
The Legal / Illegal list

The following is a list of foods that are allowed (legal) and foods that are not allowed (illegal) while following the Specific Carbohydrate Diet™ as outlined in the book, “Breaking the Vicious Cycle Intestinal Health through Diet” by Elaine Gottschall. The SCD™ is a progressive diet, and the introduction of many of these foods should be delayed until healing has taken place. Please read the book “Breaking the Vicious Cycle Intestinal Health through Diet” for further information.

Some general guidelines are:

- All animal protein/fat are legal (beef, fish, seafood, etc.)
- Carbohydrates consumed are monosaccharides (simple sugars)
- No grains, potatoes or rice are legal
- Choose fresh/frozen vegetables/fruits with no added ingredients
- Pure honey and pure saccharin are allowed sweeteners
- Fluid milk (dairy) contains lactose and is not legal unless used to make the SCD 24 hour, homemade yogurt
- Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour or butter, until diarrhea has subsided
- If the fruit juice tastes sweeter than the fruit, it probably contains a sugar/additive; no juice from concentrate is allowed
- Cheeses aged for 30 days or more with zero sugar and no illegal additives are legal
- All emulsifiers are illegal; .e. agar-agar, xanthan gum, guar gum, mono and diglycerides, polysorbates, carrageenan
- **Homemade is the best way to know all of the ingredients used in your food or drinks**

Food/Fluid	Legal / Illegal	Note
Acacia	Illegal	This soluble fiber is gum acacia. Gums are starches and are not SCD legal.
Acai berries	Legal	
Agar-agar	Illegal	
Agave syrup	Illegal	
Alfalfa	Illegal	Alfalfa is not legal as it contains starch.
Algae	Illegal	We do not use algae (Spirulina) because IBD involves the immune system, and algae can aggravate an already disturbed immune system.
Allspice	Legal	As long as you're just using Allspice as a cooking spice, it's legal. Don't use the oil.
Almond butter	Legal	May be tried after 3 months of no symptoms. Make your own or read the label to make sure it's pure.
Almond milk	Legal	May be tried after being on the diet for 6 months. Must make your own or receive written/email assurance from the manufacturer that it has no added sugars or other additives.
Almond oil	Legal	
Almonds	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Aloe Vera	Illegal	It contains mucilaginous polysaccharides as well as increasing the release of tumor necrosis factor which is associated with IBD inflammation and increased immune stimulation.
Amaranth flour	Illegal	
Apple Cider	Legal	It is brown and not clear as apple juice is. It should be just straight pressed apples. It is usually pasteurized in order to kill bacteria. Cider should be diluted with water before drinking.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 2

Food/Fluid	Legal / Illegal	Note
Apple Cider Vinegar	Legal See note	Apple cider vinegar is legal only when clear and has no visible "mother".
Apple Juice	Illegal	Apple juice usually has sugar added during processing. Apple cider is allowed. It should be brown and not clear as apple juice is. Cider should be diluted with water before drinking.
Apples	Legal	
Apricots	Legal	
Arrowroot	Illegal	It is a mucilaginous herb. Mucilaginous herbs are loaded with starch. This starch is food for the pathogens that the SCD™ is designed to starve out.
Artichokes (French)	Legal	They are the green artichokes that you steam, then dip the leaves in lemon butter and scrape off with your teeth. They have edible hearts and an inedible choke.
Artichokes (Jerusalem)	Illegal	They are actually a tuber, and are not legal.
Ascorbic acid	Legal	Should be nothing but Vitamin C.
Asiago cheese	Legal	
Asparagus	Legal	Fresh or frozen is allowed. Canned vegetables are not allowed.
Aspartame	Legal	When symptom free, one aspartame sweetened soft drink per week is allowed.
Aspartic acid	Legal	
Astragalus	Illegal	Contains polysaccharides
Avocados	Legal	
Avocado oil	Legal	Good for mayonnaise and salad dressings but might not withstand heat very well

