

what is the scd diet food list

The SCD diet food list is an essential component of the Specific Carbohydrate Diet (SCD), which aims to manage various gastrointestinal disorders, particularly in individuals with conditions such as Crohn's disease, ulcerative colitis, celiac disease, and irritable bowel syndrome (IBS). The SCD diet focuses on eliminating specific carbohydrates that are believed to contribute to digestive issues, thereby allowing the gut to heal and promoting a healthier microbiome. In this article, we will explore the SCD diet food list, including what foods are allowed, what to avoid, and how to incorporate this diet into your daily life.

Understanding the SCD Diet

The Specific Carbohydrate Diet was developed by Dr. Sidney Haas in the 1920s and later popularized by Elaine Gottschall in her book "Breaking the Vicious Cycle." The underlying principle of the diet is that certain carbohydrates can be difficult for the body to digest and can lead to a proliferation of harmful bacteria in the intestines. By removing these carbohydrates and focusing on easily digestible foods, the diet aims to restore gut health and alleviate symptoms.

The SCD diet is divided into two phases:

1. **Introductory Phase:** This is a stricter phase that lasts approximately three to five days. It is designed to help the digestive system adjust to the new dietary changes.
2. **Full SCD:** After the introductory phase, individuals can gradually introduce more foods while maintaining the principles of the diet.

SCD Diet Food List

The SCD diet food list primarily includes whole, unprocessed foods that are free from specific carbohydrates. Below is a detailed breakdown of what is permitted and what should be avoided.

Foods to Include

1. Fruits and Vegetables

- Allowed Fruits:
 - Apples
 - Bananas
 - Berries (strawberries, blueberries, raspberries)
 - Grapes
 - Oranges
 - Peaches
 - Pears
- Allowed Vegetables:
 - Carrots
 - Zucchini
 - Spinach

- Broccoli
- Cauliflower
- Asparagus
- Bell peppers (in moderation)

2. Proteins

- Meat and Poultry:
 - Beef
 - Chicken
 - Turkey
 - Pork
 - Lamb
- Fish and Seafood:
 - Salmon
 - Tuna
 - Shrimp
 - Cod
- Eggs: Whole eggs are a great source of protein and can be included in various dishes.

3. Dairy Products

- Allowed Dairy:
 - Homemade yogurt (fermented for 24 hours)
 - Hard cheeses (cheddar, Parmesan)
 - Cottage cheese (in moderation)

Note: Many people on the SCD diet find they can tolerate certain dairy products, but it's essential to monitor individual responses.

4. Nuts and Seeds

- Allowed Nuts:
 - Almonds
 - Walnuts
 - Pecans
- Allowed Seeds:
 - Sunflower seeds
 - Pumpkin seeds

Nut flours (such as almond flour) are also permitted for baking.

5. Fats and Oils

- Healthy Fats:
 - Olive oil
 - Coconut oil
 - Avocado oil

- Butter (preferably grass-fed)

Foods to Avoid

It is critical to avoid certain foods that contain high levels of specific carbohydrates. These include:

- Grains:
 - Wheat
 - Rice
 - Corn
 - Barley
 - Oats
 - Quinoa
- Legumes:
 - Lentils
 - Beans (including black beans, kidney beans, and chickpeas)
 - Peas
- Dairy (certain types):
 - Milk (except for homemade yogurt and some hard cheeses)
 - Ice cream
 - Soft cheeses
- Processed Foods:
 - Anything containing additives, preservatives, or refined sugars
 - Packaged snacks
 - Sugary beverages
- Certain Vegetables:
 - Potatoes
 - Corn
 - Sweet potatoes

Tips for Following the SCD Diet

Adopting the SCD diet can be challenging, especially if you are accustomed to a standard diet. Here are some tips to help you transition smoothly:

1. Meal Planning

Planning meals in advance can significantly ease the transition. Consider creating a weekly menu that incorporates allowed foods, which can help you avoid unintentional slip-ups.

2. Cooking from Scratch

Whenever possible, cook meals from scratch to control the ingredients. This not only ensures that you are adhering to the diet but also allows you to experiment with new recipes.

3. Reading Labels

If you do purchase packaged foods, be diligent about reading labels. Look for hidden sugars and additives that may not align with the SCD principles.

4. Finding Alternatives

There are numerous SCD-compliant recipes available online that can provide alternatives to your favorite dishes. For instance, you can use almond flour instead of wheat flour for baking.

5. Incorporating Probiotics

Including probiotics, such as homemade yogurt, can be beneficial for gut health. It helps replenish healthy gut bacteria, which is crucial for those following the SCD diet.

6. Monitoring Symptoms

Keep a food diary to track what you eat and how it impacts your symptoms. This can be invaluable for understanding which foods work best for your body.

Conclusion

The SCD diet food list is a vital aspect of managing digestive health for individuals with specific gastrointestinal disorders. By focusing on whole, unprocessed foods and avoiding particular carbohydrates, many have found relief from symptoms and improved overall health. While following this diet can seem daunting at first, with careful planning and preparation, it can become a manageable and beneficial lifestyle change. As always, it is essential to consult with a healthcare professional or a registered dietitian before making significant dietary changes, particularly for those with pre-existing health conditions.

Frequently Asked Questions

What is the SCD diet?

The Specific Carbohydrate Diet (SCD) is a dietary regimen that eliminates certain carbohydrates to help manage digestive disorders, particularly in conditions like celiac disease, Crohn's disease, and ulcerative colitis.

What foods are allowed on the SCD diet?

Foods allowed on the SCD diet include meats, fish, eggs, certain vegetables, nuts, seeds, and specific dairy products like aged cheese and homemade yogurt.

Which grains are prohibited in the SCD diet?

The SCD diet prohibits all grains, including wheat, corn, rice, oats, and barley, as they contain complex carbohydrates that can be hard to digest.

Can you eat fruits on the SCD diet?

Yes, but only certain fruits are allowed. Ripe fruits like bananas, berries, apples, and pears can be consumed, while dried fruits and high-sugar fruits should be avoided.

Are legumes permitted in the SCD diet?

No, legumes are not allowed on the SCD diet because they contain complex carbohydrates that can be difficult to digest.

What types of dairy can you eat on the SCD diet?

On the SCD diet, you can consume aged cheeses and homemade yogurt made from whole milk, as long as the yogurt is fermented long enough to eliminate lactose.

Is there a list of specific foods to avoid on the SCD diet?

Yes, foods to avoid include all grains, processed foods, sugars, starchy vegetables, legumes, and most dairy products that are not aged or fermented.

How can I find recipes that adhere to the SCD diet food list?

You can find SCD-compliant recipes through dedicated SCD websites, cookbooks focused on the diet, and online forums where individuals share their meal ideas and experiences.

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