

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

- CARRAGEENAN: 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 -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