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Food/Fluid	Legal / Illegal	Note
Bacon	Legal	Smoked bacon that has been fried very crisply is allowed once per week. There are sugar-free bacon available, and if you are able to find a source of sugar-free bacon, you do not have to limit your consumption to once per week.
Baker's yeast	Illegal	Saccharomyces cerevisiae is baker's yeast and is illegal.
Baking powder	Illegal	Has starch as an ingredient (usually corn starch) and other illegals to make it rise better.
Baking soda	Legal	
Balsamic vinegar	Legal see note	It's not that balsamic vinegar is illegal, it's that what you can get in the store isn't really balsamic vinegar, and most have added sugar. You can make your own legal substitute though see www.scdrecipe.com .
Bananas	Legal	They must be ripe with black spots on the skin.
Bark tea	Illegal	Bark tea (Pau d'Arco) contains steroidal saponins and is both an immune booster and a laxative.
Barley	Illegal	
Bean flour	Illegal See note	Do not use ready made flours made from beans or lentils as they probably weren't soaked prior to grinding to bean flour. Use sparingly after 3 months of improvement only if homemade if beans are soaked as described in the book, Breaking the Vicious Cycle.
Bean sprouts	Illegal	
Bee Pollen	Illegal	
Beef	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Beer	Illegal	
Beets	Legal	
Berries	Legal	Berries of all kinds are legal.
Bhindi	Illegal	No okra (bhindi) as they are a mucilaginous food.

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Food/Fluid	Legal / Illegal	Note
Bitter Gourd	Illegal	
Black beans	Legal	May be tried when symptom free . Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Black eyed beans	Illegal	
Black radish	Legal	It is very fibrous, so go slowly and be careful .
Blue cheese	Legal	
Bok Choy	Legal	Bok Choy is much like cabbage and is legal.
Bologna	Illegal	
Bouillon cubes	Illegal	Bouillon cubes and instant soup bases are not permitted.
Bourbon	Legal	
Brandy	Illegal	
Brazil nuts	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.
Brick cheese	Legal	
Brie cheese	Legal	
Broccoli	Legal	
Brussel sprouts	Legal	
Buckwheat	Illegal	
Bulgur	Illegal	
Burdock root	Illegal	It contains inulin (FOS) and mucilage.
Butter	Legal	
Butter beans	Illegal	
Buttermilk	Illegal	

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Food/Fluid	Legal / Illegal	Note
Cabbage	Legal	You should not use a member of the cabbage family until you are well on your way to getting better. In other words, do not use it if you still have diarrhea and gas.
Camembert cheese	Legal	
Cannellini beans	Illegal	
Canned fish	Legal	Canned in oil or water is acceptable but check the labels carefully. Do not buy products containing broth. Usually, the low sodium varieties do not contain broth.
Canned fruits	See note	Fruits canned in their own juice are allowed.
Canned vegetables	Illegal	There are no canned vegetables permitted, they must either be fresh or frozen.
Canola oil	Legal	Legal but not recommended.
Cantaloupe	Legal	
Capers	Legal	
Carob	Illegal	
Carrageenan	Illegal	Carrageenan is seaweed and high in polysaccharides
Carrots	Legal	
Cashews	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.
Cauliflower	Legal	Cauliflower is sometimes hard to digest and should be tried cautiously after some progress has been made on the diet.
Celeriac /celery root	Legal	You should go slowly and be careful. It is very fibrous, even if it doesn't seem so when you steam it and mash it.
Celery	Legal	
Cellulose (in supplements)	Legal	Cellulose in your supplements is allowed and virtually impossible to avoid.

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Food/Fluid	Legal / Illegal	Note
Cellulose Gum	Illegal	
Cereals	Illegal	
Cheddar cheese	Legal	
Cheese	Legal	Cheese must be aged at least 30 days.
Cherimoya	Legal	Also known as custard apple or sharifa.
Cherries	Legal	
Chestnut flour	Illegal	
Chestnuts	Legal	May be tried when symptom free. However, if you buy dried chestnuts, soak them and cook them until soft.
Chevre	Illegal	Chevre is illegal, but you can make a close approximation by dripping goat milk yogurt.
Chewing gum	Illegal	Contains things like aspartame, maple or date sugar and other sugar substitutes which are illegal.
Chia seeds	Illegal	Like flax seeds, they are mucilaginous (polysaccharides) and will feed harmful microbes.
Chickory root	Illegal	It should not be used as it contains large amounts of fructooligosaccharides.
Chickpeas	Illegal	
Chocolate	Illegal	
Cilantro	Legal	
Cinnamon	Legal	
Citric Acid	Legal	Citric acid as an additive is permitted.
Club soda	Legal	Read labels carefully to make sure it is plain carbonated water without added flavors and other additives including sugar.
Cocoa butter	Legal	Unprocessed cocoa butter is legal.
Cocoa powder	Illegal	

