





## Ingredient Swap List





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Here are some replacement options for common foods and ingredients so that you can adjust your recipes as needed. Keep in mind that replacing ingredients may alter the flavor or texture of the recipe or meal.



### Milk

 <b>Instead of</b>	 <b>Try*</b>
<ul style="list-style-type: none"> <li>• Buttermilk</li> <li>• Condensed milk</li> <li>• Cow's milk</li> <li>• Evaporated milk</li> <li>• Goat's milk</li> <li>• Sheep's milk</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cashew milk</li> <li><input type="checkbox"/> Coconut milk</li> <li><input type="checkbox"/> Unsweetened almond milk</li> </ul>



### Cheeses

 <b>Instead of</b>	 <b>Try*</b>
<ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Ricotta cheese</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cheddar</li> <li><input type="checkbox"/> Colby</li> <li><input type="checkbox"/> Feta</li> <li><input type="checkbox"/> Manchego</li> <li><input type="checkbox"/> Parmesan</li> <li><input type="checkbox"/> Swiss</li> <li><input type="checkbox"/> Other low-lactose cheeses</li> </ul>

### Yogurts

 <b>Instead of</b>	 <b>Try*</b>
<ul style="list-style-type: none"> <li>• Yogurt and Greek yogurt</li> <li>• Other lactose cheeses and yogurts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Almond milk yogurt</li> <li><input type="checkbox"/> Unsweetened nut-based yogurts</li> </ul>

### Grains

 <b>Instead of</b>	 <b>Try*</b>
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Rye</li> <li>• Wheat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Quinoa</li> <li><input type="checkbox"/> Rice</li> </ul>

\*Ideally, choose brands without added sugar, natural flavors, or carrageenan. Also, try to find brands that don't include thickeners like gellan gum, if possible. Limit portions due to high saturated fat content.

## Flour

### ⚠ Instead of

- Wheat, white, and grain-based flours

### ✅ Try\*

- Almond flour
- Quinoa flour
- Walnut or pecan meal

## Beans, peas, & lentils

### ⚠ Instead of

- Beans (white, kidney, black, pinto)
- Chickpeas
- Lentils
- Peas

### ✅ Try\*

- Puréed beans and lentils
- Smashed beans and peas

## Nuts & seeds

### ⚠ Instead of

- Cashews
- Pistachios
- Other whole nuts and seeds

### ✅ Try\*

- Almond butter
- Almond flour
- Peanut butter
- Pumpkin seed butter
- Other puréed nuts, seeds, and nut meals/flours

## Meats

### ⚠ Instead of

- Flank steak
- New York strip steak
- Porterhouse
- Ribeye
- Skirt steak
- T-bone
- Other high-fat and tough/chewy cuts of meat

### ✅ Try\*

- Fish
- Lean poultry
- Tofu
- Other lean soft-texture proteins

## Sweeteners

### ⚠ Instead of

- High-fructose corn syrup
- Sugar and sugar alcohols

### ✅ Try\*

- Coconut sugar
- Maple syrup
- Stevia

## Soy

### ⚠ Instead of

- Soy sauce
- Tamari sauce

### ✅ Try\*

- Coconut aminos

## Oils

### Instead of

- Butter
- Canola, soybean, and safflower oils
- Shortening

### Try\*

- Unrefined cold-pressed coconut oil
- Unrefined cold-pressed extra virgin olive oil

## Vegetables

### Instead of

- Artichokes
- Asparagus
- Cauliflower

### Try\*

Soft-cooked vegetables:

- Brussels sprouts
- Cooked squash
- Eggplant
- Roasted peppers
- Steamed carrots

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.

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