Read every label carefully. Look at the ingredients and the allergy warning to see if the food contains anything not appropriate for Whole30 elimination. Refer to the “Can I Have...” section of The Whole30 (starting on page 60) for details.

**off-limits for the program**

- **CARRAGEEANAN**: Thickening, gelling, and stabilizing agent common in almond milk or deli meat
- **CORN STARCH**: Grain-based thickening agent
- **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 oligosaccharides like IMO, GOS, XOS**
  Soluble fiber, prebiotic source, common in beverages
- **LACTIC ACID**
  Produced by fermenting 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