

SCD FOODS DATABASE

compiled by Paul Stocker of eatingSCD.com.

Updated January 7, 2011

item	legality	note	source *
acidophilus milk, commercial	illegal		1
agar-agar (gelatin made from seaweed)	illegal	a thickener, among other things.	1
agave syrup	illegal		2
algae	illegal	aggravates an already disturbed immune system.	2
allspice	legal	As long as you're just using Allspice as a cooking spice, it's legal. Don't use the oil.	2
almond butter	legal	almond butter w/ no added sugar	2
almond milk, home made	legal	<= 8 oz daily if consuming almond baked goods. May be tried after being on diet for 6 months.	1,2
almond oil	legal		2
almonds	legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.	1,2
aloe vera	illegal	It contains mucilaginous polysaccharides.	2
amaranth flour	illegal	A grain substitute that contains starches.	2
anchovies	legal	check label	
apple cider	legal	from a local grower - w/o sugars. Cider should be diluted with water before drinking.	1
apple juice	illegal	poor labeling - unlisted sugars	1
apples	legal		1
apricots	legal		1
arrowroot	illegal	It is a mucilaginous herb.	1,2
artichoke	legal	french - not jerusalem which looks like a tuber	1
ascorbic acid (vitamin C)	legal	should be nothing but vitamin C	2
asiago cheese	legal	occasionally - not shredded / grated	1
asparagus	legal		1
aspartame	legal	bad stuff - don't use it anyways	2
aspartic acid	legal	an amino acid	2
astragalus	illegal		2

item	legality	note	source *
avocado oil	legal	Good for mayonnaise and salad dressings but might not withstand heat very well	2
avocados	legal		1
bacon	illegal/legal	Commercial smoked 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
baker's yeast	illegal	aka: Saccharomyces cerevisae. In brewing, AKA "top-fermenting yeast and sometimes "ale yeast".	2, 4
baking powder	illegal	Has starch as an ingredient, (usually corn starch) and other illegals to make it rise better.	1,2
baking soda	legal		1
balsamic vinegar	illegal/legal	Cheap versions are imitation and illegal. Authentic balsamic vinegar is at least 18 years old and quite expensive, but legal. You can make your own - see www.scdrecipe.com .	2
bananas	legal	ripe with black spots beginning to appear on skin - no green ends	1
bark tea	illegal	acts as a laxative.	2
barley	illegal		2
basil	legal		2
bay leaf	legal		2
bean flour	illegal	must be soaked before grinding - bought varieties are not.	1
bean sprouts	illegal		2
bee pollen	illegal	Pollen is irritating to a damaged gut.	2
beef	legal	Fresh and frozen. Check the labels carefully for additives.	1,2
beer	illegal		1
beets	legal		1
berries of all kinds	legal	including blueberries	1
bhindi	illegal	A mucilaginous food. Aka: okra, drumsticks	2
bitter gourd	illegal		2
black azuki bean	illegal	aka: black adzuki, black aduki, asuki	3
black beans - aka: black turtle, turtle, turtle soup bean, mexican black bean, spanish black bean, frijole negro.	legal	May be tried when symptom free. see prep guidelines in book	2,3

item	legality	note	source *
black eye beans	illegal		2
black radish	legal	It is very fibrous, so go slowly and be careful.	2
blue cheese	legal	occasionally - not shredded / grated	1
boiled chestnuts	legal	mixes not allowed	1
bok choy	legal	Introduce late in diet.	2
bologna	illegal		2
bouillon cubes	illegal		1
bourbon	legal	occasionally	2
brazil nuts	legal	mixes not allowed	1
brick cheese	legal	freely - not shredded / grated	1
brie cheese	legal	occasionally - not shredded / grated	1
broccoli	legal		1
brussels sprouts	legal		1
buckwheat	illegal		2
bulgur	illegal		2
burdock root	illegal	It contains inulin (FOS) and mucilage.	2
butter	legal	cultured highly recommended	1
butter beans	illegal/legal	see notes on lima and fava (faba) beans	2
buttermilk, commercial	illegal		1
cabbage	legal	Introduce later in diet.	1,2
camembert cheese	legal	occasionally - not shredded / grated	1
canellini beans	illegal		2
canned fish	legal	canned in oil or water, but no broth	1
canola oil	illegal	website trumps book	2
cantaloupe	legal		2
capers	legal		2
carob	illegal		1
carrageenan	illegal	Carrageenan is seaweed and high in polysaccharides, therefore illegal.	2
carrots	legal		1
catsup, home made	legal		2

