

# SIBO DIET GUIDELINES

SIBO is a condition of bacterial overgrowth in the small intestine. Abnormal amounts of these bacteria cause a number of problems:

1. they damage the microvilli - this is the absorptive surface of the small intestine. This can lead to malabsorption of nutrients. Microvilli also are responsible for the digestion of disaccharides (small starch molecules from food). When the microvilli are not working, the bacteria use the disaccharides and cause fermentation.
2. Bacteria can cause methane and hydrogen gas production via this fermentation. Not only is this uncomfortable, but causes further damage to the microvilli.
3. The malabsorption of nutrients from your food can cause a wide variety of symptoms such as restless legs at night, fatigue, skin rashes, muscle aching as well as a host of digestive symptoms.
4. The bacteria cause the motility of the small intestine to slow down or work improperly, causing further fermentation.

## Phase 1

### Active Treatment (6 weeks)

- Supplements of phase 1 will focus on killing bacteria and restore normal function and digestion
- Diet – Phase 1 diet is divided into 2 groups
  - Group 1 : SIBO Foundation Diet —everyone starts with this diet. Some have to stay on this diet for the entire 6 weeks. How quickly you can move to Group 2 depends on how quickly your symptoms improve. If your symptoms are greatly improved after the first week, talk to your practitioner about moving into Group 2. If at any point during treatment you suffer a relapse of symptoms, please go back to the SIBO Foundation Diet
  - Group 2: SIBO Moderate Diet –this diet builds on the SIBO Foundation diet of group 1. Additional foods are added



do so in Phase 2

## Phase 2

### Maintenance

#### Treatment

(minimum 6 weeks duration)

Supplements from Phase 2 will focus on continued repair as well as replenishing nutrients SIBO Maintenance Diet– Additional food items will be incorporated into Phase 2, be aware of and note any symptoms that may arise. Those who were unable to move from Group 1 to Group 2 in Phase 1, can try to

Please note that adhering to the diet for 3 months is considered MINIMUM. This allows for the proper healing and regulation of the small intestines. Some patients have to follow the SIBO Maintenance Diet for up to one year. Please reassess with your practitioner. IMPORTANT: DO NOT CONSUME ANY FOODS UNLESS THEY ARE SPECIFICALLY LISTED.

### The treatment focuses on **Five** areas:

1. Dietary restrictions; see attached dietary protocol
2. Antimicrobials to kill the bacteria. These are often rotated or combined for maximum effect
3. Restoring the motility of the small intestine so bacteria cannot ferment the starches
4. Improving digestion you may need hydrochloric acid and/or digestive enzymes
5. Replacing nutrients due to sometimes years of poor absorption of nutrients

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## SIBO DIET PHASE 1 - ACTIVE TREATMENT (6 WEEKS)

