

## FOOD SWAP CHART

Most of these products are available in health food stores and large supermarkets

Food	Swap with...	Notes
Proteins - Conventional meat, fish, poultry	Wild Salmon and other cold water fish, grass fed and free-range beef, chicken, eggs, wild game, Tofu, Tempeh, edamame, beans and legumes, nuts and seeds.	Antibiotic and hormone free meat, fish, poultry and dairy. There are all types of eggs. Best to get grass fed over free range if you have a choice
Cheese and yogurt	Goat, sheep, soy or coconut milk. Fermented foods such as sauerkraut, kimchi, fermented vegetables, kefir, kombucha	More often pasture fed and rug free raw and fermented in kefir yogurt. Curd is softer and easier to digest
Refined white sugar, corn syrup, fructose drinks and sweeteners, sweet & Low and other artificial sweeteners, honey	Raw unpasteurized honey, coconut sap or nectar, 100% maple syrup, stevia, xylitol, agave	Sugar is sugar and while these are more natural sources, best to refrain. Honey is the most pure and lowest on Glycemic index
Cooking oils, canola, peanut oil, vegetable oils, safflower oil	A saturated oil are coconut oil and palm fruit oil (high antioxidants) more expensive) Monounsaturated oils are olive oils, avocado oil, flax seed and hemp oils Polyunsaturated sesame oil, sunflower oil, cold water fish	Coconut oil contains lauric acid and caprylic acid rich fatty acids high in Omega 3. Buy cold pressed (organic ) oils for uncooked salads and dishes. Keep flax and hemp oils in the fridge.
Mayonnaise/spreads	Avocado, hummus, tofu based mayo, pesto.	Earth Balance is a reliable brand and Spectrum (makes a free range egg mayo and an eggless mayo. Also Veganaise is a brand
Wheat based grains and pastas Wheat, kamut, spelt, rye, fife, wheatberry, multigrain, bulgur, couscous	Gluten-free - quinoa, millet, brown rice, wild rice, amaranth,	Take a break from wheat grains and try different types of gluten free grains
Coffee	Dandy Tea blend, burdock tea and green teas (sencha, matcha combinations)	Dandy blend is made from extracts of roasted roots of dandelion, chicory and beets, and the grains of barley and rye (gluten removed). Gluten and dairy free

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Snacks chips, peanuts, popcorn, pretzels, candy	Nuts, walnuts, almonds, cashews, filberts, brazil nuts (no peanuts high in mold), sunflower seeds, pumpkin seeds Kale chips, Celery with hummus Apples with almond butter Mini protein shakes Cup of lentil soup Berries and nuts (freeze dried berries) Crudités with black bean dip, Hummus or guacamole	Eat low carb, higher protein and MCT or Omega 3 (less 6) fats. No processed fats, sugar or salt added snacks
Soy Sauce	Tamari (low sodium) or Coconut Aminos	Tamari is fermented and Coconut aminos has no soy or sodium (very delicious)
Butter	Ghee (clarified butter) or Earth Balance vegetable base butter Nut and seed butters i.e almond, cashew, coconut, sunflower, sesame seed	

