

## THE SIBO FOOD LIST

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*Cooking for SIBO and microbiome balance is easy...once you get the hang of it. The key thing to remember is that it's not about having to give up all the foods that you love. The following table lists the foods that are healthy (green) and not healthy (red).*

# FOODS TO EAT.

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## CARBOHYDRATES

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*It's important for SIBO patients to be mindful when it comes to carbohydrate portions at each meal. Aim to limit carbohydrates to 1 serving per meal.*

Bagel (rye, sourdough or plain; limit to 1/2 bagel)  
 Bread crumbs  
 Bread, French  
 Bread, Italian  
 Bread, potato  
 Bread, refined, white or wheat  
 Bread, rye  
 Cereals: refined (Rice Krispies, Original Special K, cornflakes)  
 Cornmeal  
 Cornstarch  
 Couscous  
 Crackers, refined (such as Rustic Bakery, La Panzanella)  
 Cream of wheat  
 Dumpling wrappers

Gnocchi  
 Noodles, egg  
 Noodles, udon  
 Orzo  
 Panko (regular and gluten-free) Pasta  
 Pasta (gluten-free made from white rice, corn, or almond flour)  
 Phyllo dough  
 Polenta  
 Popchips  
 Popcorn  
 Potato flour  
 Quinoa  
 Rice (white, sushi, paella, jasmine)  
 Rice cakes (made from white rice only)  
 Rye flour  
 Seitan  
 Sourdough bread  
 Tortillas (corn or flour)  
 Tortilla chips

## PROTEIN/MEAT

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Bacon: w/o nitrates and HFCS  
 Beef  
 Eggs  
 Fish  
 Game  
 Lamb  
 Organ meats  
 Poultry  
 Seafood  
 Seitan

## VEGETABLES

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Avocado  
 Beets  
 Capers  
 Caper berries  
 Carrots  
 Celeriac  
 Celery: peel the skin; limit, best to use to flavor soups and stews.

# FOODS TO EAT.

*(continued)*

Chives  
 Corn  
 Cucumbers (Persian cucumbers are less gassy but all types are acceptable.)  
 Eggplant  
 Endive (in small amounts)  
 English peas  
 Fennel (root only)  
 Garlic (cooked is typically better tolerated)  
 Green beans  
 Greens: arugula, kale, and spinach are best. Hold off initially on butter lettuce and romaine as they are often not tolerated as well.  
 Horseradish  
 Jicama  
 Leek  
 Mushrooms  
 Olives  
 Onion (in small amounts; cooked is typically better tolerated)  
 Parsnips  
 Peas (green, in small amounts)  
 Peppers (bell, chili)  
 Potatoes  
 Pumpkin  
 Radicchio  
 Rhubarb

Rutabaga (root only, not leaves)  
 Scallion (green parts only)  
 Seaweed  
 Shallot (in small amounts; cooked is typically better tolerated)  
 Squash  
 Sweet potato  
 Swiss chard  
 Tomatillo  
 Tomato  
 Turnips  
 Water chestnut  
 Yam  
 Yucca  
 Zucchini

## FRUIT

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*Fruit is an important part of a healthy, balanced diet. When eating to manage SIBO, one serving at a time is recommended. Please note, dried fruit is not suggested, even when made from an allowed fruit.*

Apricots, fresh  
 Blackberries  
 Blueberries  
 Boysenberries

Cantaloupe (limit to one cup)  
 Cherries  
 Cranberries  
 Dragon fruit  
 Grapefruit  
 Grapes  
 Guava  
 Honeydew (limit to one cup)  
 Kiwi  
 Lemons  
 Limes  
 Mango  
 Nectarine  
 Okra  
 Oranges  
 Papaya  
 Passion fruit  
 Peaches  
 Persimmon  
 Pineapple  
 Plum  
 Pomegranate  
 Raspberries  
 Strawberries  
 Tamarillo  
 Tangerines  
 Watermelon (limit to one cup)

# FOODS TO EAT. *(continued)*

## DAIRY

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Butter (small amounts)  
 Cheese, most aged and hard varieties, like Parmesan, Cheddar, Manchego, and Gruyère  
 Dairy-alternative milks such as almond milk, rice milk, coconut milk, oat milk, and hemp milk  
 Ghee  
 Lactose-free cottage cheese  
 Lactose-free milk

## NUTS & SEEDS

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Almonds  
 Cashews  
 Chestnuts  
 Coconut  
 Hazelnuts  
 Hemp seeds  
 Macadamia nuts  
 Nut butters  
 Peanuts  
 Pecans  
 Pine nuts  
 Pistachios  
 Pumpkin seeds  
 Sesame seeds  
 Sunflower seeds  
 Walnuts

## HERBS, SPICES, & SEASONINGS

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*Both dried and fresh versions are SIBO-friendly*

Basil  
 Bay leaf  
 Cardamom  
 Cayenne  
 Chamomile  
 Chervil  
 Chili flakes  
 Chili powder  
 Chives  
 Cilantro  
 Cinnamon  
 Cumin  
 Curry powder  
 Dill  
 Everything spice  
 Fennel seed  
 Ginger  
 Garlic powder  
 Herbs de Provence  
 Hibiscus  
 Kaffir lime  
 Lemon verbena  
 Lemongrass  
 Mint  
 Mustard, dry  
 Nettle  
 Nutritional yeast