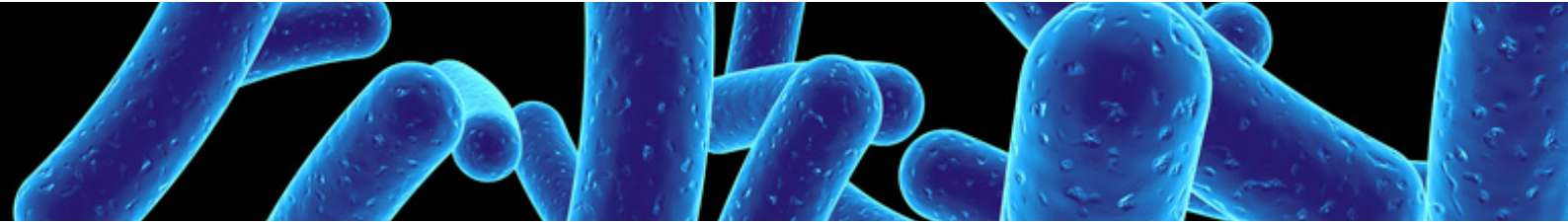
	<b>Group 1: SIBO Foundation Diet</b>	<b>Group 2 SIBO Moderate Diet</b> <i>Add (or increase) these foods to Group 1</i>	<b>Avoid until further notice</b>
Protein	Meat/Fish/Poultry/Eggs	Meat/Fish/Poultry/Eggs	All legumes (allowed after 3 months)
Dairy Products	Avoid	Avoid	All Dairy products
Vegetables	Bamboo shoots, bok choy, carrot, chives, cucumber, eggplant, witlof, ginger, kale, lettuce, olives, capsicum, radicchio, radish, rocket, spring onion (green part only), tomatoes/sundried, sunflower sprouts, alfalfa sprouts	Parsnip, spring onion (white part),	Potato: white, sweet Starch powder: arrowroot, corn, rice, and tapioca canned vegetables, Onions, Garlic, Mushrooms
Vegetables – limited to 1 of the following per meal	Asparagus – 1 spears Artichoke hearts – 1/8 cup Beet – 2 slices Broccoli – ½ cup Brussels sprouts 2ea Butternut – ½ cup Cabbage – ½ cup Cauliflower – ½ cup Cabbage, savoy – ¾ cup (Wombok) Celery – 1 stick Celery root – ½ cup Chili – 11cm/28g Fennel bulb – ½ cup green beans 10 ea Peas, green – 1/4 cup Snow peas 5 pods Spinach 15 leaves zucchini ¾ cup, pumpkin: Jap, butternut ¼ cup	Asparagus – 2-3 spears Brussels sprouts ½ cup Pumpkin: ½ cup Leek ½ ea Spinach >15 leaves/150g Zucchini 1 cup	
Fruit – limited to 2 serves per day during Phase 2 Maintenance Treatment	Lemons Limes	Banana- ½ Berries – all varieties – ½ cup Citrus – 1 piece Kiwi – 1 piece rockmelon, honeydew, paw paw, pineapple – ¼ cup Passionfruit – 1 piece Rhubarb – 1 stalk Avocado – ¼ Cherries – 3 Grapes – 10 Lychee – 5 Pomengranate – ½ small or ¼ cup of seeds	Canned fruit in fruit juice  (Apple, apricot, blackberries, custard apple, fig, jam, mango, nashi, nectarine, peach, pear, persimmon, plum, watermelon) – allowed after Phase 2 at discretion of practitioner
Grains, starches, breads and cereals	Avoid all – this includes all grains, breads, cereals, cakes, biscuits	White Rice: Basmati or Jasmine only. Check with your Practitioner. ½ cup per serve	Avoid all grains, breads, cereals, cakes, biscuits, except if practitioner ok's rice
Legumes (lentils, beans)	Avoid	Avoid	Avoid

## SIBO DIET PHASE 1 - ACTIVE TREATMENT (6 WEEKS)

	<b>Group 1: SIBO Foundation Diet</b>	<b>Group 2 SIBO Moderate Diet</b> <i>Add (or increase) these foods to Group 1</i>	<b>Avoid until further notice</b>
Soups	Homemade broths: Beef or Lamb bone broths, chicken meat broths	Homemade broths: : Beef or Lamb bone broths, chicken meat broths	Canned soups and soup boullions, broths made from chicken frames
Beverages	Water, Herbal teas, black coffee (1cup daily)black tea	Water, Herbal teas, black coffee, black tea, Alcohol (clear spirits) no more than 30ml per day	Soft drinks, fruit juices, wine, beer, dark liqueurs and spirits, energy drinks
Sweeteners	Stevia (pure, not containing inulin)	Stevia, Dextrose, Glucose Organic Honey (clear)- no more than 2 tbsp per day	Xylitol, Artificial sweeteners, agave nectar, maple syrup ..
Nuts and Seeds	Almonds: 10ea, 2T almond flour/meal Coconut: flour/shredded ¼ cup, Ayam blue label coconut milk ¼ cup Hazelnuts 10ea, Macadamia 20ea, Pecans 10ea, Pine nuts 1T, Pumpkin seeds 2T, sesame seeds 1T, sunflower seeds 2t, Walnuts 10ea	Sanitorium unsweetened Almond Milk 1cup Hazelnuts 20ea Pecans 40ea Walnuts 100g	Peanuts, Chia or Flax seeds
Condiments	Sugarless Mayonnaise, Tabasco, Wasabi, Mustard (without garlic)Vinegar: apple cider, distilled, white/red All fresh and dried herbs and spices but not the spice blends	Sugarless Mayonnaise Briggs Liquid Aminos All fresh and dried herbs and spices but not the blends	Spice sachets or pre-mixes READ LABELS! – no maltodextrin, starches, sugar etc Asafetida, chicory root, gums/carragenans/ thickeners, soy sauce/tamari, balsamic vinegar, onions, garlic
Fats/Oils	Coconut, olive, infused oils (ie garlic or chili) Ghee, MCT oil, Polyunsaturated Vegetable oil: Flax (low lignin), grape seeds, pumpkin seed, sesame, sunflower, walnut	Butter, Coconut, olive, infused oils (ie garlic or chili)	Palm oil,, soybean oil

