

# Food Substitutions for a Healthy Diet

## Dairy Substitutions

### Milk

- Almond, cashew, soy, oat, rice, coconut, hemp, and flax milks
- Or make your own nut milk

### Creamer

- soy, coconut or almond milk creamers

### Cheese

- vegan cheeses (VioLife, Chao cheese, Miyoko's, Daiya, etc.)
- make your own using nuts or tofu, etc.
- nutritional yeast
- use tofu/almond ricotta in lasagna, pastas etc.

### Other

- dairy free sour creams (Tofutti), cream cheese (Kite Hill), yogurt (Silk), and ice cream (Ben and Jerry's, etc.)
- dairy free mayo (Vegenaise)
- Buttermilk- 1 tablespoon apple cider vinegar to 1 cup non-dairy milk

## Salt Substitutions

- coconut aminos
- miso paste
- mix of spices, such as garlic, onion powder, lemon juice, etc.

## Meat Alternatives

### Meat or Fish

- tofu (firm or extra-firm)
- seitan
- tempeh

### Other

- black bean or veggie burgers, portobello mushrooms, jackfruit, plant-based meats (processed), add liquid aminos

## Oil Substitutions

### Salad Dressings

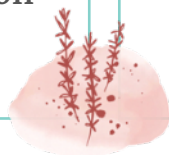
- water
- unsweetened almond milk
- fruit juices
- dairy free yogurt or mayonnaise
- vinegars
- whole grain mustard
- nut butters or tahini

### Baking

- date paste
- mashed pumpkin
- applesauce
- mango puree

### Frying

- unsalted vegetable broth
- water



## Egg Substitutions

### Breakfast

- scrambled tofu & Indian black salt, “Just Egg”

### Baking

- flax egg (1 tablespoon ground flax seed + 3 tablespoons water)
- chia egg (1 tablespoon chia seeds + 3 tablespoons water)
- chickpea flour
- mashed banana

## Baking Substitutions

### Gelatin

- agar agar (algae), xanthin gum (simple sugars + bacteria), or guar gum (made from beans)

### Thickeners

- tapioca, chia seeds, flax seeds, xanthin gum

### Butter

- vegan shortening or vegan butter

### Sugars/Sweeteners

- Make sure sugar is raw and organic.
- maple syrup
- agave nectar
- dates
- brown rice syrup
- molasses

## Gluten-Free Substitutions

### Pasta

- corn, chickpea, brown rice, etc.
- zucchini noodles or roasted spaghetti squash

### Flour

- coconut, almond, buckwheat, chickpea flour, brown rice, sorghum flour, etc.

### Grains

- quinoa, polenta, millet or buckwheat

### Other Ideas

- gluten free crackers (rice crackers)
- instead of cornstarch, use arrowroot powder
- corn tortillas instead of flour tortillas
- tamari instead of soy sauce

## Nut Substitutions

- replace with seeds (sesame, sunflower, pumpkin, hemp, etc.)

### Baking

- replace with rice crisp cereal, crushed pretzels, oatmeal or rolled oats, raisins, cranberries, vegan chocolate chips, pumpkin or sunflower seeds.

