MONT BELVIEU FAMILY WELLNESS

Whole30: Pantry & Label Guide

An independently written pantry checklist—not a list of approved brands. Product formulas vary, so evaluate each item instead of assuming every product from a company fits the program.

Keep a few versatile staples

Produce: Fresh or plain frozen vegetables, potatoes and whole fruit. Choose canned vegetables and tomatoes with ingredient lists you can check easily.

Protein: Plain canned fish or chicken, eggs and unseasoned frozen poultry or seafood. Check sauces, broth, seasonings and marinades.

Cooking fats: Olive or avocado oil. Whole nuts, seeds, unsweetened nut butter and tahini can provide variety; read labels for added sweeteners and other ingredients.

Flavor builders: Single-ingredient herbs and spices, citrus, simple vinegar, tomato paste and sauces that meet current program requirements.

Convenience: Broth, olives, salsa, coconut milk and unsweetened plant milks may be useful. Ingredients differ across versions, even within the same brand.

Use this label-reading sequence

1. Identify the exact product and flavor, then read its ingredients—not just the front-of-package claim.

2. Check for added sweeteners, alcohol, grain ingredients, excluded legumes and dairy according to the program you are following.

3. Verify exceptions and any additional ingredient rules against current official guidance. Do not treat an old handout as the final authority.

4. Check allergens, storage instructions and serving information separately. A product that fits a program may still be unsuitable for your allergy or health needs.

Be careful with “approved” claims

Only a current, verified program approval applies to the specific product it names. This clinic guide does not certify products, endorse brands or imply a partnership. A company name alone cannot tell you whether a particular sauce, snack or drink fits.

Choose food quality without rigid assumptions

Convenient canned or frozen foods can be nutritious. Organic labels do not guarantee program compatibility. Foods excluded by the program are not automatically harmful, and additives are not automatically unsafe.

Make pantry choices personal

Plan enough variety, energy and nutrients for your needs. Discuss substantial food restrictions with your healthcare team. Do not use this checklist to diagnose food allergies or sensitivities.

About this guide

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