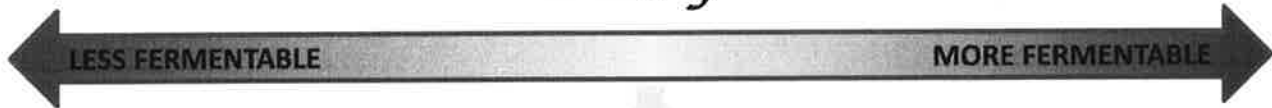


## SIBO Food Guide Dairy



### SCD "LEGAL" LOW FODMAP

Butter  
 Cheese: aged 1 mo+,  
 dry curd cottage  
 cheese, yogurt  
 cheese/labneh  
 Ghee  
 Sour Cream:  
 homemade 24 hour  
 Yogurt: homemade 24  
 hour

### SCD "LEGAL" MODERATE FODMAP

Cream: lactase-  
 treated ¼ cup  
 Milk: 100% Lactose-  
 Free commercial

### SCD "LEGAL" HIGH FODMAP

Yogurt: lactose-free  
 commercial (pectin)

### SCD "ILLEGAL"

Cheese: cream  
 cheese, cottage  
 cheese, fresh cheese  
 (feta, cheve, fresh  
 mozzarella), ricotta  
 Kefir: commercial,  
 homemade 24 hour  
 Cream  
 Milk  
 Sour cream:  
 commercial  
 Yogurt: commercial

## Protein/Meats



### SCD "LEGAL" LOW FODMAP

Bacon- with honey  
 Broth: homemade  
 meat or marrow  
bones (no cartilage)  
 Beef  
 Eggs  
 Fish  
 Game  
 Lamb  
 Organ Meats  
 Pork  
 Poultry  
 Seafood

### SCD "LEGAL" MODERATE FODMAP

Bacon- w/sugar 1x wk

### SCD "LEGAL" HIGH FODMAP

Broth: homemade  
 bone/cartilage

### SCD "ILLEGAL"

Bacon- w/high  
 fructose corn syrup  
 Deli/Processed Meat-  
 with sugar, carra-  
 geenan, high  
 fodmap or SCD  
 illegal additives

# SIBO Food Guide Sweeteners

LESS FERMENTABLE

MORE FERMENTABLE



## SCD "LEGAL" LOW FODMAP

Aspartame-  
occasionally  
Glucose/Dextrose  
Honey: alfalfa, cotton,  
clover, raspberry 2 T  
Saccharine- pure (no  
high fodmap or SCD  
illegal additives)  
Stevia- pure (no inulin)  
in small amounts,  
occasionally

## SCD "LEGAL" MODERATE FODMAP

Honey\*: blackberry,  
buckwheat,  
citrus/orange  
blossom 1 T

## SCD "LEGAL" HIGH FODMAP

Honey\*: acacia, sage,  
tupelo

## SCD "ILLEGAL"

Agave syrup  
Barley Malt syrup  
Brown Rice syrup  
Cane sugar  
(Rapadura, Sucanat)  
Coconut sugar  
Fructose, powdered  
High-fructose corn  
syrup  
Maple syrup  
Molasses  
Sugar/Sucrose  
Sucralose  
Polyols/Sugar alcohol:  
isomalt, erythritol,  
lactitol, maltitol,  
mannitol, sorbitol,  
xylitol