MONT BELVIEU FAMILY WELLNESS

Whole30: Practical Guidelines

An original clinic overview of a temporary elimination-and-reintroduction approach. Whole30 does not diagnose allergies, prove food sensitivities or guarantee a metabolic “reset.”

1. Decide whether restriction is appropriate

Discuss your goals, medications and nutritional needs with your healthcare team first. A less restrictive approach may be a better fit. Do not use an elimination diet as a substitute for evaluation of persistent symptoms.

2. Understand the two phases

The Original Whole30 program uses a 30-day elimination period followed by food reintroduction. Reintroduction is part of the process, not a reason to keep every excluded food out indefinitely. Consult the current official program for its detailed requirements.

3. Make a workable meal plan

Plan balanced meals with vegetables, protein and appropriate fats, plus fruit or starchy vegetables as needed. Keep convenient ingredients available. Eating enough matters; the aim is not to skip meals or pursue rapid weight loss.

4. Learn the program without assuming every rule is medical advice

The program sets limits on sweeteners, alcohol, grains, most legumes and most dairy, with specific exceptions and additional rules. Official guidance can change. Restrictions do not establish that those foods cause inflammation or illness for everyone.

5. Keep simple observations

If useful, record meals and changes in digestion, sleep or comfort without assuming one food caused a symptom. Stress, illness, medications and other factors can affect how you feel. A journal is not a diagnostic test.

6. Plan a gradual return to variety

With appropriate guidance, consider one excluded food group at a time and leave time to observe before trying another. There is no single clinic-prescribed calendar here. Do not challenge a known allergy at home or stop prescribed care.

7. Seek help when symptoms need evaluation

Hives, swelling, breathing difficulty or faintness after food require urgent medical attention. Persistent digestive symptoms also deserve evaluation. If celiac disease is a possibility, ask about testing before removing gluten; avoiding it beforehand can affect test results.

8. Build a sustainable eating pattern

Use what you learn to discuss a varied long-term diet, rather than extending restriction automatically. Review nutrients that may be missing and foods that can be comfortably included. General education only—not an individualized diagnosis or treatment plan.

About this guide

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