

In partnership with Dr. Michael Ruscio, author of *Healthy Gut, Healthy You*

PROTEIN

✓ **Best choice:** look for Whole30 Approved® or words like 100% grass-fed, pastured, wild-caught, and organic on the label.

X **Avoid:** processed meats (like sausage, burgers, bacon, deli meat, etc.) with added garlic, onion, sugar, carrageenan, or sulfites.

- | | | | |
|-------------------------------------------------|------------------------------------------|-----------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Anchovies | <input type="checkbox"/> Cod | <input type="checkbox"/> Mutton | <input type="checkbox"/> Scallops |
| <input type="checkbox"/> Beef (ground) | <input type="checkbox"/> Deli Meat | <input type="checkbox"/> Octopus | <input type="checkbox"/> Seafood (other) |
| <input type="checkbox"/> Beef (other) | <input type="checkbox"/> Duck | <input type="checkbox"/> Oysters | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Beef (steak) | <input type="checkbox"/> Eggs | <input type="checkbox"/> Pork (bacon) | <input type="checkbox"/> Snapper |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Flounder | <input type="checkbox"/> Pork (chops) | <input type="checkbox"/> Squid |
| <input type="checkbox"/> Carne seca (jerky) | <input type="checkbox"/> Lamb | <input type="checkbox"/> Pork (ground) | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Chicken (breast/thigh) | <input type="checkbox"/> Liver and other | <input type="checkbox"/> Pork (sausage) | <input type="checkbox"/> Turkey (ground) |
| <input type="checkbox"/> Chicken (ground) | organ meats (beef, | <input type="checkbox"/> Roe | <input type="checkbox"/> Turkey (other) |
| <input type="checkbox"/> Chicken (sausage) | pork, turkey, etc.) | <input type="checkbox"/> Sablefish | <input type="checkbox"/> Turkey (whole) |
| <input type="checkbox"/> Chicken (whole) | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Salmon | <input type="checkbox"/> Venison (and other game meats) |
| <input type="checkbox"/> Clams | <input type="checkbox"/> Mussels | <input type="checkbox"/> Sardines | <input type="checkbox"/> Whitefish |

RED: Avoid
(highest FODMAP content)

YELLOW: Enjoy with caution
(serving size matters or *not yet tested)

NO COLOR BACKGROUND:
(low-FODMAP)

[Check out the Monash app for more in-depth information about serving sizes and individual foods](#)

VEGETABLES

This is a comprehensive but not exhaustive list. All vegetables but corn and lima beans are Whole30 compatible.

- | | | | |
|----------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Acorn squash | <input type="checkbox"/> Cassava | <input type="checkbox"/> Jicama | <input type="checkbox"/> Romaine |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kale | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Celery | <input type="checkbox"/> Leeks | <input type="checkbox"/> *Sassafras |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chayote | <input type="checkbox"/> Lettuce (all) | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mushrooms (all) | <input type="checkbox"/> Snow/sugar snap peas |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Delicata squash | <input type="checkbox"/> *Nopal | <input type="checkbox"/> Spaghetti squash |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Nori | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broccoli/broccolini | <input type="checkbox"/> Endive | <input type="checkbox"/> Okra | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Broccoli rabe | <input type="checkbox"/> Fennel (anise) | <input type="checkbox"/> Olives | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Frisée (curly endive) | <input type="checkbox"/> Onion | <input type="checkbox"/> Sweet potato/yams |
| <input type="checkbox"/> Buttercup squash | <input type="checkbox"/> Garlic | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Butternut squash | <input type="checkbox"/> Green beans | <input type="checkbox"/> Peas (green, yellow, split) | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Greens (beet, collard, dandelion, mustard, turnip, etc.) | <input type="checkbox"/> Potatoes (all) | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Calabaza | <input type="checkbox"/> Hearts of palm | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Callaloo | <input type="checkbox"/> Jalapeño/hot peppers (all) | <input type="checkbox"/> Radish | |
| <input type="checkbox"/> Carrots | | <input type="checkbox"/> Rhubarb | |

FRUIT

This is a comprehensive but not exhaustive list. All fruit is Whole30 compatible.