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Food/Fluid	Legal / Illegal	Note
Coconut	Legal	Fresh or unsweetened, shredded coconut and coconut flour.
Coconut aminos	Illegal	We cannot be sure all the sugar has been broken down by the manufacturing process. The sap is mostly sucrose, which is illegal. Inulin in the product stays in the product and it is illegal.
Coconut butter	Legal	
Coconut flour	Legal	
Coconut milk	Legal	May be tried after being on the diet for 6 months. Read labels carefully to assure there are no added sugars or other additives.
Coconut nectar	Illegal	after processing it is mostly sucrose.
Coconut oil	Legal	Withstands heat well, good for frying/cooking.
Coconut Palm Sugar	Illegal	The major component of coconut sugar is sucrose.
Coconut Sap	Illegal	After processing it is mostly sucrose.
Coconut Sugar	Illegal	After processing it is mostly sucrose
Coconut water	Illegal	Made from immature coconuts which are full of polysaccharides and similar to green bananas.
Coffee	Legal	Coffee should be made very weak. Instant coffee is not allowed
Coffee (instant)	Illegal	
Collard greens	Legal	Of the cabbage family, introduce late in the diet
Colby cheese	Legal	May be used freely.
Cordials	Illegal	
Corn	Illegal	
Corn oil	Legal	
Corn syrup	Illegal	
Cornstarch	Illegal	

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Food/Fluid	Legal / Illegal	Note
Courgette	Legal	Also known as zucchini.
Cranberry juice	Legal	You must find a pure source with no sugar added and verify this through written/email assurance from the manufacturer. Juice should be diluted with water before drinking. Since this is pure cranberry juice it is very tart, you may sweeten it with saccharine or honey or dilute it with legal apple cider instead of water.
Cream	Illegal	It is illegal as it contains lactose. Cream can be added to milk and then fermented to make SCD 24-hour yogurt as the lactose will be used up in the fermentation. Cream has less lactose than milk; the more fat dairy contains the less lactose it has.
Cottage cheese	Illegal	
Cream of Tartar	Illegal	
Cream cheese	Illegal	
Creamed Coconut	Legal	It's the unsweetened dehydrated fresh meat.
Croscarmellose sodium	Illegal	
Cucumbers	Legal	
Custard apple	Legal	Also known as sharifa or cherimoya
Cyclamate	Legal	It is actually a better alternative than saccharine, if you can get it, because it has no after taste.
Date sugar	Illegal See note	May be tried after being on the diet for quite some time and symptom free, but it is not recommended.
Dates	Legal	
Date Syrup	Illegal See note	May be tried after being on the diet for quite some time and symptom free, but it is not recommended.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 9

Food/Fluid	Legal / Illegal	Note
Dextrose (contained in commercial products)	Illegal	The problem with the dextrose and fructose that is being sold in granulated form as well as dextrose contained in commercial products is that it is not pure dextrose. To be legal, dextrose should be the same as the single sugar, glucose, found in fruits and honey.
Dried milk solids	Illegal	
Drumsticks	Illegal	No okra (bhindi) or drumsticks, as they are a mucilaginous food.
Dry Curd Cottage Cheese (DCCC)	Legal (see note)	Read label carefully: should contain less than 0.5% per 1 oz. serving.
Durum Flour	Illegal	It is a type of wheat grain flour
Echinacea	Legal	Especially if it is in alcohol, but even in pill form with a bit of lactose. It can be very helpful if a cold or flu is coming on.
Edam cheese	Legal	
Eggplant	Legal	
Eggs	Legal	
Ethanol	Legal	Ethanol is alcohol
Evaporated cane juice	Illegal	Fancy name for sugar.
Ezekiel Bread	Illegal	Sprouted grain breads are illegal.
Faba beans	Illegal	Also known as broad beans.
Fennel	Legal	
Fenugreek	Illegal	
Feta Cheese	Legal; see note	Can be tried after six months of healing.

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Food/Fluid	Legal / Illegal	Note
Figs	Legal	
Filberts (hazelnuts)	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.
Fish	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Flaxseed	Illegal	Flax seeds contain lignin and are not permissible in any form.
Flaxseed oil	Legal	Flax seed oil is extremely unstable and goes rancid (oxidizes) very easily, even when refrigerated.
Flour	Illegal	
FOS	Illegal	Also known as fructooligosaccharides.
Frozen Orange Juice	Illegal	Frozen orange juice is almost always made from concentrate, which is illegal because additives such as sugar are typically added when it is reconstituted. Not all additives are listed on the label.
Fructose (granulated)	Illegal	Granulated fructose (or even liquid) that is sold as fructose has a mixture of other trisaccharides, etc. It is extracted from corn, and processing can include other illegal ingredients.
Fruits (canned)	Legal; see note	Fruits canned in their own juice are allowed.
Garbanzo beans	Illegal	
Garfava flour	Illegal	Made from two types of beans, Garbanzo beans and Fava beans, neither are SCD legal.
Garlic	Legal	Use fresh. Garlic powders have starch added as anti-caking agents. You may also make your own garlic powder from fresh garlic by dehydrating it and grinding it yourself.
Guar Gum	Illegal	
Gelatin (unflavored)	Legal	It is a denatured protein that has lost its tertiary structure, although it is not the best protein.