item	legality	note	source *
cauliflower	legal	Introduce later in diet.	1,2
celeriac aka: celery root	legal	Very fibrous, Introduce late in diet.	2
celery	legal		1
cellulose (in supplements)	legal	Cellulose in your supplements is okay and virtually impossible to avoid.	2,6
cellulose gum	illegal		2
cereals	illegal		2
chana dal (dhal, dahl, daal, daar)	illegal	aka: chickpea, ceci bean, bengal gram, hummus, chana, channa	2,4
chard (red, green, rainbow, swiss)	legal	Similar to spinach/celery. Introduce late in diet.	2
cheddar cheese, medium	legal	freely - not shredded / grated	1
cheddar cheese, mild	legal	freely - not shredded / grated	1
cheddar cheese, sharp	legal	occasionally - not shredded / grated	1
cherimoya	legal	aka: custard apple or sharifa.	2
cherries	legal		1
chestnut flour	illegal/legal	store bought is illegal. Nuts must be soaked like beans before making into flour.	2
chestnuts	legal	May be tried when symptom free. However, if you buy dried chestnuts, soak them and cook them until soft.	2
chevre cheese	illegal		2
chewing gum	illegal		2
chia seeds a.k.a silvia seeds, silvia hispanica	illegal	mucilaginous	6,4
chick peas	illegal	aka: garbanzo beans, ceci bean, bengal gram, hummus, chana, channa	2
chickory root	illegal	(previously legal)	2
chlorella	illegal	It is a blue-green algae similar to spirulina	2
chocolate	illegal		1
cilantro	legal		2
cinnamon	legal		2
citric acid	legal	citric acid as and additive is okay	2,6
club soda	legal		1
cocoa	illegal		2

item	legality	note	source *
coconut	legal	Fresh or unsweetened. Shredded and flour are legal	1,2
coconut flour	legal		2
coconut milk, home made	legal		1
coconut oil	legal		2
coffee substitutes	illegal	most have malt added	1
coffee, instant	illegal		1
coffee, very weak	legal		1
colby cheese	legal	freely - not shredded / grated	1
collard greens	legal	of the cabbage family, introduce late in diet.	2
corn	illegal		2
corn oil	legal		1
corn syrup	illegal		1
cornstarch	illegal		1
cottage cheese, regular	illegal		1
courgette - aka: zucchini	legal		2
cranberry juice	legal	Knudsen's Just Cranberry juice, has been checked out legal. Juice should be diluted with water before drinking.	2
cream	illegal	but can be used in making yoghurt	2
cream cheese	illegal		1
cream of tartar	illegal		2
croscarmellose sodium	illegal		2
cucumbers	legal		1
custard apple	legal	aka: sharifa or cherimoya	2
cyclamate	legal	Better alternative than saccharine, because it has no aftertaste. Was suspected of cancer in 1966.	2
date sugar	illegal		2
dates	legal	only loose california or Medjool dates - no sticky dates as these are sweetened	1
decaffeinated products	illegal	process may introduce illegals	2
dextrose	illegal	although a monosaccharide, they are often packaged with other sugars that aren't on the label	1

item	legality	note	source *
diet soft drink, any other sweetener	illegal		1
diet soft drink, aspartame or Nutra-Sweet	illegal/legal	should be avoided if possible as may contain lactose. Otherwise 1 per week	1
diet soft drink, saccharin	legal	2-3 a week	1
dill pickles	legal	w/o added sugars, etc.	1
dried milk solids	illegal		1
drumsticks	illegal	aka: okra, bhindi	2
dry curd cottage cheese	legal		1
durum flour	illegal	it's a wheat flour	2
echinacea	legal	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
edam cheese	legal	occasionally - not shredded / grated	1
eggplant	legal		1
eggs	legal		1
elemental spices	legal	cinnamon, nutmeg, etc	1
EMPower	illegal	has many illegal ingredients	2
enzyme treated milk	illegal	except as noted in book, ch 9	1
ethanol	legal	aka: alcohol -the kind in gin, etc.	2
ethanol	legal	found in supplements	6
evaporated cane juice	illegal	aka: sugar	2
ezekiel bread	illegal	sprouted grain breads are illegal	2
faba (fava) beans	illegal	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
fenugreek	illegal		2
feta cheese	illegal		1
figs	legal	can be difficult to digest & laxative	2
filberts aka: hazelnuts	legal	mixes not allowed	1
fish	legal	Fresh and frozen. Check the labels carefully for additives.	1,2
flax seed	illegal		2

