



Up Rooting Lyme

SPECIAL CARBOHYDRATE DIETARY GUIDELINES

SCD INTRODUCTION DIET: 2-5		
Meat	Vegetables	Fruit
Cooking Style		
Roasted	Peeled, Well cooked	Peeled, Well cooked
Boiled		
Broiled		
Grilled		
FOODS		
Chicken/Poultry	Carrot	Grape Juice
Beef		Apple Cider
Protein Powder: Rice, Pea, Egg, Hemp, Beef, Whey		
Lean Pork		
Lean Wild Game		
Fish		
Eggs		

1. **Eat this diet for 2-5 days:** it is generally advised to stay on it longer if you have diarrhea as a main symptom.
2. **Meat/Poultry:** Organic, grass fed/finished
3. **Fish:** Avoid tuna, catfish, sturgeon, shark, mackeral
4. **Vegetables/Fruits:** Organic (at least per EWG D12/C15 list)
5. **Fermented Foods:** Water, kefir (culturesforhealth.com), sauerkraut
6. **BONE BROTH:** Please drink 0.5-1.0 cup regularly. You can make a bone broth via this recipe: <http://thenourishingcook.com/beef-stock-anyone/>

SCD PHASE ONE DIET Usually for 1 week		
Meat	Vegetables	Fruit
Cooking Style		
Roasted, Boiled, Broiled, Grilled	Peeled, Well cooked	Peeled, Well cooked
FOODS		
Chicken	Carrot	100% Grape Juice
Beef	Acorn Squash	Apple Cider Only
Turkey	Buttercup Squash	Pearsauce
Lean Pork	Butternut Squash	Applesauce
Lean Wild Game	Spinach	
Fish	Zucchini	
Eggs		
SCD Yoghurt		
SCD Kefir		
RAW		
		Ripe Banana
NUTS		
Homemade Nut Milks (Preferably blanched)		
Homemade Yoghurt		

See Handout on making SCD Dairy Products

Blanched Nut Milk: Take whole nut; soak overnight in water. Blanch by dipping in boiling water; remove skins. Puree in blender with water, vanilla, sweetener; filter out grit.

SCD PHASE TWO DIET: 2-3 Weeks TYPE ONE PLUS THESE EXTRAS		
Meat	Vegetables	Fruit
Cooking Style		
Baked	Peeled, Well Cooked	Peeled, Well Cooked
FOODS		
Bacon or ham with honey 1x/week	Garlic	Peach
Crisp Pork	Asparagus	Pineapple
Approved Cheeses	Green Beans	Plum
Nicks-sticks.com	Mushrooms	Tomato
	Pumpkins	Apricot
	Artichoke	Peach
	Cucumber	
RAW		
		Avocado
NUTS		
Homemade Nut Milk	Nuts to eat, Oils, Butter, Flours	
Any you wish	Pecan	Macadamia
	Almond	Walnut
	Coconut	Cashew
	Hazelnut	Chestnut
	Peanuts	Pumpkin Seeds
	Pine Nuts	Sesame Seeds
	Sunflower Seeds	

1. Nuts.com and Ohnuts.com—has many different types of nut flours
2. **AVOID:** Soft cheeses; commercial cream, milk, sour cream, yoghurt.

3. Website for kefir making (quite complicated—optional):

<http://users.chariot.net.au/~dna/Makekefir.html#Storing>

4. Dried Fruit—very individual reactions: If you can eat them, then do so. May handle them better if soaked first in water.

SCD PHASE THREE DIET: 2-3 Weeks		
ADD THESE EXTRAS		
Meat	Vegetables	Fruit
Cooking Style		
Pan Fried	Peeled and Cooked	Peeled and Cooked; or a few raw
FOODS		
	Brussel Sprouts	Lime; Papaya
All Meats Listed	Cabbage; Celery	Cantaloupe; Fig
In previous phases	Leek; Lettuce	Grapefruit; Lemon
	Lima Beans	Cherry; Kiwi
	Pea; Beet; Kale	Kumquat; Mango
Quinoa, Millet	Broccoli; Olive	Passion Fruit
Ground Flax Seeds	Cauliflower; Onion	Watermelon; Date
	Collards; Bok choy	Rhubarb; Blackberry
	Eggplant; Chard	Blueberry; Orange
	Water Chestnut	Dry Fruit/Raisins—cooked
	Spaghetti Squash	Strawberry; Tangerine
	Mushroom	Raspberry; Cranberry
	Shallots; Snow Peas	Boysenberry; Loganberry
NUTS		
	Same As Phase Two	

