

Read every label carefully. Look at the ingredients *and* the allergy warning to see if the food contains anything 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

- 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
- EXTRACTS
Botanical or floral extracts (like vanilla) used as flavoring
- 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 (FOS) and -ooligosaccharades like IMO, GOS, XOS
Soluble fiber, prebiotic source, common in beverages
- 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

*While these chemicals are derived from natural sources, they are then purified, extracted, and added back into the food in a lab. While the 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.