item	legality	note	source *
flax seed oil	legal	in small amounts	2
flour	illegal		2
fluid milk of any kind	illegal	but can be used in making yoghurt	1
food glaze	illegal	found in supplements	6
FOS (fructooligosaccharides)	illegal	found in supplements	6
fowl	legal	all types including turkey, chicken, duck, goose, pheasant, pigeon, etc. Fresh and frozen. Check the labels carefully for additives.	2
frozen concentrated orange juice	illegal	concentrating makes it illegal	2
fructooligosaccharides (FOS)	illegal	see SCD book	1
fructose (granulated or liquid)	illegal	although a monosaccharide, they are often packaged with other sugars that aren't on the label	1
fruits, canned	illegal/legal	only if own juice	2
garbanzo beans	illegal	aka: chickpea, ceci bean, bengal gram, hummus, chana, channa	2
garfava flour	illegal	made from garbanzo and fava (faba) beans	2
garlic	legal	fresh - powders have starches	1,2
garlic powder	illegal	starch base - make home made	1
gelatin (unflavored)	legal		2
ghee	legal	aka: clarified butter	2
gin	legal	occasionally	1
ginger	legal		2
gjetost cheese	illegal		1
glucose	illegal	although a monosaccharide, they are often packaged with other sugars that aren't on the label	1
glucose candy	illegal		2
glycerin	legal	widely used additive for food, cosmetics, etc.	2,6
glycerol	legal	widely used additive for food, cosmetics, etc.	2
goatein	illegal	a protein powder	2
gorgonzola cheese	legal	occasionally - not shredded / grated	1
gouda cheese	legal	occasionally - not shredded / grated	1
grape juice, white or dark	legal	not frozen. Welch's purple and white best.	1

item	legality	note	source *
grapefruit	legal	fresh	1
grapefruit juice	legal	fresh only	1
grapefruit juice	legal	Frozen or canned not allowed. Dilute to drink.	2
grapes	legal		1
grapeseed oil	legal		2
great northern bean	illegal	aka: cannellini, white kidney, fazolia	3
green bean	legal	aka: string bean	2
gruyere cheese	legal	freely - not shredded / grated	1
guar gum	illegal		2
gums	illegal	all gums are illegal	2
ham	illegal/legal	only if cured with salt and legal sweeteners. Check label or get custom smoked.	2
hard liquor	legal	occasionally	1
hard liquors: gin, rye, scotch, bourbon, vodka, etc.	legal	occasionally	1
haricot beans	legal	aka: navy bean, white	2
havarti cheese	legal	freely - not shredded / grated	1
hazelnuts (filberts)	legal		2
hemp seed, hemp protein powder	illegal		2
HN-Zyme	legal		2
honey	legal	preferably clear, commercial or local. Avoid cloudy as contains pollen.	1
horseradish sauce	legal	if home made or trusted bought	2
hot dogs, commercial	illegal	unless home made	2
hydrolyzed protein aka: MSG	illegal		2
ice cream	illegal		1
inositol	illegal	only small amount in supplements are okay	2
instant soup mixes / bases	illegal		1
inulin	illegal	Inulin is a FOS	2
iron supplements	illegal		2
isoglucose	illegal		2
jaggery aka: gur	illegal	an unrefined sugar	2

item	legality	note	source *
jalapenos	legal		2
jicama	illegal		2
juice boxes	illegal	regardless of ingredients	1
juice from concentrate (any)	illegal		2
kala chana - small chickpea w/ brown skin	illegal	aka: chickpea, ceci bean, bengal gram, hummus, chana, channa	2,4
kale	legal		1
kefir	legal	but not recommended. See BTVC site.	2
ketchup, commercial	illegal		1
ketchup, home made	legal		1
kidney beans - aka: red bean, rajma dal	legal		2
kimchi	legal		2
kiwi	legal		1
kohlrabi	illegal		2
kudzu (or kuzu)	illegal	it's a mucilaginous herb	2
kumquats	legal		1
KyoGreen powder	illegal		2
L-leucine aka: leucine	legal	found in supplements	6
L-Theanine	legal		2
Lactaid milk	illegal	aka: lactose hydrolyzed milk	2
lamb	legal	Fresh and frozen. Check the labels carefully for additives.	1,2
lecithin	legal		2
leek	legal		2
lemons	legal		1
lentil flour	illegal	must be soaked before grinding - bought varieties are not.	1
lentils - aka: lens, masoor	legal	see prep guidelines in book	1
lettuce of all kinds	legal		1
licorice	illegal	both a demulcent & laxative	2
lignin	illegal		2
lima beans - fresh or dried.	legal	aka: madagascar, wax, butter beans - but be careful as favas (illegal) can be called "butter beans" as well.	1,3

