

Travel Size SCD-Legal List Reference

Eliminates	Allows
<ul style="list-style-type: none"> soy milk products high in lactose (i.e. cheese aged <30 days, commercial yogurt, cream & sour cream, ice cream) table sugar and other sweeteners including high-fructose corn syrup (honey is allowed) grains & grain-derived flours (wheat, wheat germ, barley, oats, rice) certain vegetables (potatoes, sweet potatoes, okra, turnips, corn) canned vegetables and fruits with added ingredients seaweed & byproducts canned and most processed meats candy, chocolate, and products containing fructooligosaccharides (FOS) canola and other refined vegetable or seed oils commercial mayonnaise (due to additives) bread, pasta, and baked goods made with grain-based flours pre-packaged, processed foods with food additives 	<ul style="list-style-type: none"> monosaccharides (simple sugars/starches) almost all fruits and most vegetables nuts and nut flours meats without additives poultry fish shellfish eggs dried navy, black, haricot, lima, kidney beans lentils peas & split peas raw, unprocessed nuts (no added starches/seasonings generally), all-natural nut and seed butters dairy limited to the following cheeses aged > 30 days (i.e. cheddar, swiss, havarti, monterey jack, brie, cotija) homemade fermented SCD yogurt fruits (fresh, raw, cooked, or dried with no added sugar) most fresh, frozen vegetables olive oil, coconut oil, avocado oil teas and coffee - weakened, cider or white vinegar and juices with no additives or sugars honey

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