



# 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! We know 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

### INDULGE

Conventional Produce —————> Organic Produce

Conventional Meat —————> Hormone-free, Antibiotic-free, Organic, Grass-fed Meat

Farmed Fish —————> Wild Caught Fish

Conventional Deli Meat —————> Organic Nitrate/Nitrite-free, Uncured Meat

Conventional Eggs —————> Free-range Organic, Antibiotic-free Eggs

Conventional Butter or Margarine —————> Grass-fed Organic Butter, Ghee

Conventional Bread —————> Sprouted Grain Bread (Ezekiel)

Conventional Dairy —————> Organic, Grass-fed Dairy






# Pantry

## AVOID

## INDULGE




Sugar	→	Stevia, Coconut Sugar, Lakanto (Monk Fruit & Erythritol), Xylitol, Cinnamon, Vanilla Extract
Canola, Soy, and all Vegetable Oils	→	Olive Oil, Avocado Oil, Coconut Oil, Ghee
Table Salt	→	Sea Salt or Himalayan Salt
Wheat Flour	→	Almond Flour, Coconut Flour, Garbanzo Bean Flour, Ground Golden Flaxseeds, Oat Flour
Soy Protein Powder	→	Bone or Pea Protein Powder
Chicken or Beef Bouillon	→	Bone Broth
Wheat Pasta	→	Quinoa Pasta, Brown Rice Pasta, Spaghetti Squash, Spiraled Zucchini
Peanut Butter	→	Almond Butter
Agave or Corn Syrup	→	Honey or Real Maple Syrup

# Snacks

## AVOID

## INDULGE



Milk Chocolate	→	Dark Chocolate, 70-80% Cacao
Cereal/Granola	→	Nuts, Seeds, Sulfate-free Dried Fruit, Homemade Grain-free Muffins (make sure your nuts/seeds aren't roasted in vegetable oil)
Crunchy Processed Treats (Chips, Wheat Crackers)	→	Nuts, Cut Vegetables, Apple Slices, Kale Chips, Mary's Crackers, Nut Crackers, Cassava Chips



## Dairy

### AVOID

### INDULGE

Soy Milk	→	Almond Milk, Coconut Milk, Kefir, Cashew Milk, Oat Milk
Flavored and Low-fat Yogurts	→	Plain Full-fat Greek Yogurt, Coconut Milk Yogurt
Processed or Single Sliced Cheese	→	Organic Full-fat, Cultured Cheese, Nut Cheese
Flavored Coffee Creamers	→	Organic Half & Half, Coconut Cream, Almond Milk, and add Vanilla Extract

## Condiments

### AVOID

### INDULGE

Conventional Mayonnaise	→	Homemade Mayo, Avocado Oil Mayo, Mashed Avocado
Conventional Ketchup	→	Organic Ketchup Free of Corn Syrup or Hidden Sugars, Homemade Ketchup
Store-bought Salad Dressing	→	Homemade Dressing with Healthy Oils, Vinegar (especially Apple-Cider), Lemons, Herbs and Mustard, Salsa. Try fermented foods: Sauerkraut, Kimchee, Pickles

## Beverages

### AVOID

### INDULGE

Flavored Drinks, Fruit Juice	→	Homemade Fruit-infused Water, Kombucha
Energy Drinks	→	Green Tea, Kombucha
Beer	→	Grain-free Vodka, Rum, Wine





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## The Dirty Dozen

contain high levels of pesticides (purchase organic)

- |                 |             |              |
|-----------------|-------------|--------------|
| 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

contain low levels of pesticides

- |               |                        |                    |
|---------------|------------------------|--------------------|
| 1. Avocado    | 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           |

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This guide is not intended to diagnose, cure, treat, or prevent any disease.

