



Healthy Replacements

When you have an autoimmune condition and decide you are going to go Gluten-Free, Dairy Free and Sugar Free, you may have a hard time knowing what you CAN eat. No worries ... I've got you covered! There are many healthy options to choose from! It's about "Crowding-Out." This means we will get rid of the foods that don't serve you and replace them with much healthier options!

****TIP** – Things are bound to taste differently but stick with it. Once your taste buds change you will find its hard to go back to the foods you ate previously. Just give it your best effort and allow time for your tastebuds to catchup!

Milk – Nut milks (such as almond milk or cashew milk) or oat milk.

Cream – Coconut milk (or cream) is a great alternative to use in cream soups, sauces, etc.

Coffee Cream – Any of the options above or any dairy free, sugar free options.

Yogurt – Sugar free made from coconut instead of dairy is a very tasty option!

Breads and Pastas, etc. – Many gluten free options are now available in most grocery stores.

Flours – Gluten free Flour, coconut flour, almond flour.

Sugar – Monk Fruit, Stevia and Erythritol are safer options. Maple syrup or honey is acceptable.

Breakfast Cereal – Choose GF Oats or any gluten free cereals without added sugar.

Croutons – Try any of your favorite nuts instead!

Soda Pop – Sugar free Kombucha is amazing! Buy organic if you can.

Cheese – While there are some great dairy free options available, most are soy based. If Soy does not bother you, look for the Daiya brand.

Butter – Try Ghee butter. The removal of proteins in ghee (clarified butter) can be a safer alternative for some people who have trouble tolerating dairy products

Print this list to take with you to the grocery store!

For more suggestions, be sure to check out my website and check out the resources page.

***NOTE** – Please carefully watch for "Health Food" items that contain Cane Sugar. It is used in a lot of products leading the consumer to believe it's safe. It will still create blood sugar spikes. ALWAYS choose sugar free when you can!

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