



<https://iin.edlumina.com/navigation/reset>

Whole30

Whole30 is a nutrition and lifestyle program aimed at changing participants' lives through food in 30 days. The program is said to reset your body, diminish cravings, and transform old habits to reboot the metabolism, improve immune system function, reduce inflammation, and reset the digestive system.

Whole30 proponents claim that sugar, dairy, grains, and legumes hinder health and diminish energy levels. It's also thought that these foods cause muscle pain and cramping, allergies, hormonal imbalances, skin issues, and digestive problems.

By removing these foods during Whole30, followers can identify which specific foods are irritating them and then remove any irritants in order to feel their best. Whole30 is also said to reset the taste buds so that participants don't crave extremely salty and sweet foods.

Dieters must stick to the plan perfectly for 30 days, and if they slip up, they are able to start over.

Foods to include:

- Vegetables
- Some fruit
- Meat
- Poultry
- Fish
- Eggs
- Nuts and seeds
- Healthy oils

Foods to avoid:

- Grains
- Legumes
- Dairy
- Sugar, including honey, agave nectar, maple syrup, and coconut sugar
- Sugar substitutes
- Alcohol
- Processed foods
- Trans fats

Pros:

- Quick weight loss in some cases
- Can be a lifestyle rather than a diet after initial 30 days
- Wide range of nutrients and flavors

Cons:

- Restrictive nature may lead to binges and eating disorder behavior
- May be difficult for vegans and vegetarians to get adequate protein
- May be difficult to remove alcohol completely

Sources:

www.whole30.com <http://www.whole30.com>