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Food/Fluid	Legal / Illegal	Note
Ghee	Legal	It's clarified butter
Gin	Legal	
Gjetost cheese	Illegal	
Glucose candy	Illegal	Contains granulated glucose and is known to contain other sugars in addition to glucose.
Glycerin/Glycerol	Legal	It is considered to belong to the fat family and is not a sugar.
Goatein	Illegal	Protein powders that contain Bifidobacteria Bifidum are not recommended as they are generally oxidized cholesterol.
Gorgonzola cheese	Legal	
Gouda cheese	Legal	
Granulated glucose	Illegal	It is known to contain other sugars in addition to glucose.
Grape juice	Legal	White or dark grape juice is allowed provided you have verified with the manufacturer through writing/email to make sure there are no added sugars or other additives. Avoid frozen grape juice as it usually has sugar added. Juice should be diluted with water before drinking.
Grapefruit	Legal	
Grapefruit juice	Legal; see note	Only legal if fresh. Frozen or canned grapefruit juice is not allowed as it almost always contains added sugars. Juice should be diluted with water before drinking.
Grapes	Legal	
Grapeseed oil	Legal	
Green tea	Legal	Limit to 2 cups per day.
Gruyere cheese	Legal	
Gums	Illegal	All gums are illegal.

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Food/Fluid	Legal / Illegal	Note
Haricot beans (also called Navy beans)	Legal	Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Havarti cheese	Legal	
Hazelnuts (filberts)	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Homemade yogurt	Legal	Must be incubated for 24 hours as explained in the book, Breaking the Vicious Cycle.
Honey	Legal	Read the label to be assured it states 100% pure honey. Pasteurization is allowed.
Horseradish sauce	Legal	Homemade or manufactured only if you know there are no added illegals. Most store bought horseradish contains sugar.
Hot dogs	Illegal; see note	Commercial hotdogs are full of sugar and other additives. Only permitted if homemade so you know the ingredients or if you have written/email assurance from the manufacturer that they are all meat.
Hydrolyzed Protein	Illegal	This is another term for MSG. Regardless of whether it is SCD legal or not, try to avoid it. MSG can be a potent neurotoxin.
Ice cream	Illegal	Commercially prepared ice cream is not allowed, however, there are many wonderful recipes for homemade ice cream.
Inositol	Illegal	Inositol is a sugar alcohol. Sugar alcohols will feed bacteria and that is something we do not want. Sugar alcohols generally cause diarrhea, but small amounts in supplements are allowed.
Inulin	Illegal	Inulin is a FOS and is illegal.
Iron supplements	Illegal	Please do not get vitamins with iron; they encourage all kinds of infections especially in the gut, and iron has had much research done on it re other diseases. No oral iron if you can help it. Just eat the liver pate and if you like liver, eat it at least once a week.

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Food/Fluid	Legal / Illegal	Note
Jaggery (gur)	Illegal	
Jalapenos	Legal	
Jicama	Illegal	
Juice from concentrate	Illegal	Juice from concentrate is normally illegal because when it is reconstituted sugar or other ingredients may be added. Often these additives are not listed on the label.
Kale	Legal	
Kefir	Illegal	
Ketchup	Legal; see note	Name-brand commercial ketchup is not legal as it contains sugar. However, you can make your own legal ketchup. See the gourmet section of the book, Breaking the Vicious Cycle. If you find what seems to be a legal manufactured ketchup, verify through writing/email with the manufacturer that there are no illegal ingredients.
Kidney beans	Legal	May be tried when symptom free. Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Kimchi	Legal	Traditional Korean fermented cabbage.
Kiwi fruit	Legal	
Kohlrabi	Illegal	
Kudzu (or kuzu)	Illegal	It is a mucilaginous herb.
Kumquats	Legal	
L-Theanine	Legal	It is an amino acid; as long as it's pure without illegal binders, etc. it is legal. As with any new food, go slowly introducing it.
Leucine	Legal	As a supplement ingredient.
Lactaid Milk	Illegal	The rate of flow of galactose to the liver when one drinks lactose hydrolyzed milk is high. With lactose hydrolyzed milk, you are ingesting the two sugars: glucose and galactose at the same time. Note: Lactaid Milk is Lactose Hydrolyzed Milk.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 14

