

Easy Food Swaps



EASY FOOD SWAP GUIDE

The first step in transitioning to a healthy diet which will support weight loss, balance your gut microbiome, and decrease inflammation in the body, is to SWAP the culprits for a healthy alternative! **The Standard American Diet is full of chemicals, hormones, pesticides, and unhealthy oils which lead to weight gain and disease.** These EASY swaps will allow you to continue to prepare your favorite recipes with small changes.

When possible, purchase organic and non-GMO. Don't be afraid of healthy fats! I realize it goes against everything you have learned to STOP EATING low-fat/nonfat foods; instead eat the whole fat version of natural foods! Sugar, grains, processed foods, chemicals, and highly processed oils make us fat, not natural fats found in dairy, coconut, avocado & olive oils, eggs, and meat.

Make this exciting and fun for your family. Take the members of your household shopping, meal plan together, and get everyone involved in the kitchen for some family fun time!

Basics

AVOID

Conventional Produce

Conventional Meat

Farmed Fish

Conventional Deli Meat

Conventional Eggs

Conventional Butter or Margarine

Conventional Bread

Conventional Dairy

INDULGE

Organic Produce

Hormone-free, Antibiotic-free, Organic, & Grass-fed Meat

Wild Caught Fish

Organic Nitrate/Nitrite-free & Uncured Meat

Free-range Organic, Antibiotic-Free Eggs

Grass Fed Organic Butter, Ghee

Sprouted Grain Bread (Ezekiel)

Organic, Grass Fed Dairy



Pantry

AVOID

Sugar

Canola, Soy, and all Vegetable Oils

Table Salt

Wheat Flour

Soy Protein Powder

Chicken or Beef bouillon

Wheat Pasta

Peanut Butter

Agave or Corn Syrup

INDULGE

Stevia, Coconut Sugar, Lakanto (Monk Fruit & Erythritol), Xylitol, Cinnamon, Vanilla Extract

Olive oil, Avocado oil, Coconut Oil and Ghee

Sea Salt or Himalayan Salt

Almond Flour, Coconut Flour, Garbanzo Bean Flour, Ground Golden Flaxseeds, Oat Flour

Bone or Pea Protein Powder

Bone Broth

Quinoa Pasta, Brown Rice Pasta, Spaghetti Squash, Spiraled Zucchini

Almond Butter

Honey or Real Maple Syrup

Snacks

AVOID

Milk Chocolate

Cereal/Granola

Crunchy Processed Treats (Chips, Wheat Crackers)

INDULGE

Dark Chocolate, 70-80% Cacao

Nuts, Seeds, Sulfate-Free Dried Fruit, Homemade Grain-Free Muffins (make sure your nuts/seeds aren't roasted in vegetable oil)

Nuts, Cut Vegetables, Apple slices, Kale Chips, Mary's Crackers, Nut Crackers, Cassava Chips

Dairy

AVOID

Soy Milk

Flavored and Low-Fat Yogurts

Processed or Single Sliced Cheese

Flavored Coffee Creamers

INDULGE

Almond Milk, Coconut Milk, Kefir, Cashew Milk, Oat Milk

Plain Full-fat Greek Yogurt, Coconut Milk Yogurt

Organic Full Fat, Cultured Cheese, Nut Cheese

Organic Half & Half, Coconut Cream, Almond Milk, and add Vanilla Extract

Condiments

AVOID

Conventional Mayonnaise

Conventional Ketchup

Store-bought Salad Dressing

INDULGE

Homemade Mayo, Avocado Oil Mayo, Mashed Avocado

Organic Ketchup Free of Corn Syrup or Hidden Sugars or Homemade Ketchup

Homemade Dressing with Healthy Oils, Vinegar (especially Apple-Cider), Lemons, Herbs and Mustard, Salsa. Try fermented foods: Sauerkraut, Kimchee, Pickles

Beverages

AVOID

Flavored Drinks, Fruit Juice

Energy Drinks

Beer

INDULGE

Homemade Fruit-infused Water, Kombucha

Green Tea, Kombucha

Grain Free Vodka, Rum, Wine

THE CLEAN 15 & THE DIRTY DOZEN

THE DIRTY DOZEN contains high levels of pesticides, so always purchase organic when possible

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|-----------------|-------------|--------------|
| 1. Strawberries | 5. Apples | 9. Pears |
| 2. Spinach | 6. Grapes | 10. Tomatoes |
| 3. Kale | 7. Peaches | 11. Celery |
| 4. Nectarines | 8. Cherries | 12. Potatoes |

THE CLEAN 15 has low levels of pesticides, so it's ok to purchase non-organic and save some money!

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|---------------|------------------------|--------------------|
| 1. Avocados | 6. Sweet Peas (Frozen) | 11. Broccoli |
| 2. Sweet Corn | 7. Eggplant | 12. Mushrooms |
| 3. Pineapple | 8. Asparagus | 13. Cabbage |
| 4. Onions | 9. Cauliflower | 14. Honeydew Melon |
| 5. Papaya | 10. Cantaloupe | 15. Kiwi |

FOR MORE INFORMATION VISIT [EWG.ORG/FOODNEWS](https://www.ewg.org/foodnews)

