 flax seed oil	legal	oil	in small amounts	2
286 flour	illegal	starch		2
96 fluid milk of any kind	illegal	dairy	but can be used in making yoghurt	1
287 fowl	legal	meat	all types including turkey, chicken, duck, goose, pheasant, pigeon, etc. Fresh and frozen. Check the labels carefully for additives.	2
288 frozen concentrated orange juice	illegal	fruit	concentrating makes it illegal	2
160 fructooligosaccharides (FOS)	illegal	starch	see SCD book	1
128 fructose (granulated or liquid)	illegal	sweetener	although a monosaccharide, they are often packaged with other sugars that aren't on the label	1
236 fruits, canned	illegal/legal	fruit	only if own juice	2
289 garbanzo beans	illegal	bean	aka: chickpea, ceci bean, bengal gram, hummus, chana, channa	2
290 garfava flour	illegal	bean	made from garbanzo and fava beans	2
25 garlic	legal	vegetable	fresh - powders have starches	1,2
133 garlic powder	illegal	spice/herb	starch base - make home made	1
292 gelatin (unflavored)	legal	thickener		2
293 ghee	legal	dairy	aka: clarified butter	2
460 gin	legal	beverage	occasionally	1
294 ginger	legal	spice/herb		2
194 Gjetost cheese	illegal	cheese		1
129 glucose	illegal	sweetener	although a monosaccharide, they are often packaged with other sugars that aren't on the label	1
295 glucose candy	illegal	misc		2
296 glycerin	legal	misc	widely used additive for food, cosmetics, etc.	2
297 glycerol	legal	misc	widely used additive for food, cosmetics, etc.	2
298 goatein	illegal	supplement	a protein powder	2

177	Gorgonzola cheese	legal	cheese	occasionally - not shredded / grated	1
178	Gouda cheese	legal	cheese	occasionally - not shredded / grated	1
84	grape juice, white or dark	legal	beverage	not frozen. Welche's purple and white best.	1
49	grapefruit	legal	fruit	fresh	1
83	grapefruit juice	legal	beverage	fresh only	1
299	grapefruit juice	legal	fruit	Frozen or canned not allowed. Dilute to drink.	2
50	grapes	legal	fruit		1
300	grapeseed oil	legal	oil		2
464	great northern bean	illegal	bean	aka: cannellini, white kidney, fazolia	3
431	green bean	legal	vegetable	aka: string bean	2
179	Gruyere cheese	legal	cheese	freely - not shredded / grated	1
291	guar gum	illegal	thickener		2
302	gums	illegal	misc	all gums are illegal	2
303	ham	illegal/legal	meat	only if cured with salt and legal sweeteners. Check label or get custom smoked.	2
163	hard liquors: gin, rye, scotch, bourbon, vodka, etc.	legal	beverage	occasionally	1
166	hard liquor	legal	beverage	occasionally	1
304	haricot beans	legal	bean	aka: navy bean, white	2
180	Havarti cheese	legal	cheese	freely - not shredded / grated	1
282	hazelnuts (filberts)	legal	nut		2
305	hemp seed, hemp protein powder	illegal	misc		2
306	HN-Zyme	legal	supplement		2
95	honey	legal	sweetener	preferably clear, commercial or local. Avoid cloudy as contains pollen.	1
307	horseradish sauce	legal	condiment	if home made or trusted bought	2
308	hot dogs, commercial	illegal	meat	unless home made	2
309	hydrolyzed protein aka: MSG	illegal	spice/herb		2
149	ice cream	illegal	dairy		1
310	inositol	illegal	misc	only small amount in supplements are okay	2
145	instant soup mixes / bases	illegal	misc		1
311	inulin	illegal	misc	Inulin is a FOS	2
312	iron supplements	illegal	supplement		2

