



Joe McSweyn, O.M.D, C.A. | Pari Vokshori, L.Ac, D.O.M. | Gila Varis, L.Ac, R.N. | Steven Jarsky, L.Ac, D.A.O.M.
Alan Sher, L.Ac | Ellen Elphand L.Ac., Dipl.OM | Aydin Bengisu L.Ac. | Faith Triandos

Healthy Choices and Dairy Substitutes

NOTE: COW, GOAT AND SHEEP MILK ALL CONTAIN VIRUSES AND HORMONES INCOMPATIBLE WITH HUMAN HEALTH. ORGANIC AND/OR RAW DAIRY IS NOT ACCEPTABLE.

Milk

Edensoy, Silk, So Delicious, Blue Diamond, 365 organic, Pacific foods, Trader Joe's.

Cheese

Follow your heart, Tofutti, Daiya, Go Veggie! (dairy-free).

Butter

Earth Balance, Benecol, Smart Balance- Light only, margarine spreads with NO whey or casein.

Ice Cream

So Delicious, Almond/Soy/Rice Dream, Double Rainbow, Tofutti cuties, Coconut Bliss, NadaMoo!, Trader Joe's non-dairy ice cream, any kind of sorbet.

Others

Nayonaise, Mindful mayo, Tofutti sour cream, WholeSoy yogurt, Almond Dream yogurt, Silk non-dairy creamer.

More Healthy Choices

Sautéing without oil

Balsamic vinegar, Vegetable broth (low sodium or homemade), Water with herbs or spices, Tomato sauce (no-salt), Lemon or lime juice, Red or white wine, Oil free salad dressing.

Baking without oil

Carbonated water, unsweetened applesauce, Mashed bananas, Silken tofu, Pureed prunes, Avocado puree, Ground flaxseed, Baby food.

Protein without the Cholesterol

Black beans, Garbanzo beans, Kidney beans, Lentils, Navy beans, Pinto beans, Soybeans, Tempeh, Tofu, Soymilk, Almonds, Peanuts, Quinoa, Brown Rice, Oatmeal, Pasta, Whole wheat bread, Potato, Corn, Broccoli, Spinach, Peas.

Sugar Substitutes

Fruits, Medjool dates, Prunes, Banana puree, Applesauce, Agave nectar, Maple syrup, Sucanat, Stevia, Xylitol, Erythritol.