## SIBO PHASE 2 - MAINTENANCE DIET (6 WEEKS)

	Maintenance diet	Avoid until further notice
Protein	Meat/Fish/Poultry/Eggs	
Dairy Products	Homemade yoghurt , butter, Cheese: aged 1 month or more: example parmesan, pecorino	All other Dairy products
Vegetables	Bamboo shoots, bok choy, carrot, chives, cucumber, eggplant, witlof, ginger, kale, lettuce, olives, capsicum, radicchio, radish, rocket, spring onion (green part only), tomatoes/sundried, sunflower sprouts, alfalfa sprouts, Parsnip, spring onion (white part),	Potato: white, sweet Starch powder: arrowroot, corn, rice, and tapioca canned vegetables, Onions, Garlic, Mushrooms
Vegetables – limited to 1 of the following per meal	Asparagus – 2-3 spears Artichoke hearts – 1/4 cup Beet – 2 slices Broccoli – ½ cup Brussels sprouts ½ cup Butternut – ½ cup Cabbage – ½ cup Cauliflower – ½ cup Cabbage, savoy – ¾ cup (Wombok) Celery – 1 stick Celery root – ½ cup Chili – 11cm/28g Fennel bulb – ½ cup green beans 10 ea Peas, green – 1/4 cup Snow peas 5 pods Pumpkin: ½ cup Leek ½ ea Spinach >15 leaves/150g Zucchini >3/4 cup	
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Grains, starches, breads and cereals	White Rice: Basmati or Jasmine only. Check with your Practitioner. ½ cup per serve	Avoid all - this includes all grains, breads, cereals, cakes, biscuits
Legumes (cooked)	Lentil: brown ½ cup, green and red lentil ¼ cup, Lima bean ¼ cup	All other legumes and beans
Soups	Homemade broths: Beef or Lamb bone broths, chicken meat broths	Canned soups and soup boullions, broths made from chicken frames



## SIBO PHASE 2 - MAINTENANCE DIET (6 WEEKS)

Beverages	Water, Herbal teas, black coffee, black tea, Alcohol (clear spirits) no more than 30ml per day	Soft drinks, fruit juices, wine, beer, dark liqueurs and spirits, energy drinks
Sweeteners	Stevia, Dextrose, Glucose Organic Honey (clear)- no more than 2 tbsp per day	Xylitol, Artificial sweeteners, agave nectar, maple syrup ..
Nuts and Seeds	Almonds: 10ea, 2T almond flour/meal, Sanitorium unsweetened Almond Milk 1 cup Coconut: flour/shredded ¼ cup, Ayam blue label coconut milk ¼ cup Hazelnuts 10ea , Macadamia 20ea, Pecans 10ea, Pine nuts 1T, Pumpkin seeds 2T, sesame seeds 1T, sunflower seeds 2t, Walnuts 10ea Hazelnuts 20ea Pecans 40ea Walnuts 100g	Peanuts, Chia or Flax seeds
Condiments	Sugarless Mayonnaise, Tabasco, Wasabi, Mustard (without garlic) Vinegar: apple cider, distilled, white/red All fresh and dried herbs and spices but not the spice blends	Spice sachets or pre-mixes READ LABELS! – no maltodextrin, starches, sugar etc Asafetida, chicory root, gums/carragenans/ thickeners, soy sauce/tamari, balsamic vinegar, onions, garlic
Fats/Oils	Coconut, olive, infused oils (ie garlic or chili) Butter, Ghee, MCT oil, Polyunsaturated Vegetable oil: Flax (low lignin), grape seeds, pumpkin seed, sesame, sunflower, walnut	Palm oil, soybean oil