313 isoglucose	illegal	sweetener		2
314 jaggery aka: gur	illegal	sweetener	an unrefined sugar	2
315 jalapenos	legal	vegetable		2
316 jicama	illegal	vegetable		2
88 juice boxes	illegal	beverage	regardless of ingredients	1
317 juice from concentrate (any)	illegal	fruit		2
469 Kala chana - small chickpea w/ brown skin	illegal	bean	aka: chickpea, ceci bean, bengal gram, hummus, chana, channa	2,4
26 kale	legal	vegetable		1
318 kefir	legal	dairy	but not recommended. See BTVC site.	2
118 ketchup, commercial	illegal	condiment		1
117 ketchup, home made	legal	condiment		1
320 kidney beans - aka: red bean, Rajma dal	legal	bean		2
321 kimchi	legal	vegetable		2
51 kiwi	legal	fruit		1
322 kohlrabi	illegal	vegetable		2
323 kudzu (or kuzu)	illegal	spice/herb	it's a mucilaginous herb	2
52 kumquats	legal	fruit		1
324 KyoGreen powder	illegal	supplement		2
327 Lactaid Milk	illegal	dairy	aka: lactose hydrolyzed milk	2
2 lamb	legal	meat	Fresh and frozen. Check the labels carefully for additives.	1,2
329 lecithin	legal	supplement		2
328 leek	legal	vegetable		2
53 lemons	legal	fruit		1
154 lentil flour	illegal	bean	must be soaked before grinding - bought varieties are not.	1
15 lentils - aka: lens, masoor	legal	vegetable	see prep guidelines in book	1
27 lettuce of all kinds	legal	vegetable		1
326 leucine	legal	supplement		2
330 licorice	illegal	spice/herb	both a demulcent & laxative	2
331 lignin	illegal	supplement		2
28 lima beans - fresh or dried.	legal	bean	aka: madagascar, wax, butter beans - but be careful as favas (illegal) can be called "butter beans" as well.	1,3
181 Limburger cheese	legal	cheese	occasionally - not shredded / grated	1
54 limes	legal	fruit		1

332	liquid clorychlorophyll	illegal	supplement		2
325	L-Theanine	legal	supplement		2
333	macadamia nuts	legal	nut		2
334	macadamia oil	legal	oil	makes great mayo, says Deb	2
335	magnesium citrate	legal	supplement	as a supplement ingredient	2
336	magnesium stearate	legal	supplement	as a supplement ingredient	2
337	malitol	illegal	sweetener	sorbitol, mannitol and xylitol are all sugar alcohols	2
338	maltodextrin	illegal	misc		2
339	manchego cheese	legal	cheese	no note on site re: frequency	2
55	mangoes	legal	fruit		1
340	mannitol	illegal	sweetener	sorbitol, mannitol and xylitol are all sugar alcohols	2
152	maple syrup	illegal	sweetener		1
114	margarine	illegal	diary	milk solids, whey	1
341	marshmallow	illegal	spice/herb	A mucilaginous herb	2
472	Masoor dal (dhal, dahl, daal, daar)	legal	bean	aka: red lentil	2,4
342	mastic gum	illegal	misc		2
343	mead - home made	legal	beverage	not commercial	2
344	meats - canned	illegal	meat		2
345	meats - processed	illegal	meat		2
158	medications with added carbohydrates	illegal/legal	misc	avoid if possible	1
346	melatonin	illegal	misc		2
56	melons - all types	legal	fruit		1
347	millet	illegal	starch		2
348	miso	illegal	starch		2
230	mixed nuts	illegal	nut	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.	2
150	molasses	illegal	sweetener		1
349	molo-cure	illegal	misc		2
182	Montery Jack cheese	legal	cheese	occasionally - not shredded / grated	1
195	Mozzarella cheese	illegal	cheese		1
350	MSG - aka: hydrolyzed protein	illegal	spice/herb		2
351	mucilaginous herbs	illegal	spice/herb		2
352	mucilaginous polysaccharides	illegal	spice/herb		2
183	Muenster cheese	legal	cheese	occasionally - not shredded / grated	1

