### whole30 food list

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>meat, seafood, poultry, eggs</td>
<td>moderate</td>
</tr>
<tr>
<td>vegetables</td>
<td>lots</td>
</tr>
<tr>
<td>fruits</td>
<td>some</td>
</tr>
<tr>
<td>natural fats</td>
<td>plenty</td>
</tr>
<tr>
<td>coffee</td>
<td>ok</td>
</tr>
<tr>
<td>ghee</td>
<td></td>
</tr>
<tr>
<td>vinegar</td>
<td></td>
</tr>
<tr>
<td>spices and seasonings</td>
<td></td>
</tr>
<tr>
<td>fruit juices as sweetener - limited</td>
<td></td>
</tr>
<tr>
<td>green beans, sugar snap peas, snow peas</td>
<td></td>
</tr>
</tbody>
</table>

#### other names for sugar: none allowed

- sucralose
- aspartame
- fructose
- lactose
- maltose
- xylitol
- erythritol
- sorbitol
- dextrose
- isomalt
- malt syrup
- lactitol
- isoglucose
- treacle
- xylitol
- inulin
- lactic acid
- natural flavors
- niacin
- pectin
- potassium citrate
- potassium chloride
- calcium carbonate
- calcium chloride
- citric acid
- ferrous gluconate
- acacia gum
- gellan gum
- guar gum
- locust bean gum
- xanthan gum

### off-limits additives

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

### ok additives

- acacia
- acetic acid
- agave inulin
- alpha 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 chloride
- sodium citrate
- sodium nitrite
- sodium nitrate
- sodium pectinate
- sunflower lecithin
- zinc gluconate

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<td>dairy</td>
<td></td>
</tr>
<tr>
<td>added sugars, in any form</td>
<td></td>
</tr>
<tr>
<td>grains, like rice or wheat</td>
<td></td>
</tr>
<tr>
<td>pseudo-cereals, like quinoa</td>
<td></td>
</tr>
<tr>
<td>gluten</td>
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</tr>
<tr>
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</tr>
<tr>
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<tr>
<td>legumes, including peanuts</td>
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</tr>
<tr>
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</tr>
<tr>
<td>recreations of non-compliant foods</td>
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<td>MSG</td>
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