

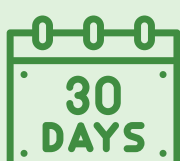
# “I WANT TO TRY THE WHOLE 30 DIET”



Well, before you do...

Let's get our facts straight!

## Purpose



Whole 30 is a strict 30-day elimination diet that promises a variety of health and emotional benefits.

Allows your body to reset from certain foods that cause inflammation, gut disruptions, or hormone imbalances.



No need to track calories, measure portions, or count points.

## Proposed Benefits

- fat loss
- higher energy levels
- better sleep
- reduced food cravings
- improved athletic performance

## Eliminated Foods

- sugar
- grains
- beans and legumes
- dairy
- alcohol
- processed foods



## However...

IT WAS RANKED 38TH OUT OF 38 IN US NEWS AND WORLD REPORTS ANNUAL DIET RANKING

There is no scientific evidence to back up the benefits of Whole 30

**AND THERE ARE NEGATIVE EFFECTS**



You have to carefully **read labels** and certain **foods are more expensive**

Strict meal plan can negatively impact the digestive system & enhance some **food sensitivities** so that individuals can't ever eat those things again.



**Very Restrictive & Deprives people from nutrition-packed grains** that reduce their consumption of fiber, magnesium, iron, vitamin E, iron and folate

- Not recommended for anyone who has a past of eating disorders
- **Eliminates two of the five food groups recommended** by the U.S. Department of Agriculture.

Although Whole 30 focuses on improving relationships with food and allows for weight loss-it takes 100% commitment, deprives people from nutrients, and weight can return after the 30 days.