- | | | | |
|-----------------------------------------|----------------------------------------|----------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Apples (all) | <input type="checkbox"/> *Elderberries | <input type="checkbox"/> Melon | <input type="checkbox"/> Plantains |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Figs | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Unripe bananas | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Oranges (all) | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Ripe bananas | <input type="checkbox"/> Grapes (all) | <input type="checkbox"/> Papaya | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> *Pawpaw | <input type="checkbox"/> *Salmonberries |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Peaches | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pears (all) | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Mango | <input type="checkbox"/> Pineapple | <input type="checkbox"/> *Xoconostle |

FATS

COOKING FAT

- ☐ Clarified butter
- ☐ Coconut cream
- ☐ Coconut milk
- ☐ Coconut oil
- ☐ Duck fat
- ☐ Extra-virgin olive oil
- ☐ Ghee
- ☐ Lard (pork fat)
- ☐ Palm oil
- ☐ Tallow (beef fat)

EATING/DRESSING

- ☐ Avocado
- ☐ Avocado oil
- ☐ Coconut butter
- ☐ Coconut (flakes, shredded)
- ☐ Light olive oil
- ☐ Olives
- ☐ Sesame oil

NUTS & SEEDS

- ☐ *Acorns
- ☐ Almonds
- ☐ Almond butter
- ☐ Brazil nuts
- ☐ Cashews
- ☐ Cashew butter
- ☐ Flaxseeds
- ☐ Hazelnuts/filberts
- ☐ Macadamia nuts
- ☐ Macadamia butter
- ☐ Pecans
- ☐ Pecan butter
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Pumpkin seeds/pepitas
- ☐ Sesame seeds
- ☐ Sesame seed butter (tahini)
- ☐ Sunflower seeds
- ☐ Sunflower seed butter
- ☐ Walnuts

HERBS & SPICES

- | | | | |
|--------------------------------------------|----------------------------------------------------|--------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Ground cloves | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Bay leaves | <input type="checkbox"/> Cloves (ground) | <input type="checkbox"/> Mustard powder | <input type="checkbox"/> Salt (iodized/sea salt) |
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Coriander | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Tajín |
| <input type="checkbox"/> Black peppercorns | <input type="checkbox"/> Cumin | <input type="checkbox"/> Onion powder | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Curry powder (red/yellow) | <input type="checkbox"/> Oregano | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Dill | <input type="checkbox"/> Paprika | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Chipotle powder | <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Parsley | <input type="checkbox"/> Vanilla extract |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Ginger | <input type="checkbox"/> Red pepper flakes | <input type="checkbox"/> Wasabi powder |

PANTRY

X **Avoid:** Items that contain garlic, onion, or high FODMAP ingredients

- | | | | |
|--------------------------------------------------|----------------------------------------------|------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Almond flour | <input type="checkbox"/> Canned salmon | <input type="checkbox"/> Fish sauce | <input type="checkbox"/> Roasted red peppers |
| <input type="checkbox"/> Anchovy paste | <input type="checkbox"/> Canned sweet potato | <input type="checkbox"/> Hot sauce | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Apple cider vinegar | <input type="checkbox"/> Canned tuna | <input type="checkbox"/> Kimchi | <input type="checkbox"/> Tapioca starch |
| <input type="checkbox"/> Arrowroot powder | <input type="checkbox"/> Capers | <input type="checkbox"/> Mustard | <input type="checkbox"/> Tomato paste |
| <input type="checkbox"/> Balsamic vinegar | <input type="checkbox"/> Chicken broth | <input type="checkbox"/> *Orange blossom water | <input type="checkbox"/> Tomatoes (diced/crushed) |
| <input type="checkbox"/> Beef broth | <input type="checkbox"/> Cocoa (100% cacao) | <input type="checkbox"/> Pickles | <input type="checkbox"/> Tomatoes (sun-dried) |
| <input type="checkbox"/> Beet kvass | <input type="checkbox"/> Coconut aminos | <input type="checkbox"/> Preserved lemons | <input type="checkbox"/> Vegetable broth |
| <input type="checkbox"/> Black garlic | <input type="checkbox"/> Coconut flour | <input type="checkbox"/> Raisins | <input type="checkbox"/> White vinegar |
| <input type="checkbox"/> Canned butternut squash | <input type="checkbox"/> Dried cranberries | <input type="checkbox"/> Sauerkraut | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Canned olives | <input type="checkbox"/> Dried fruit | <input type="checkbox"/> Red wine vinegar | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Canned pumpkin | <input type="checkbox"/> Fish broth | <input type="checkbox"/> Rice vinegar | <input type="checkbox"/> _____ |

DRINKS

- | | |
|----------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Almond milk | <input type="checkbox"/> Kombucha |
| <input type="checkbox"/> Apple cider | <input type="checkbox"/> Mineral water |
| <input type="checkbox"/> Beet kvass | <input type="checkbox"/> Naturally flavored water |
| <input type="checkbox"/> Cacao (100%) drinks | <input type="checkbox"/> Seltzer water |
| <input type="checkbox"/> Club soda | <input type="checkbox"/> Sparkling water |
| <input type="checkbox"/> Coconut water | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Vegetable juice |
| <input type="checkbox"/> Fruit juice | |

OTHER

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |