

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

whole30 food list

NO

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

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 chloride
potato starch
riboflavin
salt
sodium citrate
sodium nitrite
sodium nitrate
sodium pectinate
sunflower lecithin
zinc gluconate

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

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