item	legality	note	source *
limburger cheese	legal	occasionally - not shredded / grated	1
limes	legal		1
liquid clorychlorophyll	illegal		2
macadamia nuts	legal		2
macadamia oil	legal	makes great mayo, says Deb	2
magnesium citrate	legal	as a supplement ingredient	2
magnesium stearate	legal	as a supplement ingredient	2
malitol	illegal	sorbitol, mannitol and xylitol are all sugar alcohols	2
maltodextrin	illegal		2
manchego cheese	legal	no note on site re: frequency	2
mangoes	legal		1
mannitol	illegal	sorbitol, mannitol and xylitol are all sugar alcohols	2
maple syrup	illegal		1
margarine	illegal	milk solids, whey	1
marshmallow	illegal	A mucilaginous herb	2
masoor dal (dhal, dahl, daal, daar)	legal	aka: red lentil	2,4
mastic gum	illegal		2
mead - home made	legal	not commercial	2
meats - canned	illegal		2
meats - processed	illegal		2
medications with added carbohydrates	illegal/legal	avoid if possible	1
melatonin	illegal		2
melons - all types	legal		1
methyl cellulose	legal	found in supplements	6
microcrystalline cellulose	legal	found in supplements	6
millet	illegal		2
miso	illegal		2
mixed nuts	illegal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.	2

item	legality	note	source *
molasses	illegal		1
molo-cure	illegal		2
montery Jack cheese	legal	occasionally - not shredded / grated	1
mozzarella cheese	illegal		1
MSG - aka: hydrolyzed protein	illegal		2
mucilaginous herbs	illegal		2
mucilaginous polysaccharides	illegal		2
muenster cheese	legal	occasionally - not shredded / grated	1
mung bean	illegal	aka: mung dal, mash bean, munggo, monggo, green gram, golden gram, green soy	2
mung dal (dhal, dahl, daal, daar)	illegal	aka: mung bean, mash bean, munggo, monggo, green gram, golden gram, green soy	2,4
mushrooms	legal		1
mustard, plain	legal	not gourmet - read label	1
natural cheeses	legal	see specific varieties for more	2
natural flavors	illegal	Natural flavoring can be used to refer to anything.	2
navy beans - aka: white, haricot, yankee, white pea bean, boston, small white bean, fagioli	legal	see prep guidelines in book	1,3
nectarines	legal		1
nettles	illegal		2
neufchatel cheese	illegal		1
noni juice	illegal		2
nutmeg	legal		2
nuts in mixtures	illegal	have added starch	1
oats	illegal		2
okra	illegal	aka: bhindi, drumsticks	2
olive oil	legal	highly recommended	1
olives	legal	w/o added sugars, etc.	1
onion powder	illegal	starch base - make home made	1
onions	legal	fresh - powders have starches	1,2

item	legality	note	source *
orange juice	legal	fresh squeezed - not frozen, but avoid in the a.m. Never from concentrate. Tropicana original has been checked out okay.	1
oranges	legal		1
oregano	legal		2
papayas	legal		1
pappadum	illegal	They are an Indian snack made from lentils - they're like a chip. Also contains rice flour	2
paprika	legal		2
parmesan cheese	legal	occasionally - not shredded / grated	1
parsley	legal		1
parsnips	illegal	formerly legal	2
passion fruit	legal		2
pasta, all kinds	illegal		1
pau d'arco	illegal	aka: bark tea	2
pea flour	illegal	I imagine it's because it's not soaked	2
peaches	legal		1
peanut butter, natural	legal	without additives of any kind	1
peanut oil	legal		2
pears	legal		1
peas	legal		1
pecans	legal	mixes not allowed	1
pectin	illegal		1
pectin	illegal		2
peppers	legal	Green, yellow, red, jalapeno, habanera, chili, poblano, relleno, etc.	1
Peptizyde	legal		2
persimmons	legal		2
pickels, dill	legal	check label or make your own	2
pignoli - aka: pine nuts	legal	hard to digest	2
pine nuts - aka: pignoli	legal	hard to digest	2
pineapple juice	legal	canned, frozen or fresh w/o sugar	1

