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By honoring self-regulation (also an innate skill) and focusing on a whole food foundation, we can foster healthier children, parents, and families. You don't have to cook another entire meal to feed just baby, nor blend everything you eat into a puree to support healthy growth in an infant.

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There are no two ways about itâ€”when you eat mostly whole foods, you spend more time preparing meals than you would heating up frozen dinners. The good news is that the extra time in the kitchen is a great investment in your health. And there are always time-saving tips!

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Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because theyâ€™re whole and unprocessed. No: Avoid for 30 days. Do not consume added sugar, real or artificial.

## **The Whole30® Program | The Whole30® Program**

Eating is an innate skill that has been overcomplicated by marketing schemes and a dieting culture. It's time to leave the dieting culture behind for the whole family.

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Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're whole and unprocessed. More important, here's what not to eat during the duration of your Whole30 program.

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to eat more whole grains, substitute a whole-grain product for a refined product " such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding

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