

SCD SHOPPING LIST

Always check labels to ensure no added sugar, starch or other illegal additives are present.

Protein

Fresh or Frozen

Beef
Kidney
Liver
Poultry
Pork
Fish (canned fish ok in oil or water)
Eggs
Gelatin

Fats

Almond Oil
Butter
Coconut Oil
Flaxseed Oil
Ghee
Olive Oil
Safflower Oil
Sunflower Oil

Vegetables

Fresh or Frozen

Asparagus
Avocados
Beets
Bok Choy
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumbers
Eggplant
Garlic
Ginger
Green Beans
Jalapenos
Kale
Leeks
Lettuce
Mushrooms
Olives
Onions
Peas
Peppers
Pumpkin
Rutabaga
Tomatoes
Watercress
Zucchini

Sauces & Broth

Ideally, sauces and broths should be homemade. Not everyone may tolerate these store bought products, but they are SCD safe.

Amore Italian Tomato Paste
Annie's Naturals Horse Radish Mustard
Annie's Naturals Mustard
Eden Organic Spaghetti Sauce
Imagine Organic Broth
Spectrum Organic Mayo
Tabasco Sauce

Fruit

Fresh or Frozen

Apples
Apricots
Bananas (very ripe)
Berries of all kind
Cherries
Coconut
Dates
Figs
Grapefruit
Grapes
Kiwi
Lemons
Limes
Mango
Melons of all kind
Nectarines
Oranges
Papaya
Passionfruit
Pears
Pineapple
Plums
Prunes

Nuts

Almonds
Brazilian Nuts
Cashews
Chestnuts
Macadamia Nuts
Pecans
Walnuts
Nut butters

Legumes

Black Beans
Kidney Beans
Lentils
Lima Beans
Peanuts
Split Peas
White (Navy) Beans

Beverages

Juice never frozen

Coffee and black tea (made very weak)
Knudsen brand cranberry Juice w/o added sugar (dilute)
Tropicana original orange juice
Welch's brand grape Juice w/o added sugar (dilute)

Baking Ingredients

Baking Soda
Coconut Flour
Citric Acid
Gelatin
Honey
Nut Flours (No chestnut flour)

Herbs & Spices

Single dried herbs and spices for cooking are permitted. Spice combos not permitted due to the risk of illegal additives. Seeds should be ground.

Cheese

Brick Cheese
Cheddar
Dry Curd Cottage Cheese
Gruyere
Havarti
Swiss
Brie (occasionally)
Blue (occasionally)
Parmesan (Occasionally)



Vinegars

Apple Cider Vinegar
Red Wine Vinegar
White Wine Vinegar

Snacks

Bubbies Pickles
Bubbies SourKraut
Larabar's w/out chocolate
Santa Cruz Apple Sauce
That's It. Fruit Bars

