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The SCD eliminates grains and other starchy foods containing complex

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the digestive system, that takes place when good bacteria are destroyed and bad bacteria take over.

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Larger carbohydrate molecules like di-,  
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Foods containing fats and proteins are not  
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Carbohydrate Diet was designed for those suffering from inflammatory digestive disorders. The only carbohydrates allowed on the diet are monosaccharides.

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- Kakodar S et al. The specific

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carbohydrate diet for inflammatory bowel disease: A case series. Journal of the Academy of Nutrition and Dietetics 2015 August; 115(8): 1226-1232. • Obih C et al. Specific carbohydrate diet for pediatric inflammatory bowel disease in clinical practice within an academic IBD center. Nutrition 2016; 32: 418-425.

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