

# SIBO Food Guide Beverages & Alcohol

← LESS FERMENTABLE

→ MORE FERMENTABLE



## SCD "LEGAL" LOW FODMAP

## SCD "LEGAL" MODERATE FODMAP

## SCD "LEGAL" HIGH FODMAP

## SCD "ILLEGAL"

### COMMON DRINKS

Coffee 1 c/day (weak)  
 Cranberry juice- pure  
 Orange juice, fresh  
 ½ c/ 125ml  
 Fruit Juice: from Low  
 Fodmap fruits ⅓ c/  
 100ml  
 Tea: black (weak),  
 chamomile, ginger,  
 green, hibiscus,  
 lemongrass, mate,  
 mint, oolong,  
 rooibos/rooibos chai,  
 rose hip  
 Water

### ALCOHOL

Occasionally in  
 moderate amounts:  
 Bourbon  
 Gin  
 Vodka  
 Whiskey/Scotch  
 Wine

### COMMON DRINKS

Tea: green < 2  
 cups/day  
 Seltzer/Carbonated  
 beverages (CO<sub>2</sub>/gas)

### COMMON DRINKS

Fruit Juice: from High  
 Fodmap fruits  
 Orange juice 1 c/  
 125ml

### ALCOHOL

Rum: light/gold\*

### COMMON DRINKS

Coffee Substitutes  
 Soda (fructose,  
 sucrose)  
 Tea: chicory root,  
 licorice, pau d'arco

### ALCOHOL

Beer  
 Brandy  
 Hard Cider  
 Liqueurs/Cordials  
 Rum: dark  
 Sherry  
 Tequila  
 Wine: dessert/sweet,  
 sake, sparkling, port

**Liquor moderate amounts:**

**Women – 1 oz/day, 3-5x week**

**Men – 2.5 oz/day, 3-5x week**

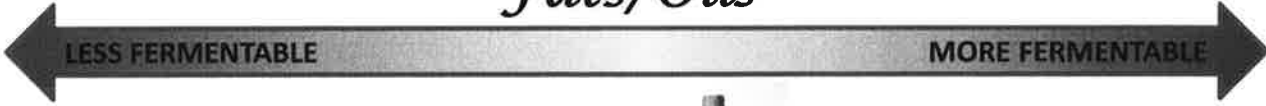
**Wine moderate amounts:**

**Women – 4 oz/day, 3-5x wk**

**Men – 9 oz/day, 3-5x wk**

# SIBO Food Guide

## Fats/Oils



**SCD "LEGAL"  
LOW FODMAP**

**SCD "LEGAL"  
MODERATE FODMAP**

**SCD "LEGAL"  
HIGH FODMAP**

**SCD "ILLEGAL"**

- Bacon fat
- Butter
- Coconut oil
- Cod liver oil & Fish oil
- Duck fat
- Garlic-infused oil
- Ghee
- Lard & Tallow
- Medium Chain Tri-  
glyceride/MCT oil
- Macadamia oil
- Olive oil
- Palm oil
- Polyunsaturated  
Vegetable Oils:  
Borage, Canola, Flax,  
Grape seed, Hemp,  
Pumpkin seed,  
Sesame, Sunflower,  
Walnut

Soybean oil

Notes: T= Tablespoon, t= teaspoon, g= gram

\*Contains excess fructose- only necessary to avoid in cases of fructose malabsorption.

- Starting the diet: Follow the "Intro" from the SCD, Gaps or SCDLifestyle plans with Low & Moderate Fodmap foods. Wait 1-3 months to introduce celery root, rutabagas, cruciferous vegetables, beans, seeds, nuts (including nut flours, butters & milks) coffee, alcohol, raw vegetables/salads and raw fruit. Cook, peel, de-seed and puree vegetables & fruit at 1<sup>st</sup>. Dairy is best avoided for the 1<sup>st</sup> few weeks if unsure of its' tolerability.
- Moderate Fodmap Column Foods: limit to 1 per meal. Meal = eating separated by 3-4 hours.
- Quantity listings are adult portions: decrease amounts for children.
- Tailor the diet: individual variations from this list are to be expected- trust your body's reactions over the list.
- Tolerances change over time: periodically re-try previously intolerant foods.
- This guide is a combination of SCD, Low Fodmap Diet & the clinical experience of Dr. Siebecker in treating SIBO.