

SCD/IBD-AID + Low Histamine + No Nightshades + High Alkalinity + FODMAP

Low Oxalate & Medium Oxalate | (+) indicates high alkalinity | (♥) indicates FODMAP safe

SCD Legal Low-Histamine Foods (Excluding Nightshades)

- | | | |
|---|---|--|
| <input type="checkbox"/> Apple* | <input type="checkbox"/> Drinks, Fresh Herb Tea ♥ | <input type="checkbox"/> Nuts, Cashew |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Drinks, Fruit Juice ♥ | <input type="checkbox"/> Oil , Coconut ♥ |
| <input type="checkbox"/> Artichoke (French) | <input type="checkbox"/> Drinks, Ginger Tea | <input type="checkbox"/> Oil ,Flax |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Drinks, Spring Water (Sparkling) ♥ | <input type="checkbox"/> Oil, Hemp (Caution) |
| <input type="checkbox"/> Avocado (LH Firm) + | <input type="checkbox"/> Drinks, Spring Water ♥ | <input type="checkbox"/> Oil, Macadamia |
| <input type="checkbox"/> Baking Soda ♥ | <input type="checkbox"/> Drinks, Tap Water ♥ | <input type="checkbox"/> Oil, Olive ♥ |
| <input type="checkbox"/> Banana (LH Firm / SCD ripe) ♥ | <input type="checkbox"/> Eggs, Chicken (Yolks) ♥ | <input type="checkbox"/> Onion (White/Yellow-LO, Red-MO) |
| <input type="checkbox"/> Beetroot (Beets) | <input type="checkbox"/> Endive + | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Berries, Blackberries | <input type="checkbox"/> Fennel (Caution) | <input type="checkbox"/> Pear (Bartlett) |
| <input type="checkbox"/> Berries, Boysenberries | <input type="checkbox"/> Garlic + | <input type="checkbox"/> Persimmon |
| <input type="checkbox"/> Berries, Cranberries ♥ | <input type="checkbox"/> Gelatin ♥ | <input type="checkbox"/> Radish, Daikon ♥ |
| <input type="checkbox"/> Blueberries ♥ | <input type="checkbox"/> Ginger ♥ | <input type="checkbox"/> Radish, Red & White ♥ |
| <input type="checkbox"/> Bok Choy ♥ | <input type="checkbox"/> Green Beans ♥ | <input type="checkbox"/> Raw Honey |
| <input type="checkbox"/> Brussel Sprouts ♥ | <input type="checkbox"/> Green Pepper (Fresh) ♥ | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Cabbage** + ♥ | <input type="checkbox"/> Herbs, All Fresh | <input type="checkbox"/> Sea & Himalayan Salt + |
| <input type="checkbox"/> Carrots (Boiled-LO, Raw-MO) ♥ | <input type="checkbox"/> Horseradish (Sauce) | <input type="checkbox"/> Sesame Seed (Caution; Oil-LO) ♥ |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kale (Curly is not LO) + ♥ | <input type="checkbox"/> Spring Onion (Shallot) |
| <input type="checkbox"/> Celeriac ♥ | <input type="checkbox"/> Lettuce (Unpackaged) ♥ | <input type="checkbox"/> Squash*** ♥ |
| <input type="checkbox"/> Celery + ♥ | <input type="checkbox"/> Meat, Beef (Unhung) ♥ | <input type="checkbox"/> Swedes (Rutabagas) ♥ |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Meat, Chicken (Skinless) ♥ | <input type="checkbox"/> Tamarind (Caution) ♥ |
| <input type="checkbox"/> Chestnuts (Fresh) ♥ | <input type="checkbox"/> Meat, Duck | <input type="checkbox"/> Turmeric ♥ |
| <input type="checkbox"/> Chinese Broccoli | <input type="checkbox"/> Meat, Goose (Skinless) | <input type="checkbox"/> Vanilla (Extract) |
| <input type="checkbox"/> Chives ♥ | <input type="checkbox"/> Meat, Lamb ♥ | <input type="checkbox"/> Water Chestnuts (Caution) ♥ |
| <input type="checkbox"/> Citric Acid | <input type="checkbox"/> Meat, Quail (Skinless) | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Coconut Flesh (Fresh) ♥ | <input type="checkbox"/> Meat, Rabbit | <input type="checkbox"/> White Fish (Fresh – Plaice, Haddock, Flounder) ♥ |
| <input type="checkbox"/> Cottage Cheese (Dry curd) | <input type="checkbox"/> Meat, Turkey (Skinless) ♥ | <input type="checkbox"/> Yoghurt (Homemade) including goat and cow milk, almond, & coconut ♥ |
| <input type="checkbox"/> Cucumber + ♥ | <input type="checkbox"/> Meat, Veal | |
| <input type="checkbox"/> Currants (Blackcurrant) | <input type="checkbox"/> Melon, Cantaloupe ♥ | |
| <input type="checkbox"/> Dairy, Butter ♥ | <input type="checkbox"/> Melon, Honeydew ♥ | |
| <input type="checkbox"/> Dairy, Ghee ♥ | <input type="checkbox"/> Milk, Coconut ♥ | |
| <input type="checkbox"/> Dairy, Quark (Homemade) | <input type="checkbox"/> Milk, Coconut Cream ♥ | |
| <input type="checkbox"/> Drinks, Club Soda (Soda Water) | <input type="checkbox"/> Nectarine | |

Unsure of SCD Legality, Low-Histamine (Excluding Nightshades)

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|---|---|--|
| <input type="checkbox"/> Bamboo Shoots ♥ | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Radish Leaves |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Linseed Seed | <input type="checkbox"/> Red Palm Oil |
| <input type="checkbox"/> Choko | <input type="checkbox"/> Loquat | <input type="checkbox"/> Saffron (Threads) |
| <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Lychee | <input type="checkbox"/> Snow Peas ♥ |
| <input type="checkbox"/> Dandelion Leaves | <input type="checkbox"/> Mizuna | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Duck Eggs | <input type="checkbox"/> Mulberries | <input type="checkbox"/> Sugar Snap Peas |
| <input type="checkbox"/> Elderberries | <input type="checkbox"/> Nashi Pear (Asian) | <input type="checkbox"/> Tatsoi |
| <input type="checkbox"/> Eshallot | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Galangal | <input type="checkbox"/> Poppy Seed ♥ | |

*Apples: Fuji, Gala, Golden, Red, Granny Smith, & Bramley are all Low Oxalate; Macintosh and Braeburn are Medium Oxalate.

**Cabbage: Green (raw), Purple, and Nappa are all Low Oxalate.

***Squash: Zucchini (Courgettes), Butternut, Spaghetti, Acorn, Kabocha, and Yellow are all Low-Oxalate.

Additional Notes – Oats (IBD-AID/Non-SCD ♥) are Medium Oxalate. Peas and Split-Green Peas are Low Oxalate. Leeks are Medium Oxalate. Broccoli(+♥) and Raab Broccoli are Low Oxalate. Mayonnaise sans onion and garlic, Canola Oil, & Avocado Oil are all Low FODMAP.

Specific Carbohydrate Diet + Low-Histamine Diet + No Nightshades

Low Oxalate & Medium Oxalate

Nightshades

Foods to Avoid

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|--|--|---|
| <input type="checkbox"/> Bush Tomatoes (Australia) | <input type="checkbox"/> Ketchup & Barbeque Sauce | <input type="checkbox"/> Potatoes (different to sweet potatoes) |
| <input type="checkbox"/> Capsicums (peppers) | <input type="checkbox"/> Peppers (including bell peppers, sweet peppers, chili peppers, jalapenos) | <input type="checkbox"/> Tamarillos (tree tomato, an egg-shaped edible fruit) |
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Pimentos | <input type="checkbox"/> Tomatillos |
| <input type="checkbox"/> Eggplants/Aubergines | | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Goji berries | | |
| <input type="checkbox"/> Hot Sauce | | |

