



The **Specific Carbohydrate Diet (SCD)** is a restrictive diet designed to help manage gastrointestinal conditions such as Crohn's disease, ulcerative colitis, irritable bowel syndrome (IBS), and other digestive disorders. The focus is on eliminating complex carbohydrates and certain disaccharides that are difficult to digest, emphasizing easily digestible monosaccharides and natural, unprocessed foods.

## **Key Principles of SCD**

### **1. Allowed Foods:**

- Fresh fruits and vegetables (non-starchy).
- Unprocessed meats, poultry, and fish.
- Nuts and seeds (except those processed with disallowed ingredients).
- Fermented foods (e.g., homemade yogurt with a 24-hour fermentation process).
- Eggs, honey, and some aged cheeses.
- Certain oils (e.g., olive oil, coconut oil).

### **2. Avoided Foods:**

- Grains (wheat, rice, oats, corn, etc.).
- Processed sugars and sweeteners (except honey).
- Starchy vegetables (potatoes, yams, sweet corn).
- Canned or processed foods with additives.
- Dairy (except homemade yogurt and some cheeses).

## Sample 3-Day Specific Carbohydrate Diet Plan

### Day 1

- **Breakfast:**
  - Scrambled eggs cooked in olive oil with sautéed spinach.
  - Freshly sliced cantaloupe or honeydew melon.
- **Snack:**
  - Handful of raw almonds or walnuts.
- **Lunch:**
  - Grilled chicken breast.
  - Mixed green salad with cucumbers, cherry tomatoes, and olive oil/lemon dressing.
  - Sliced avocado on the side.
- **Snack:**
  - Homemade yogurt (fermented for 24 hours) with a drizzle of honey.
- **Dinner:**
  - Baked salmon with steamed zucchini and carrots.
  - A side of roasted cauliflower "rice" with herbs.
- **Dessert:**
  - Sliced strawberries with a dollop of homemade yogurt.

## Day 2

- **Breakfast:**
  - Omelet with diced tomatoes, onions, and parsley.
  - Sliced banana with a sprinkle of cinnamon.
- **Snack:**
  - Celery sticks with almond butter.
- **Lunch:**
  - Grass-fed beef patty (no bun) with sautéed mushrooms and onions.
  - Steamed broccoli with olive oil.
- **Snack:**
  - Fresh apple slices.
- **Dinner:**
  - Roasted chicken thighs with green beans and sautéed kale.
  - Mashed cauliflower with garlic.
- **Dessert:**
  - Baked apple with cinnamon and honey.

## Day 3

- **Breakfast:**
  - Smoothie with homemade yogurt, fresh blueberries, spinach, and a teaspoon of honey.
  - Hard-boiled egg.
- **Snack:**
  - Handful of pecans.
- **Lunch:**
  - Grilled shrimp with mixed greens, diced cucumbers, and a lemon-olive oil dressing.
  - Sliced carrots and celery on the side.
- **Snack:**
  - Small bowl of homemade applesauce (no added sugar).
- **Dinner:**
  - Roasted turkey breast with sautéed zucchini and roasted asparagus.
  - Butternut squash soup made with bone broth.
- **Dessert:**
  - Freshly sliced peaches or apricots.

## **Additional Notes**

### **1. Preparation Tips:**

- Make homemade broths, dressings, and marinades to avoid disallowed ingredients.
- Plan meals and snacks in advance to stay compliant.

### **2. Fermented Foods:**

- Homemade yogurt is a cornerstone of the diet. Use a yogurt starter and ferment for 24 hours to ensure lactose is fully broken down.

### **3. Hydration:**

- Drink plenty of water throughout the day. Herbal teas are allowed.

### **4. Supplements:**

- If necessary, choose SCD-compliant supplements.