353 mung bean	illegal	bean	aka: mung dal, mash bean, munggo, monggo, green gram, golden gram, green soy	2
470 mung dal (dhal, dahl, daal, daar)	illegal	bean	aka: mung bean, mash bean, munggo, monggo, green gram, golden gram, green soy	2,4
29 mushrooms	legal	vegetable		1
116 mustard, plain	legal	condiment	not gourmet - read label	1
355 natural cheeses	legal	cheese	see specific varieties for more	2
354 natural flavors	illegal	misc	Natural flavoring can be used to refer to anything.	2
14 navy beans - aka: white, haricot, yankee, white pea bean, boston, small white bean, fajioli	legal	bean	see prep guidelines in book	1,3
57 nectarines	legal	fruit		1
356 nettles	illegal	spice/herb		2
196 Neufchatel cheese	illegal	cheese		1
357 noni juice	illegal	fruit		2
358 nutmeg	legal	spice/herb		2
76 nuts in mixtures	illegal	nut	have added starch	1
359 oats	illegal	starch		2
360 okra	illegal	vegetable	aka: bhindi, drumsticks	2
112 olive oil	legal	oil	highly recommended	1
120 olives	legal	vegetable	w/o added sugars, etc.	1
132 onion powder	illegal	spice/herb	starch base - make home made	1
30 onions	legal	vegetable	fresh - powders have starches	1,2
82 orange juice	legal	beverage	fresh squeezed - not frozen, but avoid in the a.m. Never from concentrate. Tropicana original has been checked out okay.	1
58 oranges	legal	fruit		1
361 oregano	legal	spice/herb		2
59 papayas	legal	fruit		1
362 Pappadum	illegal	misc	They are an Indian snack made from lentils - they're like a chip. Also contains rice flour	2
363 paprika	legal	spice/herb		2
184 Parmesan cheese	legal	cheese	occasionally - not shredded / grated	1
31 parsley	legal	vegetable		1
365 parsnips	illegal	vegetable	formerly legal	2

364	passion fruit	legal	fruit		2
136	pasta, all kinds	illegal	starch		1
366	Pau d'Arco	illegal	beverage	aka: bark tea	2
367	pea flour	illegal	vegetable	I imagine it's because it's unsoaked	2
60	peaches	legal	fruit		1
74	peanut butter, natural	legal	nut	without additives of any kind	1
368	peanut oil	legal	oil		2
61	pears	legal	fruit		1
32	peas	legal	vegetable		1
68	pecans	legal	nut	mixes not allowed	1
148	pectin	illegal	thickener		1
369	pectin	illegal	thickener		2
33	peppers	legal	vegetable	Green, yellow, red, jalapeno, habanera, chili, poblano, relleno, etc.	1
370	Peptizyde	legal	supplement		2
371	persimmons	legal	fruit		2
377	Phosphatidylcholine	legal	supplement	found in eggs	2
372	pickels, dill	legal	vegetable	check label or make your own	2
374	pignoli - aka: pine nuts	legal	misc	hard to digest	2
373	pine nuts - aka: pignoli	legal	misc	hard to digest	2
85	pineapple juice	legal	beverage	canned, frozen or fresh w/o sugar	1
62	pineapples	legal	fruit		1
375	pinto beans	illegal	bean	even with soaking, has wrong kind of starch	2
376	Pistachio nuts	legal	nut	not roasted salted as they tend to have starch. Buy raw, unsalted and roast at home.	2
378	plantains	illegal	fruit	too much starch	2
379	plums	legal	fruit		2
380	Polysorbate 80	illegal	supplement		2
381	pomegranate concentrate	illegal	fruit		2
3	pork	legal	meat	Fresh and frozen. Check the labels carefully for additives.	1,2
382	pork rinds	legal	misc	check label - plain w/ no added flavorings	2
185	Port du Salut cheese	legal	cheese	occasionally - not shredded / grated	1
383	port wine	illegal	beverage	full of sugar	2

107 postum	illegal	beverage		1
384 Potassium Sorbate	legal	supplement	supplement ingredient	2
385 potatoes of all kinds	illegal	starch		2
4 poultry	legal	meat	Fresh and frozen. Check the labels carefully for additives.	1,2
387 Primal Defense	illegal	supplement		2
197 Primost cheese	illegal	cheese		1
199 Processed cheese	illegal	cheese		1
388 protein powder	illegal	supplement		2
389 provolone cheese	legal	cheese	no indication of how often	2
63 prunes	legal	fruit		1
390 Psyllium husks - aka: ispaghula	illegal	misc	main ingredient in many laxatives	2
34 pumpkin	legal	vegetable	fresh - not canned	1
391 Quinoa	illegal	misc	a seed	2
392 Quorn	illegal	supplement		2
64 raisins	legal	fruit	preferably dark	1
473 rajma dal (dhal, dahl, daal, daar)	legal	bean	aka: kidney bean, red bean	2,4
65 rhubarb	legal	misc	can be laxative	1
393 rice - white or brown	illegal	starch		2
394 rice bran	illegal	supplement	unless unavoidable in a supplement	2
395 rice flour	illegal	starch		2
198 Ricotta cheese	illegal	cheese		1
75 roasted peanuts in the shell	legal	nut	shelled are illegal. Mixes are illegal	1
187 Romano cheese	legal	cheese	occasionally - not shredded / grated	1
186 Roquefort cheese	legal	cheese	occasionally - not shredded / grated	1
396 rosemary	legal	spice/herb		2
397 Rutabaga	legal	vegetable	aka: swede - very fibrous, go easy	2
461 rye (the drink)	legal	beverage	occasionally	1
398 rye (the grain)	illegal	starch		2
94 saccharin	legal	sweetener		1
399 Saccharine	legal	sweetener		2
111 safflower oil	legal	oil		1
400 sage	legal	spice/herb		2
140 sago starch	illegal	thickener		1