Food/Fluid	Legal / Illegal	Note
Lactose Hydrolyzed Milk	Illegal	The rate of flow of galactose to the liver when one drinks lactose hydrolyzed milk is high. With lactose hydrolyzed milk, you are ingesting the two sugars: glucose and galactose at the same time. Note: Lactaid Milk is Lactose Hydrolyzed Milk.
Lamb	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Lecithin	Legal	Derived from soy (illegal). There is plenty of good lecithin in egg yolks, so there is no particular need to take it outside of a whole food.
Leeks	Legal	
Lemons	Legal	
Lentils	Legal	Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Lettuce	Legal	All varieties of lettuce are legal.
Licorice	Illegal	Licorice is both a demulcent and a laxative.
Lignin	Illegal	Grinding lignin does not prevent certain microorganisms from causing harm to the gut.
Lima beans	Legal	Dried or fresh is permitted. Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Limburger cheese	Legal	
Limes	Legal	
Liqueurs	Illegal	
Liquid Clory Chlorophyll	Illegal	
Maca	Illegal	Starchy and mucilaginous
Macadamia nuts	Legal	

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Food/Fluid	Legal / Illegal	Note
Macadamia oil	Legal	Makes very good tasting mayonnaise and withstands heat well.
Magnesium citrate	Legal	As a supplement ingredient.
Magnesium Stearate	Legal	As a supplement ingredient.
Maltitol	Illegal	Sorbitol, mannitol, and xylitol are all sugar alcohols and are not SCD™ legal. They fall under the category of indigestible carbs and sugars and so allow companies to label things 'sugar free', even though they are providing nutrition to the bacteria that live in your digestive tract.
Maltodextrin	Illegal	Maltodextrin is the worst of the small molecules of sugars. It is a very short chain of glucose molecules (derived from starch). The chances of digestion are practically nil. It, therefore, will feed bacteria even worse than lactose because of its particular structure.
Manchego Cheese	Legal	
Mangoes	Legal	
Mannitol	Illegal	Sorbitol, mannitol, and xylitol are all sugar alcohols and are not SCD™ legal. They fall under the category of indigestible carbs and sugars and so allow companies to label things 'sugar free', even though they are providing nutrition to the bacteria that live in your digestive tract.
Maple syrup	Illegal	Maple syrup is a disaccharide.
Margarine	Illegal	
Marshmallow	Illegal	It is a mucilaginous herb. Mucilaginous herbs are loaded with starch. This starch is food for the pathogens that the SCD™ is designed to starve out.
Mastic gum	Illegal	
Mead	Legal	If homemade and ingredients are honey and yeast; commercial is likely to have sugar added and is illegal

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Food/Fluid	Legal / Illegal	Note
Meats	Legal	All fresh or frozen meats with no additives or processing are legal including beef, lamb, pork, liver, kidney, oxtail and tongue.
Meats (canned)	Illegal	
Meats-Lunch (processed)	Illegal	Most have additives such as starch, lactose and sugar (e.g. hot dogs, turkey loaf, spiced ham, bologna, smoked meats).
Melatonin	Legal	
Melon	Legal	
Milk	Illegal	Fluid milk of any kind is not permitted.
Milk thistle	Legal; see note	If you have been using it as a supplement and find it helpful and there has been no diarrhea then you may continue.
Millet	Illegal	
Mint	Legal	Curly mint, peppermint, and spearmint.
Miso	Legal	Fermented soybean products such as miso and tamari that do not have wheat or other grains added may be tried in small amounts after symptoms have subsided (about 3 months symptom-free).
Molasses	Illegal	
Molo-cure	Illegal	The main constituent of Molo-cure is aloe. Aloe is not SCD™ compliant as it contains mucilaginous polysaccharides.
Monterey Jack cheese	Legal	
Mozzarella cheese	Illegal	
MSG	Illegal	
Mucilaginous Herbs	Illegal	Slimy, mucilaginous substances are often prescribed by naturopaths who think the "coating" properties are helpful to the intestines. They aren't. People with compromised guts cannot digest this, but intestinal bugs can thrive.

