

Diet SCD – A True Challenge for Everyone

Trying to go on a diet is already a pretty challenging thing to do, but if that diet happens to require you to put some severe limitations on the type of food that you are allowed to eat, then that is when things will start to become really difficult for you. A [diet SCD](#) plan is no joke because this is not something that is meant for everyone. It is a very unconventional diet plan that is quite difficult to follow because of how it can limit most carbs. The theory behind the SCD diet is that it can help reduce the risk of inflammation and make it more enjoyable for people with gastrointestinal disorders to eat by eliminating most carbs from their meals.

To say that this will one challenging diet plan to follow is a complete understatement because not everyone can make this work in the long run. Some people quit while they are only a couple of months into their SCD diet, so you will really need to have a ton of discipline for it to be a success. Not only will it be hard for you to follow, but doing so could lead to some potential health risks for you as well. While taking in multivitamins and minerals might be able to fill in the gaps to a certain extent, they will not be enough to cover up the nutritional goodness that you can get from eating real food.

The SCD diet also follows a specific list of foods that you are allowed to eat. This includes fresh vegetables, unprocessed poultry, eggs, fish and meat, natural cheeses, nuts and natural peanut butter, and most fruits and juices minus the additives. If you have gotten used to the American diet wherein you are allowed to eat a great amount of food, although in limited quantities then you will need to make some adjustments once you go on a SCD diet. This means no more simple sugars, dairy, grains, starches and processed meat. Unless you are sure that you can handle this diet plan, then you may want to consult with your nutritionist or doctor first. If you are interested in finding out more, then you can go to <http://www.wellbees.com/blog/SCD-legal-foods/>.