item	legality	note	source *
pineapples	legal		1
pinto beans	illegal	even with soaking, has wrong kind of starch	2
pistachio nuts	legal	not roasted salted as they tend to have starch. Buy raw, unsalted and roast at home.	2
plant cellulose	legal	found in supplements	6
plantains	illegal	too much starch	2
plums	legal		2
polysorbate 80	illegal		2
pomegranate concentrate	illegal		2
pork	legal	Fresh and frozen. Check the labels carefully for additives.	1,2
pork rinds	legal	check label - plain w/ no added flavorings	2
port du salut cheese	legal	occasionally - not shredded / grated	1
port wine	illegal	full of sugar	2
posphatidylcholine	legal	found in eggs	2
Postum	illegal		1
potassium sorbate	legal	supplement ingredient	2
potatoes of all kinds	illegal		2
poultry	legal	Fresh and frozen. Check the labels carefully for additives.	1,2
Primal Defense	illegal		2
primost cheese	illegal		1
processed cheese	illegal		1
protein powder	illegal		2
provolone cheese	legal	no indication of how often	2
prunes	legal		1
psyllium husks - aka: ispaghula	illegal	main ingredient in many laxatives	2
pumpkin	legal	fresh - not canned	1
quinoa	illegal	a seed	2
Quorn	illegal		2
raisins	legal	preferably dark	1
rajma dal (dhal, dahl, daal, daar)	legal	aka: kidney bean, red bean	2,4

item	legality	note	source *
raw cashews	legal	mixes not allowed	1
rhubarb	legal	can be laxative	1
rice - white or brown	illegal		2
rice bran	illegal	unless unavoidable in a supplement	2
rice flour	illegal		2
ricotta cheese	illegal		1
roasted peanuts in the shell	legal	shelled are illegal. Mixes are illegal	1
romano cheese	legal	occasionally - not shredded / grated	1
roquefort cheese	legal	occasionally - not shredded / grated	1
rosemary	legal		2
rutabaga	legal	aka: swede - very fibrous, go easy	2
rye (the drink)	legal	occasionally	1
rye (the grain)	illegal		2
saccharin	legal		1
saccharine	legal		2
safflower oil	legal		1
sage	legal		2
sago starch	illegal		1
sake	illegal	not distilled and therefore contains sugars	2
salt	legal	Ordinary iodized table salt, altho it sometimes has dextrose, is legal because it is important to get that iodine.	2
sashimi	legal	plain, w/o rice etc.	2
sauerkraut	legal	only for advanced SCDers	2
scotch	legal	occasionally	1
seaweed	illegal		2
seed butters	legal	in very limited amounts - see web	2
seeds	illegal/legal	only 3 months after last symptom has disappeared	1
seeds	legal	okay after 3 months of no symptoms	2
sesame oil	legal		2
sesame seeds	legal	okay after 3 months of no symptoms	2

item	legality	note	source *
sharifa	legal	aka: custard apple, cherimoya	2
shellfish	legal	Fresh and frozen. Check the labels carefully for additives.	1,2
sherry	illegal		2
sherry, cordials, liqueurs or brandy	illegal		1
silica	legal		2
silica silicon dioxide	legal	found in supplements	6
silicon dioxide aka: silica silicon dioxide	legal		2
silvia seed a.k.a., silvia hispanica, chia seeds	illegal	mucilaginous	6,4
slippery elm	illegal	mucilaginous	2
smoked meats	illegal/legal	unless you are certain of ingredients - i.e. you know the smoker or make your own.	2
sodium benzoate	legal	supplement ingredient	2
sodium starch glycolate	illegal		2
sorbitol	illegal	sorbitol, mannitol and xylitol are all sugar alcohols	2
sour cream, commercial	illegal		1
soy	illegal		2
soy lecithin	illegal		2
soy sauce	illegal	aka: tamari	2
soybean milk	illegal		1
soybean milk	illegal		2
soybean oil	illegal	website trumps book	2
soybeans	illegal		2
sparkling water a.k.a. seltzer water	legal	ingredients: only carbonated water	4
spelt	illegal		2
spice mixes	illegal	most contain starches	2
spice mixtures	illegal	apple pie, curry, etc	1
spinach	legal		1
spirulina	illegal		2
Splenda	illegal		2
split peas	legal	see prep guidelines in book	1