401 sake	illegal	beverage	not distilled and therefore contains sugars	2
402 salt	legal	spice/herb	Ordinary iodized table salt, altho it sometimes has dextrose, is legal because it is important to get that iodine.	2
403 sashimi	legal	meat	plain, w/o rice etc.	2
404 saurkraut	legal	vegetable	only for advanced SCDers	2
462 scotch	legal	beverage	occasionally	1
405 seaweed	illegal	thickener		2
406 seed butters	legal	misc	in very limited amounts - see web	2
157 seeds	illegal/legal	nut	only 3 months after last symptom has dissapeared	1
407 seeds	legal	misc	okay after 3 months of no symptoms	2
410 sesame oil	legal	oil		2
408 sesame seeds	legal	misc	okay after 3 months of no symptoms	2
411 Sharifa	legal	fruit	aka: custard apple, cherimoya	2
6 shellfish	legal	meat	Fresh and frozen. Check the labels carefully for additives. 1,2	
412 sherry	illegal	beverage		2
164 sherry, cordials, liqueurs or brandy	illegal	beverage		1
413 silica	legal	supplement		2
414 Silicon Dioxide	legal	supplement		2
415 slippery elm	illegal	misc	mucilaginous	2
416 smoked meats	illegal/legal	meat	unless you are certain of ingredients - i.e. you know the smoker or make your own.	2
417 Sodium Benzoate	legal	supplement	supplement ingredient	2
418 Sodium starch glycinatate	illegal	misc		2
419 sorbitol	illegal	sweetener	sorbitol, mannitol and xylitol are all sugar alcohols	2
100 sour cream, commercial	illegal	dairy		1
420 soy	illegal	starch		2
421 Soy Lecithin	illegal	misc		2
422 soy sauce	illegal	condiment	aka: tamari	2
103 soybean milk	illegal	dairy		1
423 soybean milk	illegal	beverage		2
109 soybean oil	illegal	oil	website trumps book	2

424 soybeans	illegal	starch		2
425 spelt	illegal	starch		2
426 spice mixes	illegal	spice/herb	most contain starches	2
130 spice mixtures	illegal	spice/herb	apple pie, curry, etc	1
35 spinach	legal	vegetable		1
427 Spirulina	illegal	supplement		2
428 Splenda	illegal	sweetener		2
16 split peas	legal	vegetable	see prep guidelines in book	1
127 sports drinks	illegal	beverage		1
429 Sprouted Grain Bread	illegal	misc		2
36 squash	legal	vegetable	summer and winter	1
141 starches of any kind	illegal	starch		1
430 Stevia	illegal	sweetener		2
188 Stilton cheese	legal	cheese	occasionally - not shredded / grated	1
37 string beans	legal	vegetable	aka: green bean	1
432 Sucralose	illegal	sweetener		2
146 sugar	illegal	sweetener	aka: table sugar, white sugar, refined sugar, evaporated cane juice.	1
433 Sulphates	legal	misc	used on fruits to prevent discoloring	2
110 sunflower oil	legal	oil		1
434 swede - aka: rutabaga	legal	vegetable	very fibrous, go easy	2
386 sweet potato - aka: yam	illegal	starch		2
189 Swiss cheese	legal	cheese	freely - not shredded / grated	1
435 Tabasco sauce	legal	condiment	Only the original red Tabasco sauce, labeled 'McIlhenny Company Tabasco Brand Pepper Sauce' is legal but check the label.	2
436 Tagatose	illegal	sweetener		2
409 tahini - aka: sesame seed butter	legal	misc	okay after 3 months of no symptoms	2
437 Tamari	illegal	condiment	aka: soy sauce	2
438 Tamarind	illegal	fruit		2
66 tangerines	legal	fruit		1
439 tapioca	illegal	starch		2
139 tapioca starch	illegal	thickener		1
441 taro	illegal	starch		2
440 tarragon	legal	spice/herb		2

