

ANTI-SIBO DIETARY GUIDELINES

This diet is to be followed during the Recovery/Prevention phase for 1-2 months.

GRAINS	
<ul style="list-style-type: none"> X Eliminate all grains except white rice X Eliminated grains include wheat, brown rice, oats, quinoa, barley, rye, spelt, kamut, corn 	<ul style="list-style-type: none"> ✓ Can eat as much white rice as you like
DAIRY/EGGS	
<ul style="list-style-type: none"> X Eliminate milk, cream, buttermilk, sour cream, yogurt (all contain lactose, which the bacteria feed on) X Hard cheeses and butter are OK to eat if no digestive disturbances when eating them (lactose free) 	<ul style="list-style-type: none"> ✓ Eggs are OK
SUGARS	
<ul style="list-style-type: none"> X Eliminate high fructose corn syrup, lactose, brown sugar, cane sugar, maple syrup, and agave syrup X Eliminate all sugar alcohols such as xylitol, lactulose, mannitol 	<ul style="list-style-type: none"> ✓ White sugar and honey are OK (bacteria won't feed on these) ✓ Sugar replacement Stevia is OK ✓ Artificial sweeteners are OK for SIBO, but not good for overall health, so they are still to be avoided
VEGGIES/FRUITS	
<ul style="list-style-type: none"> X Eliminate all fruit juices 	<ul style="list-style-type: none"> ✓ Follow "Fermentable Veggies and Fruits" chart ✓ Eat veggies and fruits from the "Least fermentable" column for the first 1 – 2 months of the diet. Avoid ones from the other two columns.
NUTS/SEEDS & BEANS/LEGUMES	
<ul style="list-style-type: none"> X Eliminate all except cashews, pecans, walnuts are ok 	
MEATS/FISH	
<ul style="list-style-type: none"> ✓ All types of meat, fish and shellfish are permitted 	
OILS	
<ul style="list-style-type: none"> ✓ All types of oils are ok 	
MISCELLANEOUS	

<ul style="list-style-type: none"> ✗ Beer and wine are to be avoided ✗ Hard liquors are ok, as long as they are not sweetened or mixed in sweetened beverages 	<ul style="list-style-type: none"> ✓ Alternative milks such as almond, rice, and coconut milk are all OK, as long as they are the unsweetened versions ✓ All culinary herbs and spices are OK (dry and fresh) ✓ Vinegars are OK
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Fermentable Veggies and Fruits List

LEAST FERMENTABLE	MODERATELY FERMENTABLE	MOST FERMENTABLE
<p>VEGETABLES</p> <p>Bok choy Broccoli (moderate amounts) Butternut squash (moderate amount) Cabbage (moderate amount) Carrot Celery Root Chives Collard greens Cucumber Eggplant Endive Fennel bulb Ginger Green beans Kale Kabocha squash Lettuce Olives Bell peppers Radish Rutabaga Scallion Spinach (moderate amounts) Swiss chard Tomato Yellow squash Zucchini (moderate amount)</p> <p>FRUIT</p> <p>Banana Berries (blueberry, strawberry, raspberry, boysenberry) Citrus (lemon, lime, orange, tangerine) Grapes Kiwifruit Melons (cantaloupe, honeydew) Papaya Pineapple Pomegranate (moderate amounts)Rhubarb</p>	<p>VEGETABLES</p> <p>Broccoli (high amounts) Brussels sprouts Butternut squash (high amounts) Cabbage (high amounts) Leeks Parsnip Peas Snow peas Chili peppers Spinach (high amounts) Zucchini (high amounts)</p> <p>FRUITS</p> <p>Cranberries Cherries Grapefruit Pomegranate (high amounts)</p>	<p>VEGETABLES</p> <p>Asparagus Artichoke Bean sprouts Beet Cauliflower Celery Corn Garlic Mushrooms Onions Peas (high amounts) Potatoes Starch powders (arrowroot, corn, potato, rice, tapioca) Seaweeds Shallots Turnip Taro root Water chestnuts Yam/sweet potatoes Yucca root</p> <p>FRUIT</p> <p>Apple Apricot Avocado Blackberries Canned fruit in juice Dried currants, dates, fig, raisons, prunes Jam/jelly Mango Nectarine Peach Pear Plantain Plum Watermelon</p>