

AUTHOR'S NOTE

We'll cut right to the chase—the material in this version of *It Starts With Food* is 95% the same as the original. We know the book looks different, but aside from two changes to the Whole30 program guidelines, a reshuffling of our reintroduction schedule, and some slight tweaks to our supplement recommendations, it's basically still the same book. In fact, we'll catch you up right now on the new Whole30 rules:

White potatoes are now allowed on the Whole30—but you still can't have French fries or potato chips. Also, any kind of salt is fine—even the iodized stuff that contains dextrose. (You were probably already eating table salt anyway, so this one is really not a big deal.)

So why are we making these changes now, five years after we released the original Whole30 program? We never stop looking for ways to make the Whole30 healthier, easier to follow, and more logical in its framework.

Potatoes of all varieties are real, nutrient-dense foods. (It's a myth that all white foods are nutritionally barren.) The original exclusion of white potatoes was pretty arbitrary on our end—which we fully admitted in the Whole30 program rules. We ruled them out not because of their lack of vitamins or potential for gut disruption, but because people like to eat them in the form of fries and chips, and that's not the kind of behavior we wanted to encourage on the program.

Then we thought, “Why don't we just remind you that fries and chips aren't in the spirit of the Whole30?”

In the new Whole30 guidelines, that's exactly what we've done. If you want to enjoy mashed, baked, or roasted white potatoes during your program, go right ahead! This may come in handy especially if you're very active and need to include more carbohydrate in your daily diet. Just don't think that your fast-food fries or deep-fried potato chips count as vegetables on our program (or anywhere else, for that matter).

One caveat: White potatoes are unique in that they pack a whole lot of energy into a relatively small package. If you're overweight, insulin-resistant or otherwise metabolically challenged, and not very active, you don't need a lot of extra energy on your daily plate. If this is your context, use white potatoes sparingly in your Whole30 meal plan, if at all. Plus, if you eat mashed potatoes with every dinner, you'll miss out on a world of colorful, nutrient-dense vegetables to explore. Bust out of your potato rut and discover a newfound love of Brussels sprouts, asparagus, or kale!

As for the salt thing, you overachiever rule followers pointed out that *technically*, basic table salt wasn't allowed on the program because it's always stabilized with dextrose. Without an exception, you wouldn't be able to eat packaged food or dine out for thirty days! That's not very realistic, and nobody is eating salt for the sugar fix, so let's just eliminate this concern from the program altogether. All salt is okay. Salting your food is good, even, especially when you're not getting a ton of salt from all those processed foods you used to eat. Use a mix of sea salt and iodized table salt and call it good.

So there you have it—if you already have a copy of *It Starts With Food*, you can just make a mental note of these changes to the program and keep on keeping on. For those of you joining us for the first time, welcome! We are excited to have you on board and happy to share with you some of our thought process about how the program should work in real life.

Thanks for reading. Now turn the page and start changing your life.

Dallas & Melissa Hartwig