

Food Substitutions list

OLD and outdated	New and IMPROVED
White rice	Brown short or long rice; brown jasmine rice quinoa (nutty and high in protien), wheat berry
White pasta	Brown rice pasta, soba noodles. Whole wheat pasta can be used but I still think of that as processed but I guess it's better than white pasta.
Milk	rice milk, almond milk (I do unsweetened vanilla flavor but you may want to het the sweetend type)
Yogourt	I don't eat much of this but when I do, I will buy organic goat milk yogourt. Goat and sheep digest better than cow's milk products
White Breads, muffins, bagels, etc	Ezekiel bread and muffins, brown rice tortillas and brown rice bread
Sugar	Agave nectar (looks like honey but tastes like thicker liquid sugar)
Cheese	Cut down on this one. I don't like Soy chese cause it's processed so if you want to eat it, do Goat or Sheep and do local, organic cheese- better life for the animal and they are grass fed and hormone free, etc.
meat	blech- do FREE RANGE stuff or just cut it out completely. And certainly cut down if you can't cut out just yet.
Other protien sources	Lentils (I buy them pre-prepared from Traders Joes cause I cant cook them- they turn to mush)
	Chick peas (I roast them with sweet potaotes, onion, garlic, salt) Good mix of sweet and salt. Yum.
	nuts- almonds (best) and peanuts hummus
White potatoes	Sweet potatoes
Candy, sweets, etc	Eat 70% dark chocolate or of course, FRUIT. Eat FRUIT!