301 tea, green	legal	beverage	limited to 2 cups / day	2
104 tea, instant	illegal	beverage		1
92 tea, peppermint	legal	beverage	read label	1
93 tea, spearmint	legal	beverage		1
89 tea, weak	legal	beverage	Ordinary black tea is legal but should be made weak. Instant tea, Ojibwa tea (Essiac), many herbal teas, teas made from bark etc., are illegal. Peppermint and spearmint herb teas are legal, as well as home made ginger tea.	1,2
91 teas, herbal	illegal	beverage	tend to be laxative	1
442 Thyme	legal	spice/herb		2
444 tofu	illegal	starch		2
443 Tofutti cheese	illegal	misc		2
77 tomato juice	legal	beverage	only salt added. No V-8.	1
81 tomato juice mixtures	illegal	beverage		1
78 tomato paste, canned	illegal	vegetable		1
80 tomato puree, canned	illegal	vegetable		1
79 tomato sauce, canned	illegal	vegetable		1
38 tomatoes	legal	vegetable		1
467 Toor dal (dhal, dahl, daal, daar)	unknown	bean	aka: yellow pigeon pea	4
445 Triticale	illegal	starch		2
446 Turbinado	illegal	sweetener		2
39 turnips	illegal	vegetable	previously legal	1
190 Uncreamed cottage cheese aka: dry curd cottage cheese	legal	cheese	freely - not shredded / grated	1
115 unflavored gelatin	legal	misc		1
72 unroasted cashews	legal	nut	mixes not allowed	1
471 urad dal (dhal, dahl, daal, daar)	unknown	bean	aka: urd bean, urd, urid, black gram, black lentil or white lentil	2,4
448 V8 juice	illegal	beverage		2
475 val dal (dhal, dahl, daal, daar)	illegal	bean	aka: split lab beans, bonavist, Egyptian, Fugi mame, India bean, hyacinth, field, avarekai, fava	4
447 Vanillin	legal	spice/herb	but not in pure form	2
449 Vegetable stearate	legal	misc		2
237 vegetables, canned	illegal	vegetable	none - must be fresh or frozen	2

122 vinegar, apple cider	legal	spice/herb	Not gourmet as these have added sugars. Must be filtered.	1
123 vinegar, red or white wine	legal	spice/herb	not gourmet as these have added sugars	1
121 vinegar, white	legal	spice/herb	not gourmet as these have added sugars	1
463 vodka	legal	beverage	occasionally	1
450 walnut oil	legal	oil	doesn't withstand heat well	2
71 walnuts	legal	nut	mixes not allowed	1
451 wasabi	legal	condiment	w/o additives or fillers	2
452 water chestnuts	illegal	starch		2
40 watercress	legal	vegetable		1
453 watermelon	legal	fruit		2
454 wheat	illegal	starch		2
455 wheat germ	illegal	starch		2
466 white kidney bean	illegal	bean	aka: cannellini, great northern, fazolia	3
162 wine, very dry	legal	beverage		1
474 Wright's liquid smoke	illegal	misc		5
456 Xanthum gum	illegal	misc		2
457 Xylitol	illegal	sweetener	sorbitol, mannitol and xylitol are all sugar alcohols	2
458 yam - aka: sweet potato	illegal	starch		2
101 yoghurt, commercial	illegal	dairy	except as a starter for home made yoghurt. Danon plain is good. Check label.	1
8 yoghurt, home made	legal	dairy	processed at least 24 hrs. Milk and cream are okay. Cow or goat.	1
459 yucca root	illegal	vegetable		2
264 zucchini - aka: courgette	legal	vegetable		2

#### sources

1. Breaking the Vicious Cycle. Intestinal Health Through Diet. 10th anniversary edition. 2004.
2. BTVC official website. [www.breakingtheviciouscycle.info](http://www.breakingtheviciouscycle.info) , legal/illegal listings
3. UCLBS website: [uclbs.org/tidbits/beans/](http://uclbs.org/tidbits/beans/)
4. Wikipedia : [en.wikipedia.org](http://en.wikipedia.org)
5. Inquired directly from manufacturer. Includes no gums, thickeners, starches or sweeteners.