

# whole30 food list

## YES

meat, seafood, poultry, eggs  
vegetables  
fruits  
natural fats  
coffee  
ghee  
vinegar  
spices and seasonings  
fruit juices as sweetener - limited  
green beans, sugar snap peas, snow peas

moderate  
lots  
some  
plenty  
ok

dairy  
added sugars, in any form  
grains, like rice or wheat  
pseudo-cereals, like quinoa  
gluten  
alcohol at all, even in cooking  
(including Dijon mustard/vanilla extract)  
legumes, including peanuts  
soy  
junk food, even technically compliant  
paleo-ified baked treats  
recreations of non-compliant foods  
MSG  
sulfites  
carrageenan

## NO

### other names for sugar: none allowed

acesulfame-K  
agave nectar  
arabitol  
aspartame  
beet sugar  
brown sugar  
(evaporated) cane  
juice  
cane sugar  
coconut nectar  
coconut sugar  
confection's sugar  
date sugar  
date syrup  
dextrose  
disaccharide  
dulcitol  
Equal  
erythritol  
fructose  
galactose  
glucose  
glycerin (glycerol)  
glycol  
high fructose corn  
syrup  
honey  
HSH  
iditol  
isomalt  
lactitol  
lactose

malt syrup  
maltitol  
maltose  
mannitol  
maple syrup  
molasses  
monk fruit extract  
monosaccharide  
Nutra-Sweet  
polyglycitol  
polysaccharide  
raw sugar  
refiner's syrup  
ribitol  
ribose  
rice malt (extract)  
rice syrup  
saccharin  
saccharose  
sorbitol  
Splenda  
stevia  
sucralose  
sucrose  
sugar  
Sweetleaf  
Sweet-n-Low  
(sweet) sorghum  
threitol  
treacle  
Truvia  
xylitol

### off-limits additives

carrageenan  
corn starch  
monosodium glutamate (MSG)  
potassium metabisulfite  
sodium bisulfite  
soy lecithin  
sulfites  
sulfur dioxide

### ok additives

acacia  
acetic acid  
agave inulinalpha  
tocopherol  
ascorbic acid  
beta-carotene  
calcium carbonate  
calcium chloride  
citric acid  
ferrous gluconate  
acacia gum  
gellan gum  
guar gum  
locust bean gum  
xanthan gum  
inulin

lactic acid  
natural flavors  
niacin  
pectin  
potassium citrate  
potassium chloride  
potato starch  
riboflavin  
salt  
sodium citrate  
sodium nitrite  
sodium nitrate  
sodium pectinate  
sunflower lecithin  
zinc gluconate

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