

30 Day Whole Diet

Encourages followers to cut out alcohol, [sugar](#), grains, legumes, dairy and additives from their diet for 30 days, and is advertised as a total lifestyle change.

Followers rave about its health benefits, while critics claim that it's just another unsustainable diet fad. So does it work and should you try it?

The diet focuses on the idea that certain food groups may negatively affect your health and fitness.

Therefore, eliminating these foods from your diet is supposed to help your body recover from the negative effects and promote long-term health.

Most people seem to follow this diet in hopes of [losing weight](#). Following the Whole30 diet perfectly for 30 days is said to have many health benefits.

These include fat loss, higher energy levels, better [sleep](#), reduced food cravings and improved athletic performance.

What's more, the diet's founders promise it will change the way you think about food, as well as your taste.

Proponents of the diet further claim that it can alter the emotional relationship you have with food and your body.

Although these claimed benefits may appear very attractive, it's worth keeping in mind that there are currently no scientific studies backing them up.

After the initial 30 days, slowly reintroduce the foods you miss, while monitoring the effects they have on your body.

The diet has a [strict set of rules](#).

Foods to Eat

Foods allowed on the Whole30 diet consist of *minimally* processed foods, including:

- **Meat and poultry:** Beef, veal, pork, horse, lamb, chicken, turkey, duck, etc.
- **Fish and seafood:** Fish, anchovies, shrimp, calamari, scallops, crab, lobster, etc.
- **Eggs:** All types, as well as foods made from them, such as homemade mayo.
- **Fruits:** Fresh and dried fruits, although fresh is preferred.
- **Vegetables:** All types of vegetables.
- **Nuts and seeds:** All types of nuts and seeds besides peanuts, which are technically a legume. Nut milks, nut butters and nut flours are also allowed.
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- **Some fats:** Healthy plant oils, coconut oil, duck fat, clarified butter and ghee.

Foods to Avoid

During the 30-day diet, certain foods must be completely eliminated. These include:

- **Sugar and artificial sweeteners:** Raw sugar, honey, maple syrup, agave syrup and all products containing these sweeteners, as well as artificial sweeteners.
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- **Alcohol:** All types of beer, wines, liqueurs and spirits.
- **Grains:** Regardless of their degree of processing, all grains, including wheat, corn, oats and rice, are to be avoided.
- **Pulses and legumes:** Most peas, lentils and beans, including peanut butter, should be avoided. Green beans, sugar snap peas and snow peas are exceptions.
- **Soy:** All soy, including tofu, tempeh, edamame and all products derived from soy, such as miso and soy sauce.
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- **Dairy:** Including cow, goat and sheep's milk, yogurt, cheese, ice cream and other products derived from dairy. Clarified butter or ghee is allowed.
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- **Processed additives:** These include carrageenan, MSG or sulfites. Any food or beverage containing these ingredients should be avoided.

In addition, the diet recommends that you avoid recreating your favorite baked goods, snacks or treats — even with Whole30-approved ingredients.

Thus, foods such as cauliflower pizza crust and paleo pancakes must be avoided.

There's also no such thing as a [cheat meal](#) on this diet. Instead, you're encouraged to adhere strictly to the guidelines all the time. If you do slip up, the diet's founders strongly encourage you to begin the whole program again from day one.

A Few Additional Rules

The Whole30 diet encourages some additional rules that are not related to diet.

For instance, smoking is forbidden for the duration of the diet.

You're also not allowed to step on the scale on any days other than days 1 and 30, or partake in any form of body measurements.

Potential Negative Effects of the Whole30 Diet

Avoiding nutrient-rich foods like legumes, soy and dairy may make it more difficult to meet all your daily nutrient recommendations.

This may create negative health effects if the diet is continued for more than 30 days.

In addition, although rigid rules can be a good way to reset eating habits for some people, restrictive diets with no allowance for indulgences are generally not sustainable over time