

Read every label carefully. Look at the ingredients *and* the allergy warning to see if the food contains anything off-limits. While we encourage you search for additive-free foods, the only additives that will exclude the product from the Whole30 are the ones specified as “off-limits.” Refer to the “Can I Have...” section of *The Whole30* (starting on page 60) for details.

off-limits for the program

- CARRAGEENAN: Thickening, gelling, and stabilizing agent common in almond milk or deli meat
- CORN STARCH: Grain-based thickening agent
- MONOSODIUM GLUTAMATE (MSG): Flavor enhancer common in canned tuna or broth
- SOY LECITHIN: Soy-based emulsifier commonly found in everything from almond milk to tea bags
- SULFITES (SULFUR DIOXIDE, SODIUM BISULFITE, POTASSIUM METABISULFITE): Preservative common in dried fruit or canned coconut milk

acceptable for the program

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| <ul style="list-style-type: none"> • ACACIA OR AGAVE INULIN
Soluble fiber, prebiotic source, common in milks or creamers • ACETIC ACID
Preservative or flavor enhancer in vinegar or pickled foods • ALPHA TOCOPHEROL (VITAMIN E)
Antioxidant, nutrient • ASCORBIC ACID (VITAMIN C)
Antioxidant, nutrient, color stabilizer • BETA-CAROTENE
Coloring agent, carotenoid (nutrient) • CALCIUM CARBONATE
Used as an inexpensive calcium supplement in almond milk • CALCIUM CHLORIDE
Firming agent, salty flavoring in canned tomatoes or pickles • CITRIC ACID, SODIUM CITRATE
Preservative or flavoring common in canned tomatoes • FERROUS GLUCONATE
A common color-preserving agent found in canned olives, • GUMS (ACACIA, GELLAN, GUAR, LOCUST BEAN, XANTHAN)
Thickening and stabilizing agent common in milks or creamers • INULIN (OTHER SOURCES, INCLUDING IMO)
Soluble fiber, prebiotic source, and/or fat substitute | <ul style="list-style-type: none"> • LACTIC ACID
Produced by fermentating carbohydrates, often in kombucha • NATURAL FLAVORS*
Flavoring agent common in a wide variety of products • NIACIN (VITAMIN B3)
Nutrient • PECTIN (SODIUM PECTINATE)
Gelling agent common in jams or jellies • POTASSIUM CHLORIDE
Salt substitute • POTATO STARCH
Thickening agent • RIBOFLAVIN (VITAMIN B2)
Nutrient • SALT (SODIUM CHLORIDE)
Flavoring, preservative • SODIUM NITRITE, SODIUM NITRATE
Preservative, coloring, or flavoring agent • SUNFLOWER LECITHIN
An emulsifier found in almond milk, as an alternative to soy • ZINC GLUCONATE
Popular form for the delivery of zinc as a dietary supplement |
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**While these chemicals are derived from natural sources, they are then purified, extracted, and added back into the food in a lab. While even the conservative Environmental Working Group says “natural flavors” aren’t linked to any ill health effects, it’s still confusing to see them on a label. We’d prefer ingredient transparency, but don’t rule out natural flavors on the Whole30, and aren’t concerned about their health effects.*