

## **DIG’N Dietary FAQ Descriptions**

**Lectin-Free:** Excludes foods containing lectins, proteins found in legumes, grains, and nightshades, often chosen to reduce inflammation and digestive issues. (Example ingredients: grass-fed meats, leafy greens, avocado.)

**Nightshade-Free:** Eliminates nightshade vegetables (tomatoes, peppers, potatoes, eggplants) for those sensitive to inflammation and digestive discomfort. (Example ingredients: carrots, zucchini, sweet potatoes.)

**Low-FODMAP:** Limits certain carbohydrates known to cause digestive discomfort, ideal for IBS and gut sensitivities. (Example ingredients: spinach, carrots, chicken.)

**Heart-Healthy (Low Cholesterol):** Meals designed to support cardiovascular health, emphasizing low cholesterol and healthy fats. (Example ingredients: salmon, oatmeal, olive oil.)

**Renal-Friendly (Kidney Health):** Focuses on reduced sodium, potassium, phosphorus, and protein levels to support optimal kidney function. (Example ingredients: cauliflower, blueberries, lean chicken.)

**High Protein:** Meals emphasizing lean proteins to support muscle growth, weight management, and overall energy levels. (Example ingredients: chicken breast, lentils, quinoa.)

**Gut Health/Probiotic-Rich:** Incorporates probiotic-rich foods and ingredients to promote gut flora balance and digestive health. (Example ingredients: yogurt, kefir, sauerkraut.)

**Alcohol-Free:** Meals and ingredients prepared without any alcohol, suitable for abstinence or sensitivity. (Example ingredients: fresh herbs, citrus, vegetable broth.)

**Macrobiotic:** A balanced diet emphasizing whole grains, seasonal vegetables, beans, fermented foods, and sea vegetables for overall wellness. (Example ingredients: brown rice, miso, seaweed.)

**Egg-Free:** Meals free from eggs, suitable for allergies or dietary preferences. (Example ingredients: chia seeds, flax seeds, bananas.)

**Sesame-Free:** Prepared without sesame seeds or oils, beneficial for sesame allergies. (Example ingredients: sunflower seeds, olive oil, avocado oil.)

**Corn-Free:** Meals completely free of corn ingredients, ideal for sensitivities or allergies. (Example ingredients: rice, potatoes, gluten-free oats.)

**Yeast-Free:** Excludes yeast ingredients, beneficial for yeast allergies or sensitivities. (Example ingredients: baking soda, sourdough, flatbreads.)

**Garlic & Onion-Free:** Meals prepared without garlic or onion to reduce digestive discomfort. (Example ingredients: ginger, herbs, celery.)

**Histamine-Free:** Excludes histamine-rich foods to assist those sensitive to histamine reactions. (Example ingredients: fresh meat, fresh vegetables, gluten-free grains.)

**Caffeine-Free:** No caffeine-containing ingredients included, promoting restful sleep and reduced anxiety. (Example ingredients: herbal teas, fresh fruits, decaf alternatives.)

**Keto-Friendly:** High-fat, low-carb meals designed to promote ketosis for weight management and energy. (Example ingredients: avocado, coconut oil, eggs.)

**Mediterranean Diet:** Inspired by Mediterranean cuisine, emphasizing fruits, vegetables, whole grains, and healthy fats for heart health. (Example ingredients: olive oil, tomatoes, fish.)

**Vegan:** Meals containing no animal products, suitable for ethical, environmental, or health reasons. (Example ingredients: tofu, legumes, nutritional yeast.)

**Vegetarian:** Excludes meat and fish but includes dairy and eggs, suitable for dietary preferences. (Example ingredients: eggs, dairy products, beans.)

**Gluten-Free:** Meals free from gluten, ideal for gluten sensitivities, allergies, or celiac disease. (Example ingredients: rice, quinoa, almond flour.)

**Paleo:** Based on ancestral eating patterns, emphasizing lean meats, fish, vegetables, nuts, and seeds while excluding processed foods. (Example ingredients: grass-fed beef, sweet potatoes, leafy greens.)

**Dairy-Free:** Meals prepared without dairy ingredients, beneficial for lactose intolerance or dairy sensitivities. (Example ingredients: almond milk, coconut yogurt, vegan cheese.)

**Anti-Inflammatory:** Incorporates foods known to reduce inflammation, promoting overall health and wellness. (Example ingredients: turmeric, berries, leafy greens.)

**Sugar-Free:** No added sugars included, ideal for blood sugar management and reducing inflammation. (Example ingredients: stevia, monk fruit, fresh fruits.)

**Nut-Free:** Meals prepared without nuts, essential for those with nut allergies. (Example ingredients: sunflower seeds, coconut flakes, pumpkin seeds.)

**Soy-Free:** Meals excluding soy ingredients, suitable for soy allergies or sensitivities. (Example ingredients: chickpeas, lentils, almond-based products.)

**Shellfish-Free:** Meals free from shellfish ingredients, important for those with shellfish allergies. (Example ingredients: salmon, cod, chicken.)

**Low-Carb:** Limits carbohydrate intake to support weight management and blood sugar regulation. (Example ingredients: zucchini noodles, cauliflower rice, lean meats.)

**Low Sodium:** Meals crafted with minimal sodium to manage blood pressure and cardiovascular health. (Example ingredients: herbs, lemon juice, fresh vegetables.)

**Preservative-Free:** Completely excludes artificial preservatives for maximum freshness and health benefits. (Example ingredients: fresh produce, freshly prepared sauces.)

**Organic Ingredients:** Prepared exclusively with certified organic ingredients, emphasizing sustainability and purity. (Example ingredients: organic fruits, vegetables, meats.)

**Whole30-Compliant:** Meals adhering to Whole30 dietary guidelines, emphasizing whole foods and eliminating sugars, grains, dairy, and legumes. (Example ingredients: lean proteins, vegetables, healthy fats.)