The Specific Carbohydrate Diet™ is designed to exclude most carbohydrates and processed foods. You will eat a special “Intro Diet” for the first two days of the diet. The Intro Diet includes specific types of broth, eggs, juices, gelatin, meat, and carrots. Below is a list of foods that you can and cannot eat on this diet (after the Intro Diet). This is not a complete list. See our study website for the complete list: [insert URL]

**YES**

**Fruit:** All types, fresh or frozen  
**Vegetables:** All non-starchy vegetables, fresh or frozen  
**Meat:** Unprocessed meat without SCD ingredients that are not permitted  
**Fish:** All types (Must be unprocessed and unbreaded without additives)  
**Eggs:** All types of eggs (preferably organic pasteurized)  
**Legumes:** Fresh navy, lima, black and green beans, string beans, lentils, and peas  
**Nuts:** All types  
**Seeds:** All types (with the only exceptions listed under NO)  
**Cheese:** Hard cheeses aged over 90 days (cheddar, Colby, gouda etc.)  
**Homemade Yogurt:** Use SCD guidelines for making yogurt from cow milk, goat milk, and nut milks  
**Sweeteners:** Honey (preferably raw); Sweet and Low  
**Oils:** Ghee; pasteurized butter; and coconut, sunflower, canola, corn, safflower, sesame, and olive oils  
**Condiments:** Ketchup (homemade), mustard (plain)

**NO**

**Grains:** Wheat products, pastas, rice, corn, quinoa, millet, amaranth, buckwheat  
**Starchy Vegetables:** Potatoes, corn, rutabaga, parsnips, yams  
**Milk:** All milk and cream based products (OK to use these to make the homemade yogurt)  
**Cheese:** Feta, ricotta, mozzarella, cream cheese, goat cheese  
**Nuts/Seeds:** None that may have a coating with an ingredient that is not allowed. Flax, chia, and hemp seeds are not permitted.  
**Legumes:** Garbanzo, kidney, pinto, fava beans, cannellini, black-eyed peas, any canned beans  
**Sweeteners:** None with the exception of honey and Sweet and Low. (No agave, cane, brown sugar; Stevia; molasses, rupadura, date or coconut sugar, etc.)  
**Preservatives:** None of any kind  
**Binders/Thickeners:** Agar, carrageenan, guar gum, potato flour, rice flour, sorghum bean flour  
**Oil/Margarine:** Margarine, vegan butter products or soy bean oil  
**Condiments:** Store-bought ketship or salad dressing, soy sauce, balsamic vinegar  
**Soda/Pop:** Diet and regular soda and other beverages sweetened with sugar or artificial sugar are not permitted  
**Alcohol:** Beer, liqueurs, sweet wine

During the first 6 weeks, you will receive 3 meals and 2 snacks per day totaling 2,500-3,000 calories. Food will be delivered to your home once per week. You do not need to eat all of the food provided to you from the vendor. However, if you do eat something else, please only eat those foods that are permitted on the diet. **It is important that you only eat foods that are permitted** on the diet so that we can see how effective the diet is.

For the second 6 weeks, you will no longer receive study food delivered to you. This means you will need to follow the study diet on your own. For more detailed diet information, instructions, recipes, tips, videos, and FAQs about the study diet, visit the study website. A link to access the website will be emailed to you.

If you have questions at any time regarding the study diet, a Registered Dietitian is on hand to help you. Simply go to the website and you will see an area called “Ask the Dietitian,” where you can type your question. The question will be sent directly to the study Registered Dietitian who will get back to you via email within 72 hours. You may also contact your study coordinator.

**Study Coordinator:** __________________________

**Study Coordinator Phone Number:** _______ _______ _______ _______  
**Email:** _____________________________

Please sign and date below indicating that you have read the above information and are willing and able to commit to this diet for 12 weeks, if this is the diet to which you are randomized. The study team will keep a copy of this form and you will be given the original.

**Name:** ___________________________  
**Signature:** ___________________________  
**Date:** ___________________________