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Food/Fluid	Legal / Illegal	Note
Mucilaginous Polysaccharides	Illegal	Slimy, mucilaginous substances are often prescribed by naturopaths who think the "coating" properties are helpful to the intestines. They aren't. People who have compromised guts cannot digest this, but intestinal bugs can thrive.
Muenster cheese	Legal	
Mung Beans	Illegal	
Mushrooms	Legal	
Mustard (plain)	Legal	Mustard is legal as long as it doesn't contain illegal ingredients; read the labels carefully.
Natural Flavors	Illegal	"Natural flavoring" can be used to refer to anything, including the chemicals coming from big "flavor" companies which sell chemicals to food processors.
Natural cheeses	Legal	See the appendix of the book, Breaking the Vicious Cycle, for a complete list of allowable cheeses.
Navy beans	Legal	Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Nectarines	Legal	
Nettles	Illegal	Adverse effects from consuming nettle tea can range from upset stomach to burning sensations in the skin, difficulty in urination and bloating.
Neufchatel cheese	Illegal	
Noni Juice	Illegal	
Nutmeg	Legal	
Oats	Illegal	
Okra	Illegal	No okra (bhindi) or drumsticks, since they are a mucilaginous food, they are illegal.
Olive oil	Legal	Olive oil withstands heat well, good for frying cooking and is highly recommended.

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Food/Fluid	Legal / Illegal	Note
Olives	Legal	Olives are legal as long as they do not contain illegal ingredients; read the labels carefully.
Onions	Legal	Use fresh onions. Onion powders have starch added as anti-caking agents. You may also make your own onion powder from fresh onions by dehydrating them and grinding them yourself.
Orange juice	Legal	Fresh orange juice that does not have sugar added is allowed. While diarrhea is active, avoid having orange juice in the morning. For any manufactured, not-from-concentrate orange juice, verify by writing/email that there is no sugar or other additives. Concentrate is not allowed.
Oranges	Legal	
Oregano	Legal	
Pappadum	Illegal	They are an Indian snack made from lentils that is like a chip; also contains rice flour.
Papayas	Legal	
Parmesan cheese	Legal	
Parsley	Legal	
Parsnips	Illegal	At one time, they were included as legal, but after getting feedback from the inflammatory bowel listserv, they were removed. Some children do well with them; others do not. However, they are pretty good from a carb standpoint, and Dr. Haas allowed them.
Pasta	Illegal	
Pau 'Arco	Illegal	Bark tea (Pau d'Arco) contains steroidal saponins and is both an immune booster and a laxative.
Pea flour	Illegal	Do not use it in baking. Later on (i.e. when you are symptom free) if you want a few tablespoons in a liquid recipe where the flour can become hydrated by water, it might be tolerated.

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Food/Fluid	Legal / Illegal	Note
Peaches	Legal	
Peanut butter	Legal	Natural peanut butter with no sugar added is allowed.
Peanuts	Legal	Peanuts in the shell may be tried cautiously after 6 months on the diet, if diarrhea is gone. Shelled peanuts are illegal. Nuts sold in mixtures are not allowed, as most are roasted with a starch coating.
Pears	Legal	
Peas	Legal	
Pecans	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Pectin	Illegal	Pectin as an added ingredient is not legal, as it is a complex sugar.
Peppermint tea	Legal	Some brands put in natural flavorings which would make them illegal, so check the ingredients carefully.
Peppers	Legal	Green, yellow, and red peppers are permitted. Also jalapeno peppers, habanero peppers, chili peppers, poblano peppers, relleno peppers, etc. are legal.
Peptizyde	Illegal	Contains rice bran.
Persimmons	Legal	
Pickles (dill)	Legal	Dill pickles are legal as long as they do not contain illegal ingredients; read the labels carefully.
Pine nuts	Legal	They are very hard to digest and even grinding them for pesto doesn't make them any easier on your gut. May be tried in small amounts after symptoms have subsided.
Pineapple	Legal	
Pineapple juice	Legal	Fresh pineapple juice that does not have sugar added is allowed. If you find a store bought juice that seems legal, verify in writing/email with the manufacturer that there is no added sugar or other additives. Juice should be diluted with water before drinking.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 20

Food/Fluid	Legal / Illegal	Note
Pinto beans	Illegal	Even after soaking they have the wrong kind of starch
Pistachio nuts	Legal	They are legal, but the skins can be very tough for newbies. Don't get the pink dyed or salted ones because they can have starch added. You can get unsalted, unroasted pistachios at the health food store and then roast them yourself.
Phosphatidylcholine	Legal	Another name for lecithin which is legal. Eggs have a huge amount of this, but if you are not eating eggs, a bit of supplement is fine
Plantains	Illegal	They contain too much starch.
Polysorbate 80	Illegal	An emulsifier.
Plums	Legal	
Pork	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Pork Rinds	Legal	Use the plain pork rinds with no added flavorings and check the label carefully to make sure they don't contain illegal ingredients.
Port wine	Illegal	It is full of sugar
Port du Salut cheese	Legal	
Postum	Illegal	
Potassium Sorbate	Legal	As a supplement ingredient.
Potatoes	Illegal	Both white and sweet potatoes are illegal.
Poultry	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Primost cheese	Illegal	
Processed cheeses	Illegal	See the appendix of the book, Breaking the Vicious Cycle, for a complete list of illegal cheeses.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 21

