

SMALL INTESTINE BACTERIAL OVERGROWTH (SIBO DIET)

This diet should reduce your symptoms and will assist you treatment regime. Continue the diet as well as the probiotic until advise to stop. Some patients may require the diet for a long periods of time. The diet is moderate in fiber (but restricts some raw vegetables), low fat and low in certain carbohydrates. Some carbohydrates and sugar substitutes actually feed the bacteria that are a problem. Avoid fiber supplements (Metamucil etc.)

Sugars/Sugar substitutes:

Allowed sugars: glucose, sucrose, aspartame (Nutra sweet), saccharin.

AVOID: Lactose dairy, milk) fructose concentrate, lactulose, Splenda (sucralose), mannitol sorbitol (sugar free gum/mints), oligosaccharides (soy milk), corn syrup (regular sodas many others sweetened foods).

Probiotic Therapy:

Probitoics are the “good bacteria” that needs to be replenished with this condition. It is important to take the probitoics 1-2 times daily as advised. (refer to probitoics handout).

Water:

Drink about 64 ounces per day (8oz glasses). Drink 16 ounces with each meal and the remainder between meals.

FOOD GROUP	FOODS ALLOWED	FOOD TO AVOID
Beverages	Lactaid milk (1cup/day) diet beverages sweetened with aspartame only no splenda. coffee, tea, and decaffeinated beverages, drinks with no corn syrup, rice milk, 64oz of water/day	Milk, soy milk, alcohol, beverages/sodas, that contain corn syrup, fruit juice.
Breads, Cereal, Rice and Pasta (Limit to 1-1 ½ Serving/ meal)	White bread, rolls, crackers hamburger and hot dog buns; cooked or dry refined cereals (grits, cream, of wheat, rice krispies , corn flakes, Special K), rice spaghetti (plain no spicy sauce), potatoes (no skin)	Whole grain breads or cereal, any containing nuts, seeds, or dried fruit, granola type cereal, highly seasoned, high fat or whole grain snack crackers or pasta, brown or wild rice, biscuits, pancakes, donuts, French fries
Fruit Limit 2 servings/ Per day	Canned (in water) fruit, applesauce apricots, ripe bananas, peeled fresh fruit	All dried fruit, fruit juices

SIBO DIET

Vegetables	Tender, cooked vegetables, salad mix-limited to 1 cup and only contain lettuce, tomato, cucumber vegetable juices (not V), tomato sauce (plain, not spicy)	Raw vegetables, fried vegetables dried beans (red, white pinto, garbanzo , legumes)
Meat or	Baked, boiled, broiled, roasted, stewed, microwaved meat or fish, very tender chicken, turkey, veal beef, lamb, lean pork, tofu, egg -1/day (not fried), or egg substitute tuna, crawfish, shrimp, crab, lean deli meats	All fried meats or any cooked in a fatty roux/cream sauce, tough, stringy, highly seasoned meats, sausage, boudin, regular cold cuts, hot dogs, sharp cheese, yogurt, soy products
Soups	Clear broth based soups, chicken or turkey noodle, chicken w/rice	All others
Fats/oils 1tsp/meal	Margarine (regular and reduced fat), butter, mayonnaise, oil. Non-dairy creamers, vinegarette	All others All tried foods, salad dressings beside vinegarette
Desserts & Sweets	Sugar, honey, molasses, aspartame saccharin, hard candies, plain cakes (angel food, sponge), plain cookies (animal, sugar, vanilla wafers), Jell-O	Jams, marmalade, all sweets and desserts containing nuts, coconut, chocolate, Splenda, any food or dessert that contains corn syrup-read labels
Miscellaneous	Seasonings, herbs, pepper	ketchup, barbeque sauce, salad dressings (containing corn syrup), all soy products, coconut, olives, pickles, nuts, popcorn, steak sauce