item	legality	note	source *
sports drinks	illegal		1
sprouted grain bread	illegal	Ezekiel bread, for instance	2
squash	legal	summer and winter	1
starches of any kind	illegal		1
stevia	illegal		2
stilton cheese	legal	occasionally - not shredded / grated	1
string beans	legal	aka: green bean	1
Sucralose	illegal		2
sugar	illegal	aka: table sugar, white sugar, refined sugar, evaporated cane juice.	1
sulphates	legal	used on fruits to prevent discoloring	2
sunflower oil	legal		1
swede - aka: rutabaga	legal	very fibrous, go easy	2
sweet potato - aka: yam	illegal		2
swiss cheese	legal	freely - not shredded / grated	1
Tabasco sauce	legal	Only the original red Tabasco sauce, labeled 'McIlhenny Company Tabasco Brand Pepper Sauce' is legal but check the label.	2
Tagatose	illegal		2
tahini - aka: sesame seed butter	legal	okay after 3 months of no symptoms	2
tamari	illegal	aka: soy sauce	2
tamarind	illegal		2
tangerines	legal		1
tapioca	illegal		2
tapioca flour	illegal	found in supplements	6
tapioca starch	illegal		1
taro	illegal		2
tarragon	legal		2
tea, green	legal	limited to 2 cups / day	2
tea, instant	illegal		1
tea, peppermint	legal	read label	1
tea, spearmint	legal		1

item	legality	note	source *
tea, weak	legal	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
teas, herbal	illegal	tend to be laxative	1
thyme	legal		2
tofu	illegal		2
Tofutti cheese	illegal		2
tomato juice	legal	only salt added. No V-8.	1
tomato juice mixtures	illegal		1
tomato paste, canned	illegal		1
tomato puree, canned	illegal		1
tomato sauce, canned	illegal		1
tomatoes	legal		1
toor dal (dhal, dahl, daal, daar)	unknown	aka: yellow pigeon pea	4
Triticale	illegal		2
turbinado	illegal		2
turnips	illegal	previously legal	1
uncreamed cottage cheese aka: dry curd cottage cheese	legal	freely - not shredded / grated	1
unflavored gelatin	legal		1
urad dal (dhal, dahl, daal, daar)	unknown	aka: urd bean, urd, urid, black gram, black lentil or white lentil	2,4
V8 juice	illegal		2
val dal (dhal, dahl, daal, daar)	illegal	aka: split lab beans, bonavist, Egyptian, Fugi mame, India bean, hyacinth, field, avarekai, fava	4
vanillin	legal	but not in pure form	2
vegetable cellulose	legal	found in supplements	6
vegetable stearate	legal	a vegetable fat	2
vegetables, canned	illegal	none - must be fresh or frozen	2
vinegar, apple cider	legal	not gourmet as these have added sugars. Must be filtered.	1
vinegar, red or white wine	legal	not gourmet as these have added sugars	1

item	legality	note	source *
vinegar, white	legal	not gourmet as these have added sugars	1
vodka	legal	occasionally	1
walnut oil	legal	doesn't withstand heat well	2
walnuts	legal	mixes not allowed	1
wasabi	legal	w/o additives or fillers	2
water chestnuts	illegal		2
watercress	legal		1
watermelon	legal		2
wheat	illegal		2
wheat germ	illegal		2
white kidney bean	illegal	aka: cannellini, great northern, fazolia	3
wine, very dry	legal		1
Wright's liquid smoke	legal		5
xanthum gum	illegal		2
xylitol	illegal	sorbitol, mannitol and xylitol are all sugar alcohols	2
yam - aka: sweet potato	illegal		2
yoghurt, commercial	illegal	except as a starter for home made yoghurt. Danon plain is good. Check label.	1
yoghurt, home made	legal	processed at least 24 hrs. Milk and cream are okay. Cow or goat.	1
yucca root	illegal		2
zuchinni - aka: courgette	legal		2

* SOURCES:

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