Food/Fluid	Legal / Illegal	Note
Protein powder	Illegal	Protein powders contain illegal ingredients.
Provolone cheese	Legal	
Prunes	Legal	
Psyllium husks	Illegal	They are loaded with cellulose and lignin which some bacteria thrive on. Cellulose in vegetables and fruit can be handled, but a concentrated form such as husks can cause problems.
Pumpkin	Legal	Fresh pumpkin is legal, canned pumpkin is not allowed. Butternut squash may be used as a substitute for pumpkin in baking.
Pumpkin (canned)	Illegal	Butternut squash may be substituted for pumpkin in baking.
Quinoa	Illegal	Since Quinoa is 60% starch, it is illegal.
Raisins	Legal	
Rennet	Legal	
Rhubarb	Legal	
Rice	Illegal	Both brown and white rice are illegal.
Rice Bran	Illegal	
Rice Flour	Illegal	
Ricotta cheese	Illegal	
Romano cheese	Legal	
Roquefort cheese	Legal	
Rutabaga	Legal	It is very fibrous, so go slowly and be careful.
Rye	Illegal	
Saccharine	Legal	
Saccharomyces boulardii	Legal	Saccharomyces boulardii is legal as long as the product does not contain any added illegal ingredients.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 22

Food/Fluid	Legal / Illegal	Note
Safflower oil	Legal	
Sago starch	Illegal	
Sake	Illegal	
Salt	Legal	Ordinary iodized table salt – although it sometimes has dextrose – is legal because it is important to get the iodine
Sashimi	Legal	Japanese sushi-style raw fish served all by itself without rice.
Sauerkraut	Legal	
Scotch whisky	Legal	
Seaweed	Illegal	Seaweed is high in polysaccharides and, therefore, illegal.
Seed Butters	Legal See note	A paste made from pumpkin, sunflower or sesame seeds may be tried after 3 months of no symptoms. Make your own or read the label to make sure it's pure.
Seed Flour	Illegal	It is not allowed because the quantity of the flour by far surpasses the few seeds that would be permissible after 3 months of no symptoms.
Seeds	Legal	Permissible after 3 months of no symptoms.
Seltzer	Legal	Seltzer is legal as long as the product does not contain any added illegal ingredients. Plain is legal but the ones with flavors are not.
Sesame seeds	Legal; See note	May be tried after 3 months with no symptoms.
Sesame oil	Legal	
Sharifa	Legal	Also known as custard apple or cherimoya
Shellfish	Legal	Fresh and frozen are allowed as long as nothing has been added during processing; check the labels carefully.
Sherry	Illegal	
Silica	Legal	As a supplement ingredient.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 23

Food/Fluid	Legal / Illegal	Note
Silicon Dioxide	Legal	As a supplement ingredient.
Slippery elm	Illegal	It is a mucilaginous herb.
Smoked meats	Illegal	Unless you know with certainty that no sugar has been added during the smoking process, they are not permitted.
Sodium Benzoate	Legal	As a supplement ingredient.
Sodium starch glycolate	Illegal	
Sorbitol	Illegal	Sorbitol, mannitol, and xylitol are all sugar alcohols and are not SCD™ legal.
Sour cream	Illegal	
Soy	Illegal	Soy is illegal
Soy Lecithin	Legal	Derived from soy (illegal). There is plenty of good lecithin in egg yolks, so there is no particular need to take it outside of a whole food.
Soy Sauce	Illegal	Soy sauce is a fermented soy product but contains wheat so it is illegal. Fermented soybean products such as 'miso' and 'tamari' that do not have wheat or other grains added may be tried in small amounts after symptoms have subsided (about 3 months symptom-free).
Soybean milk	Illegal	
Soybean oil	Legal	
Soybeans	Illegal	
Spearmint Tea	Legal	
Spelt	Illegal	
Spices	Legal	Spices of all kinds may be used, but avoid spice mixtures; buy spices separately.
Spinach	Legal	
Spirulina	Illegal	Do not use algae (Spirulina) because IBD involves the immune system and can aggravate an already disturbed immune system.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book *Breaking the Vicious Cycle™*. 24