## SIBO RECIPES

### Almond Pancakes

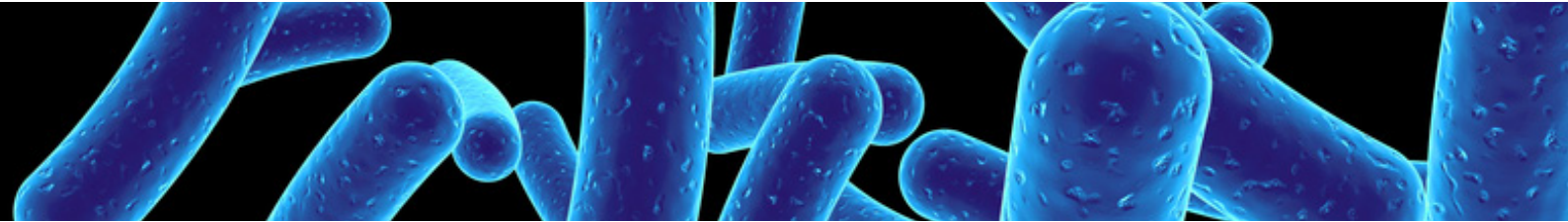
<p>2 tbsp almond meal 2 tbsp Coconut flour 1 organic free range egg 1 organic egg white 1/4 cup sparkling water Pinch of salt Coconut oil for cooking</p>	<p>Mix all ingredients together in a bowl until there are no lumps Use 1/4 cup measure to spoon mixture into pan oiled with coconut oil Look for bubbling or browning of the edges before flipping Makes about 4 small pancakes</p>
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### Pumpkin Soup

<p>500gms pumpkin – skinned &amp; cubed 2 cups chicken broth 1 tblsp ginger Salt n pepper to taste</p>	<p>Place all ingredients in crock pot and mix Set on low for about 8 hours or till pumpkin soft Using a blender process mix...either puree or leave a bit chunky</p>
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### Berry Smoothie

<p>½ cup fresh/frozen berries 500ml filtered water 2 tbsp of coconut oil 2 scoops Hydrolyzed Whey (Thorne) or Protein Complete powder- rice based (Biomedica) Ice</p>	<p>Combine ingredients &amp; blend Option - sprinkle nutmeg on top Note: Berries have anti-inflammatory properties as well as being high in antioxidants.</p>
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## SIBO RECIPES

### Grilled Salmon and Spinach Frittata

<p>10 organic eggs, whisked          1 large can salmon – drained          12 fresh spinach leaves          ½ tsp dried thyme          ½ tsp dried basil          ½ tsp rosemary          salt &amp; pepper, to taste          1 tbsp olive oil</p>	<p>Preheat oven to 170°C degrees; prepare tray          Mix eggs, salmon, herbs, salt and pepper.          Pour into prepared tray          Distribute spinach leaves evenly on top          Bake for 18-20 minutes or until middle of frittata is completely cooked through          Serve with something on top, like a tomato          Serves: 4-6</p>
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### Thai Fish Cakes

