



Your Source  
for All Things SIBO



# Dr. Siebecker's Quick-Start SIBO Diet Guide

A simplified, SIBO diet guide which removes foods that commonly trigger SIBO symptoms. Follow for 1-3 weeks (or as desired) and note if you feel better. Then re-introduce foods one by one, a day apart, and note if you feel worse. Continue avoiding foods that make you feel worse (check with your practitioner before avoiding any foods permanently).

## Common SIBO trigger foods to temporarily avoid:

- Onions, garlic, celery, winter squash
  - Often one type of winter squash is tolerated but not another, which you can identify when reintroducing them
  - Onion and garlic flavored oil is OK (available to buy premade, or make at it at home – search online for recipes, it's easy!)
- Apples (including applesauce/apple juice), Peach, Pear, Watermelon. Sometimes Banana.
- Whole wheat, rye, brown rice
  - However, white bread/pasta (if gluten is tolerated) and white rice is ok
- Beans
- Lactose Dairy: milk, ice cream, yogurt, cottage cheese, cream cheese, ricotta/fresh cheese (i.e. chevre, soft goat cheese, feta, fresh soft mozzarella)
  - However, "lactose-free" labeled dairy products, and aged cheese past 30 days is OK
    - Most hard/deli cheeses are aged x 30 days (i.e. cheddar, provolone, swiss, gouda, and even brie...). If there are zero carbohydrates/sugars on the cheese label, it's lactose free.
- Agave, high fructose corn syrup, polyol sweeteners (polyols end in "-ol": maltitol, xylitol, erythritol. Check mints, gums and medicines).
  - However, corn syrup (which is glucose/dextrose) is OK
- Nuts/seeds (i.e. coconut or almond flour/butter, ground flax)
- Green salad and raw vegetables.
  - Soft raw vegetables like tomato and peeled cucumber are OK

## Other tips:

- Cook vegetables, grains and pasta till soft – no al dente
- Space meals 4-5 hours apart with no snacking or calories consumed (including beverages)
  - Sipping water, unsweetened seltzer/mineral water, and black coffee/tea is OK
  - If 4-5 hours is too long, try 3 hours
- Avoid common SIBO triggers in your Supplements - see "Problematic Supplements for SIBO" below (check with your practitioner before stopping any prescribed supplements)

This diet guide is intended for SIBO symptomatic relief – it is not an antimicrobial SIBO treatment method.

# Problematic Supplements For SIBO

The following is a list of ingredients found in supplements that have the potential to aggravate SIBO symptoms. Reducing or eliminating these may help lessen symptoms.\*

Because SIBO patients vary in their reactions to these ingredients, experimentation is necessary to find *if*, and *how much*, any of these ingredients may worsen symptoms. Some of these may trigger symptoms, while others may not at all. The dose can also make a difference — a smaller amount may be tolerated while a larger amount may not be. Avoid for 1-3 weeks, then reintroduce one by one, a day apart, and note if you feel worse.

## Prebiotics

- Inulin
- FOS - Fructooligosaccharides
- GOS - Galactooligosaccharides
- MOS – Mannan Oligosaccharides
- Arabinogalactan
- Larch
- Chicory root

## Gums

- Acacia gum / Gum Arabic
- Beta glucan
- Guar gum
- Locust bean gum (carob gum)
- Xanthan gum
- Mastic gum

## Starch

- Maltodextrin/Dextrin (above 450mg may be problematic)
- Tapioca starch
- Potato starch
- Arrowroot starch
- Corn starch

*Note: Dextrose is not Dextrin. Dextrose is glucose, which is often tolerated.*

## Soluble Fiber

- Pectin (such as in jam, yogurt)
- Flax, Chia & Hemp seed
- Psyllium
- Bran
- Beta glucan

## Seaweeds

- Alginate, Algal
- Agar Agar
- Carrageenan

## Mucilaginous Herbs

- Licorice
- Marshmallow
- Comfrey
- Aloe Vera
- Slippery Elm

## Sugar Alcohols

Anything that ends in "-ol"

- Maltitol
- Sorbitol
- Mannitol
- Xylitol
- Erythritol (this is usually the best tolerated sugar alcohol)

## Sweeteners

- Agave
- Lactose
- Fructose
- High Fructose Corn Syrup
- Sucralose

*Note: "Corn Syrup" is not High Fructose Corn Syrup. Corn syrup is glucose, which is often tolerated.*

## Supplements

- D-Mannose
- Chondroitin Sulfate
- Glucosamine Sulfate
- N Acetyl Glucosamine
- Glucomannan / Konjac Root
- Mastic Gum

\*Check with your health care practitioner before discontinuing prescribed supplements