This is your guide to removing some traditional foods in your diet. Replace them with healthier and tasty alternatives listed here.

|  |  |
| --- | --- |
|  Traditional Food |  What to replace it with |
| White vinegar | Raw, unfiltered apple cider vinegar (with the mother), plum vinegar |
| Milk (cow, pasteurized) | Coconut milk, almond milk, hemp milk, raw organic cow milk, goat milk |
| Butter, traditional | Org. grass fed butter, spectrum spread, flax seed spread, ghee (clarified butter) |
| Cheese (cow’s milk) | Goat cheese, raw org. cheese, rice cheese,  |
| White bread- 2 slices can raise your blood sugar to the same levels as drinking a can of coke.  | Large lettuce leaves to use for wraps, sprouted multi grain breads, make your own using coconut and almond flour or gluten free bread for gluten intolerances |
| Saltines, refined crackers | Brown rice crackers, flax seed crackers,  |
| Beef/lamb factory farmed | Pasture raised, grass fed/grass finished ; seitan meat substitute for meat allergy, vegans, vegetarians- if can tolerate gluten- only recommend using occasionally; fermented soy such as tempeh,  |
| Chicken, factory farmed | Pasture raised chickens- check local farms instead of grocery store; in grocery store-choose org. chicken  |
| Eggs-factory farmed | Check local farms, farmers markets, pasture raised eggs  |
| Pancakes, waffles, refined | Make your own with gluten free flours, can make with coconut and almond flours,  |
| White sugar | Coconut sugar, org. non-GMO sugar-still sugar so use only sparingly; stevia, xylitol,  |
|  HFCS | Maple syrup grade B (more nutrient dense), raw, local unfiltered honey, molasses |
| Honey, processed | Buy local raw unfiltered honey, cooking will cause it to lose some of its nutrient value-use in raw recipes preferably |
| Orzo-rice shaped pasta +couscous | quinoa |
| Refined grain pastas/wheat pasta | Brown rice pasta, quinoa pasta, black rice noodles,Zucchini or other squash as noodles  |
| Corn tacos, flour tortilla wraps | Non GMO corn tacos and wraps, lg. lettuce leaf wraps, Ezekiel sprouted grain wraps (contain gluten) or instead serve on top of leafy greens |
| White rice | Basmati white rice, wild rice, black rice,  |
| Potato chips | Sweet potato chips (easy to make!), rice chips, |
| Tortilla chips | Non GMO tortilla chips, (white or blue corn ) |
| Peanut butter | Almond butter, cashew butter, sesame butter, org. peanut butter, freshly made peanut butter (ie: at Natural Grocers-no added ingredients) |
| Roasted peanuts | Raw almonds, pecans, macadamia nuts, raw cashews |
| Roasted mixed nuts cooked w/refined canola oil, vegetable and soy oils,  | Raw nuts, preferably from refrigerator section of your local health store, roasted nuts cooked w/non GMO oils |
| Roasted sunflower seeds and pumpkin seeds | Raw sunflower seeds, raw pumpkin seeds, hemp seeds, flax seeds (don’t buy already ground flax) |
| Frozen or take- out pizza | Have a pizza night at home-create your own using homemade gluten free crusts, recipes w/plantains and cauliflower used as crust ,  |
| Salt, iodized | Celtic Sea salt, Himalayan salt, (salt should not be pure white-pink, grey) |
| Store bough jellies w/HFCS | Fruit juice sweetened preserves, check out your local farmers market for jams/jellies |
| Vegetable oil, canola oil  | Coconut oil or tea seed oil which have a high heat point, beef tallow |
| Soybean oil, salad dressings | Make your own dressings using EVOO, avocado oil, flax oil,  |
| Soup bouillon  | Organic bone broth, free range broth, vegetable broth, make your own bone broth and freeze and use as needed in recipes |
| Soda, diet soda, citrus sodas | Water w/lemon, limes, orange slices, or berries; drink watered down juice (1/2 juice, ½ water) ; add stevia, sparkling water,  |
| coffee | Green tea, herbal teas, tecchino coffee substitute |
| Iceberg lettuce | Dark leafy greens-kale, Swiss chard, mustard greens, shredded cabbage, spinach |

\*brown rice naturally contains high arsenic levels (even organic) so limit the amount of processed gluten free foods that you purchase.