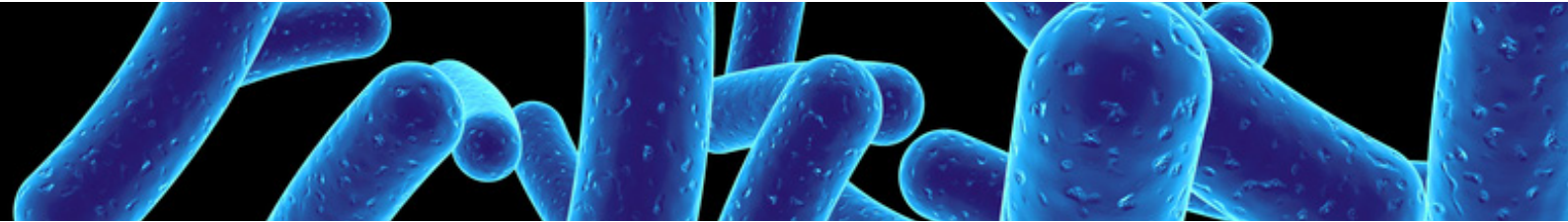
<p>400gm boneless white fish – chopped          1 tsp red chillies – chopped          2 tsp fish sauce          4 kaffir lime leaves – chopped          ½ cup green beans – finely sliced          ½ cup red capsicum – finely chopped          Olive oil – for frying</p>	<p>Place fish, chillies, fish sauce, kaffir lime leaves into a food processor and process til smooth.          Transfer mixture to a bowl and add beans, capsicum – mix through.          Heat pan. Divide mixture and shape into 8 balls.          Fry evenly on both sides for about 4 minutes until golden brown and cooked thru.</p>
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### Chicken Curry

<p>700gm chicken thighs – bite sized pieces          1 tsp olive oil          2 chillis – seeded &amp; chopped (optional)          1 Tbs ginger minced          2 ½ tsp curry powder          2 med size tomatoes – chopped          ½ cup Ayam Blue label Coconut Milk          1 ½ cups water          Salt to taste</p>	<p>Saute salt, ginger, curry powder for 1- 2 minutes, stirring to prevent sticking          Add tomatoes and mix well          Stir in chicken pieces, mixing it with the spices          Pour in water to cover the mixture          Cook on medium-low heat for 20-30 minutes or until chicken cooked thru</p>
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### Bone Broth

<p>Bones from raw or cooked meat (Avoid chicken frames)          1/8 – ¼ cup of apple cider vinegar          Water: enough to cover the bones + a bit more</p>	<p>Using a crock pot          Bones size 2.5 – 5 inches          Add in water and apple cider vinegar          Simmer for 24 hours on low          Remove bones, strain soup          Marrow should fall off the bones</p>
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# SIBO RECIPES

## Homemade Chicken Soup

Drumsticks, thigh chicken pieces 10 carrots, peeled only 2 large onions 3 celery stalks 3 sprigs of parsley Pinch of celtic or Himalayan salt Water All ingredients should be organic, free range	<ul style="list-style-type: none"> <li>● Using a crock pot</li> <li>● ½ fill with chicken pieces</li> <li>● Add in peeled carrots</li> <li>● Add in onions, celery, parsley</li> <li>● Fill pot with water</li> <li>● Simmer for between 4-8 hours on high or 8-10 on low</li> <li>● Strain soup, skim off layer of fat</li> <li>● Remove onions, celery and parsley, do not consume these at this point.</li> <li>● Remove and puree carrots only and add back into the soup.</li> </ul>
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# SIBO SUPPLEMENTATION

**Antimicrobials:** to kill the bacteria (week 1-6)

Product	Dosage	Practitioner to ✓
Allimax	3 caps before bed and upon arising	
Neem	2 caps twice daily	
Berbercaps	3caps before bed and upon arising	
Bactrex	3 caps before bed and upon arising	

**Prokinetics:** these are supplements that help to repair the motility of the small intestine. These are continued after the antimicrobial phase

MotilPro	2 caps 3 x daily 20 minutes before meals	
Trifal	3 caps before bed and upon arising	
Herbal Bitters	3 dropperful in water 15 minutes before meals	
Ultra Flora Restore	1 capsule twice daily with meals	

## Other Supportive Supplements

Betaine HCL	1-2 capsules with meals	
Critical Digestion	1 capsule 3 x daily at the beginning of meals	
L- Glutamine	1 scoop in water 2-3 x daily	