

Diet Comparison Table by Ginger Houston-Ludlam

Food	GF/CF ¹	SCD ²	BED ³
Gluten-containing grains (wheat, barley, rye, spelt, kamut, possibly oats) and any products from these grains	Not Allowed	Not Allowed	Not Recommended
Rice	Unlimited	Not Allowed	Not Recommended
Corn	Unlimited; may not be tolerated	Not Allowed	Some OK if tolerated
Millet, Quinoa, Amaranth, Buckwheat	Unlimited	Not Allowed	Unlimited (80/20 rule), pre-soaked
Eggs and Meat (incl. beef, lamb, fish, chicken, turkey)	Unlimited	Allowed-processed not permitted	Recommended; organic free range/wild caught preferred; use 80/20 rule.
Vegetables	Unlimited	Fresh or Frozen allowed, no canned; potatoes and yams not permitted.	Unlimited and recommended to be 80% of the diet. Fermented vegetables are highly recommended and should be consumed regularly.
Fruit	Unlimited	Allowed, cooked in initial phase, canned not allowed.	Not recommended except lemon, lime, cranberry or blackcurrant. Tomatoes not recommended.
Milk Products (milk, butter, cream, yogurt, cheese, casein, whey, etc.) and ingredients	Not Allowed	After initial phase: 24-hour goat yogurt, dry curd cottage cheese, specific cheeses & butter. **	Raw butter and cream after a week, kefir after about a month. **
Sweeteners	Unlimited*	Honey and Saccharin only	Stevia only
Vinegar	Unlimited	White or apple cider	Raw apple cider only- foods pickled in vinegar not recommended.
Juice	Unlimited	Limited to ones confirmed without added sugars; whole fruit juiced at home preferred.	None except pure cranberry, blackcurrant, lemon or lime.
Oils	Unlimited	Unlimited	Olive, coconut and pumpkin seed recommended.
Condiments	Unlimited	OK if no added sugars or spices	Limited to wheat-free tamari, herbs and spices, Celtic sea salt.
Nuts	Unlimited	Most allowed- use only as flour in initial phase.	Unlimited- prefer raw and soaked for 12 hours
Seeds	Unlimited	Not for first 3 months, then cautiously.	Unlimited- prefer raw and soaked for 12 hours. Pumpkin seeds particularly recommended
Seaweed	Unlimited	Not Allowed	Highly recommended
Beans	Unlimited; soy usually not tolerated	Allowed after 3 months, and soaked 12 hours. Only specific beans allowed.	Not recommended- soak 12 hours if used. Adzuki beans preferred.
Alcoholic Beverages	Unlimited	Beer not allowed, For occasional use: dry wine, gin, rye, scotch, bourbon, vodka.	Not recommended
Coconut Products	Unlimited	Unlimited, fresh only, introduce when nuts are added.	Young Coconut Kefir highly recommended, coconut oil recommended, raw coconut meat recommended (cultured preferred), unsweetened flake coconut for occasional use.
Gelatin	Unlimited	Allowed	Not recommended- use agar agar instead
Coffee and Tea	Unlimited	Allowed, weak; herb tea only if it does not induce diarrhea.	Not recommended- use herb tea or green tea

Table notes:

- (GF/CF): No packaged foods that contain any amount of gluten or casein. Recommend avoidance and challenge of corn and soy to rule out intolerance. *Although sugars and starches are allowed, should not constitute majority of diet. Recommend limiting sugars if yeast or bacteria are problematic.
- (SCD): Any food listed as allowed is *not allowed* if it contains any added starch or sugar.
- (BED): Not an exclusion diet; nothing is "illegal" except sugary foods & hydrogenated oils; certain foods recommended as particularly healing should be eaten preferentially over other foods. 80/20 rule: grains or meat should be only 20% of a meal that is 80% vegetable. Meat & grains should not be served together.

**ANDI recommends avoiding dairy for people with casein sensitivities. "Ghee" may be used if there is no reaction noted.