Food/Fluid	Legal / Illegal	Note
Splenda	Illegal	This is the commercial name for sucralose, an artificial sweetener.
Split peas	Legal	Dried legumes must be prepared according to the instructions in the book, Breaking the Vicious Cycle.
Sprouted Grain Bread	Illegal	
Squash	Legal	
Stevia	Illegal	Its molecular structure resembles a steroid, and the effects are unknown.
Stilton cheese	Legal	
String beans	Legal	Also called Green Beans.
Sucralose	Illegal	Known commercially as Splenda.
Sulfates	Legal	When a fruit such as peaches (dried) and coconut is sulphated, it means it has been exposed to sulfur to keep the color from darkening. Some people are allergic to sulphated products, but most of us are not bothered by them.
Sunflower oil	Legal	
Sweet Potatoes	Illegal	
Swede	Legal	Another name for rutabaga
Swiss cheese	Legal	
Tabasco	Illegal; see note	Only the original Red Tabasco is legal, but as with all manufactured products check the ingredients. The other Tabasco styles all have sugars and gums added.
Tagatose	Illegal	
Tahini	Legal	You can grind your own sesame seeds or purchase pure sesame butter.

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 25

Food/Fluid	Legal / Illegal	Note
Tamari	Legal	Fermented soybean products such as miso and tamari that do not have wheat or other grains added may be tried in small amounts after symptoms have subsided (about 3 months symptom-free).
Tamarind	Illegal	
Tangerines	Legal	
Tapioca	Illegal	It is a starch, therefore illegal.
Tapioca Flour	Illegal	
Tarragon	Legal	
Taro	Illegal	It has much too much starch and is very similar to potatoes.
Tea	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 full of polysaccharides and are illegal. Peppermint and spearmint herb teas are legal, and you can make a tea from ginger which is also legal.
Teff	Illegal	
Thyme	Legal	
Tiger nuts	Illegal	
Tofutti cheese	Illegal	
Tofu	Illegal	It is made from soy
Tomatillos	Legal	
Tomato juice (canned)	Legal	Should only have salt added. Recommend to make your own or receive written/email assurance from the manufacturer that it has no added sugars or other additives.
Tomato paste (canned)	Illegal	
Tomato purée (canned)	Illegal	
Tomato sauce (canned)	Illegal	

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 26

Food/Fluid	Legal / Illegal	Note
Tomatoes	Legal	Canned tomatoes are illegal as sugar may be added.
Triticale	Illegal	
Turbinado	Illegal	It is liquid cane sugar, therefore, it is illegal.
Turnips	Illegal	Turnips were moved from the 'allowed' list to the 'not allowed' list in the 2002 edition of Breaking the Vicious Cycle.
Vanilla	Legal	Vanilla extract is fine, but do not use concentrated form as pure vanillin.
V8 Juice	Illegal	It has tomato paste listed as an ingredient, which is illegal as it has added sugar.
Vegetables (canned)	Illegal	Canned vegetables are not permitted; they must either be fresh or frozen.
Vegetable stearate	Legal	Stearate is a fat (stearic acid) used in supplements and natural flavors. Vegetable stearate would be a fat from some vegetables.
Vinegar	Legal	Red and white wine vinegar also white and cider vinegars are allowed but check the label for added illegals.
Vodka	Legal	
Walnuts	Legal	Nuts sold in mixtures are not allowed, as most are roasted with a starch coating. Nuts should only be used as nut flour, in recipes, until diarrhea has subsided.
Walnut oil	Legal	Doesn't withstand heat very well.
Wasabi	Legal See note	As long as it is in its natural state and hasn't had fillers added by a manufacturer.
Water chestnuts	Illegal	
Watercress	Legal	
Watermelon	Legal	
Wheat	Illegal	

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 27

Food/Fluid	Legal / Illegal	Note
Wheat germ	Illegal	
Wheat grass	Legal; see note	Wheat grass juice is legal if it is homemade and only the sprout (grass) is used, and the seed pod is discarded.
Wild rice	Illegal	
Wine	Legal	Very dry wine is legal.
Xanthum Gum	Illegal	
Xylitol	Illegal	Sorbitol, mannitol, and xylitol are all sugar alcohols and are not SCD™ legal.
Yams	Illegal	
Yogurt (commercial)	Illegal	Commercial yogurt is not permitted but commercial yogurt may be used as a starter for making homemade yogurt. For directions for making yogurt see the book, Breaking the Vicious Cycle.
Yogurt (homemade)	Legal	For directions for making yogurt see the book, Breaking the Vicious Cycle.
Yucca Root	Illegal	
Zucchini	Legal	Also known as Courgette

The list of foods that are allowed (legal) and not allowed (illegal) while following the Specific Carbohydrate Diet™ (SCD™), as outlined in the book Breaking the Vicious Cycle™. 28