SCD PHASE FOUR DIET: 2-3 Weeks		
ADD THESE EXTRAS		
	Vegetables	Fruit
Cooking Style		
Deep Fat Fried	Raw	Raw, Peeling (optional)
FOODS		
All Meats Listed Before		Apple
		Grapes
	All Veggies Listed	Persimmon
	In previous phases	Pomegranate
NUTS		
	Same As Phase Two	
Beans—Cooked		
Haricot	Lentils	Lima Beans
Navy Beans	Split Pea	White Beans

SCD PHASE FIVE DIET: ADD THESE EXTRAS		
Meat	Vegetables	Fruit
Cooking Style		
	Cooked or Raw	Cooked or Raw
FOODS		
	All Legal Veggies	All Legal Fruits
NUTS		
	Any Legal Nut, Oil or Milk	
Beans—Cooked		
	All Phase 4 Beans	
	Kidney Beans	
	Black Beans	

The Below Is Applicable To All Phases:

1. All spices are fine to use, if unsweetened.
2. Sweeteners allowed:
 - a. Honey (clover, alfalfa, raspberry)
 - b. Glycerin
 - c. Pure stevia (no maltodextrin/inulin)
 - d. Glucose/Dextrose
 - e. Aspartame, Saccharin (pure and very occasionally)
 - f. **CANNOT USE:** xylitol, erythritol, sorbitol, mannitol, monk fruit, or any type of sugar: white or brown sugar, agave syrup, cane syrup/juice, molasses, turbinado sugar, etc.
3. **Good Oils To Use In Your Home:**
 - a. Organic butter/goat butter—if not allergic to dairy
 - b. Organic extra virgin olive oil

- c. Refined or unrefined high oleic/monounsaturated safflower oil
- d. Organic unrefined coconut oil
- e. Walnut (La Tourangelle): 0-3 Medium high heat or raw
- f. Organic Unrefined Flax Oil: 0-3 Must use raw
- g. Organic Unrefined Hemp Oil: 0-3 Must use raw
- h. Earth Balance or Whey Free Smart Balance
- i. Avocado Oil—high heat
- j. Sesame Oil—high heat
- k. Peanut Oil—high heat
- l. Red palm oil
- m. Lard

***Avoid:** Partially Hydrogenated Oils, Trans Fats, Vegetable Fats, Vegetable Shortening, Fully Hydrogenated Oils, Soybean oil.

*Saturated fats are okay.

*Canola oil is not a good oil, unless you must buy a refined oil.

*Refrigerate all oils but the extra virgin olive oil, avocado and coconut oil, which you can just store in a cool, dark cabinet.

4. **Beverages:**

- a. Water
- b. Weak coffee
- c. Tea—black, green, herbal
- d. Unsweetened nut milks
- e. Fruit juices: Pure cranberry, fresh orange juice, from SCD fruits,
- f. Alcohol: occasional 3-5x/week—bourbon, gin, vodka, whiskey/scotch, wine
 - i. Liquor--Women: 1 oz and Men 2.5 oz
 - ii. Wine—Women: 4 oz/day; Men 9 oz/day
 - iii. **AVOID:** Beer, brandy, hard cider, liqueurs/cordials, dark rum, sherry, tequila, and dessert/sweet wine, sake, sparkling wine/champagne, port.
- g. **AVOID:** coffee substitutes; regular sodas; teas with chicory, licorice, pau d'arco

AVOID: Chicory root; unsweetened cocoa/chocolate; gums, thickeners, carrageenan; soy sauce/tamari; balsamic vinegar, bean sprouts, corn, okra, potatoes (white, sweet, yam), starch powder (arrowroot, tapioca, etc), seaweeds, turnip, taro, yucca, canned vegetables, water chestnuts, plaintain, commercial jam/jelly.

HELPFUL WEBSITES:

1. <http://www.breakingtheviciouscycle.info/legal/listing/>
2. Better Way to View Above: <http://happy-tummy.org/specific-carbohydrate-diet/>
3. Excellent Website for Starting SCD Diet and then Gradual Reintroduction of foods: <http://www.pecanbread.com/new/links1.html>
4. thetastyalternative.com
5. Books: “Breaking the Vicious Cycle” by Elaine Gottschall and/or Gut and Psychology Syndrome by Dr. Campbell-McBride

6. Cookbooks:
 - a. Recipes for Specific Carbohydrate Diet (Prasad)
 - b. Healing Foods (Ramacher)
 - c. Grain-Free Gourmet (Bager and Lass)
 - d. Eat Well Feel Well (Conrad)
 - e. Lucy's SCD Cookbook (Rosset)
 - f. A Taste of Wellness (Weiss)
 - g. The Gluten-Free Almond Flour Cookbook (Amsterdam)