

## Anti-Inflammatory Whole 30 Diet

### What is Whole 30?

In a nutshell, the Whole30 is a 30-day elimination diet. At a glance, it's low-carb and high protein, including a lot of fresh vegetables, grass-fed chicken and beef, and healthy fats like avocado and nuts.

On the Whole30 diet, you avoid grains, dairy, soy, legumes, sugars, artificial sweeteners, added sugars, or alcohol. In a true Whole30 diet, there are no cheat days. If you cheat – you have to start all the way over.



HOWEVER, we believe in making small, sustainable changes, which means changes you can hold on to. So we suggest try to find one item on this list, and stick to it for a month. Then, follow another item from the list as well. For instance, the first month, you avoid chips and soda. The second month, you avoid chips, soda, and sweets. The changes do not have to be big. The goal is to eliminate inflammatory foods so that your body produces less inflammation that cause pain.

1. **Avoid added sugar, real or artificial.** This includes (but is not limited to): high fructose corn syrup, sugar, maple syrup, honey, agave nectar, coconut sugar, date syrup. Also try to avoid sucralose (Splenda) and other artificial sweeteners.
2. **Avoid alcohol, in any form, not even for cooking.** (And of course, no tobacco products)
3. **Avoid grains.** This includes wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, and all gluten-free pseudo-cereals like quinoa, amaranth, and buckwheat. This also includes all the ways we add wheat, corn, and rice into our foods in the form of bran, germ, starch, and so on.
4. **Avoid legumes.** This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy: soy sauce, miso, tofu, tempeh, edamame, and soy lecithin.
5. **Avoid dairy.** This includes cow, goat, or sheep's milk products like milk, cream, cheese, kefir, yogurt, sour cream, ice cream, or frozen yogurt.
6. **Avoid foods with added carrageenan, MSG, or sulfites.** If these ingredients appear in any form on the label, it's out for the Whole30.
7. **Avoid baked goods, breakfast desserts, junk foods.** Cookies, cake, twinkies... These are the same foods that got you into health-and-craving trouble in the first place. Breakfast desserts like pancakes and waffles do not belong in your diet.

**Whole30 website:** <https://whole30.com/whole30-program-rules/>

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