Onion powder  
 Oregano  
 Paprika  
 Parsley  
 Pepper  
 Poultry seasoning  
 Rosemary  
 Saffron  
 Sage  
 Salt  
 Sumac  
 Tarragon  
 Thyme  
 Turmeric  
 Vanilla bean  
 Wasabi powder

## BAKING, SWEETS, & SWEETENERS

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*Note: table sugar is absorbed higher up in the GI tract before the bacteria can feed off of it.*

Active dry yeast  
 Agar flakes  
 All-purpose flour  
 Almond flour  
 Aspartame  
 Baking powder  
 Baking soda  
 Chocolate, bittersweet  
 Chocolate, dark  
 Chocolate, semisweet

# FOODS TO EAT.

*(continued)*

Cocoa powder  
Coffee instant/  
espresso granules  
Corn flour  
Cream of tartar  
Equal Sugar Substitute  
Honey (in small amounts)  
Maple syrup  
Orange blossom water  
Pomegranate molasses  
Sorbet (one scoop maximum)  
Sugar (cane, turbinado, caster)  
Vanilla extract  
Vanilla powder

## CONDIMENTS

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Avocado oil  
Barbeque sauce w/o HFCS  
(such as FODY, Tessamae's)  
Canola oil  
Chili paste  
Coconut aminos  
Coconut oil  
Cornichons  
Fish sauce  
Ginger, pickled  
Gochujang  
Grapeseed oil  
Jam (made from approved  
fruits)  
Ketchup w/o HFCS (such as  
Simply Heinz, Sir Kensington's,  
Annie's Organic, Woodstock  
Organic, or Primal Kitchen)

Kuzu  
Mayonnaise  
Mustard  
Olive oil  
Relish  
Sesame oil  
Soy sauce (low sodium)  
Sriracha  
Sunflower oil  
Tomato and pasta sauce  
(Rao's sensitive formula is  
suggested for those who  
cannot  
tolerate onion and garlic)  
Tomato paste  
Vegetable oil  
Vinegar  
Worcestershire sauce  
(Lord Sandy's Vegan)

## BEVERAGES

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Broth  
Coffee  
Juice of approved fruits and  
vegetables (small portions)  
Seltzer/carbonated beverages  
(without HFCS)  
Teas  
Water

## ALCOHOL

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Beer (note: less hoppy beers  
are more likely to be tolerated)  
Bourbon  
Brandy  
Champagne  
Gin  
Grappa  
Port  
Rum  
Sake  
Sherry  
Tequila  
Vermouth  
Vodka  
Whiskey/scotch  
Wine (all red and white  
varieties)

# FOODS TO AVOID.

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## CARBOHYDRATES

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*It's important for SIBO patients to be mindful when it comes to carbohydrate portions at each meal. Aim to limit carbohydrates to 1 serving per meal.*

**Bran**  
**Bread, multigrain**  
**Bread, whole wheat**  
**Brown rice**  
**Buckwheat flour**  
**Bulgur wheat**  
**Cereals, whole wheat**  
**Farrow**  
**Flour, multigrain**  
**Oat bran**  
**Oatmeal**  
**Pasta, whole wheat**  
**Soba noodles**  
**Spelt flour**

## VEGETABLES

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**Alfalfa sprouts**  
**Artichoke**  
**Asparagus**  
**Bamboo shoots**  
**Bean sprouts**  
**Bok choy**  
**Broccoli**  
**Brussels sprouts**  
**Cabbage**  
**Cauliflower**  
**Chicory root**  
**Edamame**  
**Radish**  
**Snow peas**  
**Sugar snap peas**  
**Tamarind**

## FRUIT

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**Apples**  
**Apricots, dried**  
**Bananas**  
**Dates**  
**Dried fruits**  
**Figs**  
**Fruit-juice concentrates**  
**Monk fruit**  
**Pears**  
**Prunes**  
**Raisins**

# FOODS TO AVOID. (continued)

## DAIRY

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**Cheese (soft, not aged)**

**Cream cheese\***

**Milk**

**Soy milk**

**Yogurt\*\***

*\*Lactose-free cream cheese and lactose-free sour cream made by Green Valley has live cultures. Patients who have been symptom-free for 3 months can enjoy these on occasion.*

*\*\*Lactose-free yogurt is not suggested for those with SIBO due to the live cultures present.*

## LEGUMES

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**Beans (most varieties)**

**Black beans**

**Butter beans**

**Cannellini beans**

**Chickpea/garbanzo beans**

**Fava beans**

**Hummus**

**Kidney beans**

**Lentils**

**Lima beans**

**Navy beans**

**Pinto beans**

**Soy products**

**(in meat alternatives)**

**Soybeans**

**Tempeh**

**Tofu**

**White beans**

## MEAT

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**Marinated Steak**

**(i.e. from a steakhouse; marinades have HFCS)**

## NUTS & SEEDS

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**Chia seeds**

**Flax seeds**

## CONDIMENTS

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**Barbeque sauce with HFCS**

**Cooking oils with additives**

**Plum sauce**

**Sweet and sour sauce**

## BAKING, SWEETS, & SWEETENERS

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**Agave**

**Erythritol**

**High-fructose corn syrup**

**Lactose (in dairy)**

**Mannitol (sugar alcohol)**

**Monk fruit extract**

**Saccharin**

**Sorbitol (sugar alcohol)**

**Splenda**

**Stevia**

**Sucralose**

**Xylitol (sugar alcohol)**

## BEVERAGES

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**Drinks with HFCS**

**Soda**