

The Art of Balanced Health

Food Substitutes

Dairy

www.godairyfree.org/Table/Dairy-Substitutes

www.pccnaturalmarkets.com/health/Food_Guide/Dairy_Substitutes.htm

www.gatewest.net/~medalion/NewFiles/darifee.html

www.galaxyfoods.com

Grains

www.glutenfree.com/item_detail.aspx?ItemCode=956013 For yummy Namaste pizza crust!!

www.csaceliacs.org

www.celiac.com/index.html

Egg Replacers (Binders)

Any of the following can be used to replace eggs:

- 1 banana for 1 egg (great for cakes, pancakes, etc)
- 2 Tablespoons cornstarch or arrowroot starch for 1 egg
- Ener-G Egg Replacer (or similar product available in health food stores or by mail order)
- 1/4 Cup tofu for 1 egg (blend tofu smooth with the liquid ingredients before they are added to the dry ingredients.) Tofu is soy and must be avoided in soy sensitivity.

Combo Links

www.bryannaclarkgrogan.com/page/page/628710.htm#8842

www.kidsallergystop.com/soyfree.html

Sugar Substitutes

Stevia

Honey (use sparingly)

Molasses

Pureed fruits

Alternative grains

Amaranth

Quinoa

Millet

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www.TheArtofBalancedHealth.com ♦ 813-919-5211

"The physician's high and only mission is to restore the sick to health, to cure, as it is termed." -- Samuel Hahnemann, 1810