Spices to Avoid

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|--|--|--|
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Paprika | <input type="checkbox"/> Steak Seasoning (paprika) |
| <input type="checkbox"/> Chili Pepper Flakes | <input type="checkbox"/> Poultry Seasoning | <input type="checkbox"/> Most spice blends |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Red Pepper | |
| <input type="checkbox"/> Curry (Red Pepper) | <input type="checkbox"/> Red Pepper Flakes | |

Debatable Foods & Spices

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|---|--|---|--|
| <input type="checkbox"/> Allspice ♥ | <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Green & Pink Peppercorns | <input type="checkbox"/> Nutmeg ♥ |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Juniper | <input type="checkbox"/> Nuts & Nut Butters, Flours, & Milks |
| <input type="checkbox"/> Annatto | <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> Lemon & Lime ♥ | <input type="checkbox"/> Sesame |
| <input type="checkbox"/> Black ♥ & White Pepper | <input type="checkbox"/> Coriander ♥ | <input type="checkbox"/> Medjool Dates | <input type="checkbox"/> Star Anise ♥ |
| <input type="checkbox"/> Caraway | <input type="checkbox"/> Cumin ♥ | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Cardamom ♥ | <input type="checkbox"/> Dill | <input type="checkbox"/> Mustard ♥ | |

Safe Spices

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|--|--------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Basil ♥ | <input type="checkbox"/> Cloves ♥ | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Savory |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Dill Weed | <input type="checkbox"/> Oregano ♥ | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Garlic | <input type="checkbox"/> Parsley + ♥ | <input type="checkbox"/> Tarragon ♥ |
| <input type="checkbox"/> Chevril | <input type="checkbox"/> Ginger | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Thyme ♥ |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Rosemary ♥ | <input type="checkbox"/> Turmeric ♥ |
| <input type="checkbox"/> Cilantro ♥ (Coriander Leaf) | <input type="checkbox"/> Lavendar | <input type="checkbox"/> Saffron ♥ | |
| <input type="checkbox"/> Cinnamon/Cassia ♥ | <input type="checkbox"/> Mace | <input type="checkbox"/> Sage | |
| | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Salt ♥ | |

Uncommon Nightshades

- Ashwagandha (Indian ginseng): Same family as the tomato; A plump shrub with oval leaves and yellow flowers that bears red, raisin-sized fruit; Native to the dry regions of India, northern Africa, and the Middle East, but also grown in the United States.
- Cape Gooseberry (Peruvian groundcherry): *Physalis peruviana*, a plant species of the genus *Physalis*, is originally from Peru; Commonly known as Cape gooseberry (South Africa, UK, Australia, New Zealand), or *Physalis*; Related to the tomatillo.
- Cocona: A distant relative of eggplant; commonly found growing in the Peruvian Amazon.
- Chinese Five Spice Powder: A blend of cinnamon, cloves, fennel, star anise, and Szechwan peppercorns. Some recipes also contain ginger, nutmeg, and licorice.
- Curry/Curry Spice Powder: Common ingredients include cardamom, dried chile, cinnamon, clove, coriander, cumin, fennel, fenugreek, mace, nutmeg, red and black peppercorn, poppy seed, sesame seed, saffron, tamarind, and turmeric.
- Garam Masala Spice: Common ingredients include coriander seeds, cumin seeds, cardamom seeds, peppercorns, fennel seeds, mustard seeds, cloves, and red chile peppers.
- Garden Huckleberries (Black nightshade): European black nightshade (*Solanum nigrum*), (duscle, garden nightshade, garden huckleberry, hound's berry, petty morel, wonder berry, small-fruited black nightshade, or popolo) is a species in the *Solanum* genus, native to Eurasia and introduced in the Americas, Australasia, and South Africa.
- Kutjera (Australian desert raisin): *Solanum centrale*, the kutjera, or Australian desert raisin, is a plant native to the more arid parts of Australia; In the bush tomato family.
- Naranjilla: *Solanum quitoense*, known as naranjilla in Ecuador and Panama and as lulo in Colombia, is a subtropical perennial plant from northwestern South America.
- Pepino: Pepino melons are not really melons, they are the fruit of a South American evergreen and actually related to the tomato and the eggplant. Sometimes they are called tree melons, or melon pears. The melon is about the size of a hand, almond-shaped and firm.