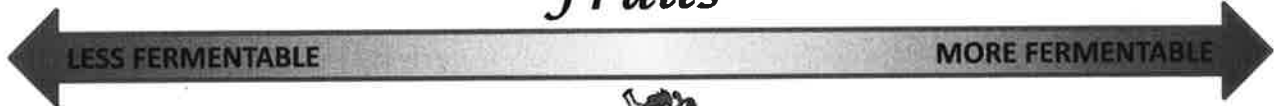


SIBO Food Guide
Fruits



**SCD "LEGAL"
LOW FODMAP**

**SCD "LEGAL"
MODERATE FODMAP**

**SCD "LEGAL"
HIGH FODMAP**

SCD "ILLEGAL"

Banana: fresh, dried
 Berries:
 blueberry < 80 ea
 boysenberry
 strawberry
 raspberry 10ea/19g
 Carambola
 Citrus: lemon, lime,
 oranges, tangelos,
 tangerine
 Current, dried 1Tb
 Dragon Fruit
 Durian
 Grapes
 Guava
 Kiwifruit
 Longon 5 ea/15g
 Melon:
 cantaloupe/rock,
 honeydew ½ c/100g
 Papaya/Paw Paw
 Passion fruit 4 pulps/
 100g
 Pineapple
 Pomegranate ½ ea/
 38g, ¼ c seeds
 Prickly Pear
 Rambutan 2 ea/31g
 Rhubarb

 Jam/Jelly: homemade
 (no pectin, sugar)

Berries: cranberry 1T
 Cherries 3 ea
 Citrus: grapefruit ½ ea
 104g
 Longon 10ea/30g
 Lychee 5 ea
 Melon: honeydew
 >½ cup/100g
 Passion fruit >4
 pulps/ 100g
 Pineapple, dried
 1 slice
 Rambutan 4ea/62g

Apple
 Apricot
 Avocado
 Berries: cranberry 2 T
 blueberry >80/100g
 blackberry
 raspberry >50 ea
 Cherries 6 ea
 Citrus, grapefruit 1ea
 207g
 Current, dried 2Tb
 Custard Apple
 Date, dried
 Fig, dried
 Mango*
 Nectarine
 Papaya, dried
 Peach
 Pear
 Pear: nashi
 Persimmon
 Plum
 Pomegranate 1 ea/
 76g, ½ c seeds
 Prunes
 Raisons
 Tamarillo*
 Watermelon

Canned fruit in high
 fodmap fruit juice

Plantain

 Jam/Jelly: commercial

SIBO Food Guide
Legumes/Beans

LESS FERMENTABLE

MORE FERMENTABLE



**SCD "LEGAL"
LOW FODMAP**

Lentil: brown ½ c
green & red ¼ c
Lima ¼ c

**SCD "LEGAL"
MODERATE FODMAP**

Black
Lentil green & red ½ c
Lima 1/3 c

**SCD "LEGAL"
HIGH FODMAP**

Borlotti/Cranberry
Kidney/Red
Lima ½ c
Navy/White/Haricot
Baked
Spilt pea

SCD "ILLEGAL"

Butter
Cannellini
Chickpea/Garbanzo
Fava/Faba/Broad
Pinto
Soy

Nuts/Seeds

LESS FERMENTABLE

MORE FERMENTABLE



**SCD "LEGAL"
LOW FODMAP**

Almonds 10 ea/.42oz
flour 2 T
Coconut:
flour/shredded ¼ cup
milk (w/no thickeners)
Hazelnuts 10 ea/15g
Macadamia 20 ea/40g
Peanuts 32 ea/28g
Peanut butter 4 T
Pecans 10 ea/22g
Pine nuts 1 T/14g
Pumpkin seeds 2 T/23g
Sesame seeds 1 T/11g
Sunflower seeds 2 t/6g
Walnuts 10 ea/30g

**SCD "LEGAL"
MODERATE FODMAP**

Chestnuts, handful
Flaxseed < 1T
Hazelnuts 20 ea/30g
Pecans 40 ea/100g
Walnuts 100g

**SCD "LEGAL"
HIGH FODMAP**

Almonds 20 ea/.85oz
flour 4 T
Cashews
Hazelnuts 80 ea/100g
Pine nuts 8 T/100g
Pistachios
Pumpkin seeds 100g
Sesame seeds 100g
Sunflower seed 100g

SCD "ILLEGAL"

Chia seeds
Coconut milk- with
thickeners (guar
gum, carageenan)
Seed flour