



Better Choices: Quick Reference to Plant-Based Eating

Instead of ...	Choose Plant-Based Healthy...
Dairy: Milk	Non-dairy milks are readily available, including Almond, Soy, Hemp, Rice and Oat.
Dairy: Cheese	For cheese-like texture, crumble Lite Firm Tofu. For cheese-like sauces, use Nutritional Yeast. On top of spaghetti, lasagna or pizza, use some ground cashews.
Dairy: Other	Non-dairy products are available (cheese, butter, yogurt, sour cream, etc.), use these judiciously as many are full of fat and highly processed.
Eggs for baking	Substitute with 1 T Flaxseed meal, mix with 3 T water, microwave for 30 seconds, stir; or use ENEREG Egg Replacer or Lite Firm Tofu.
Eggs for scrambles	Use Lite Firm Tofu with Turmeric spice.
Flours, Processed	Look for whole grain flours, to name a few; whole wheat pastry flour, whole wheat all-purpose flour, white whole wheat flour, whole wheat bread flour, whole oat flour, whole grain rice flour and ground chia seeds.
Grains, Processed	Look for any of the following words to guarantee you are getting a whole grain product; 'whole', 'sprouted', 'rolled', 'stone ground' and 'cracked'.
Meat	Make your own burgers from beans, rice, oats and/or mushrooms. Make your own loaves with beans, lentils, rice, tofu, grains and/or mushrooms. Soy products are available, such as, veggie burgers, meatless crumbles, veggie dogs, veggie sausages, etc.; but limit processed foods.
Nuts and seeds for snacks	Limit nuts and seeds to 1 ounce daily, use as a condiment, they are full of fat and calories.
Oil for sautéing	Use a couple Tablespoons of veggie broth or water.
Oil for salad dressing	Make plant-based dressings or use vinegars.
Oil or butter for baking ingredients	Replace with applesauce, bananas or other fruit. Use Sunsweet Lighter Bake.
Oil for non-stick	Use non-stick cook ware. Line baking sheet with Silpat or parchment paper.
Oil for roasting veggies	Coat veggies in Balsamic vinegar, sprinkle on your favorite seasoning, roast on a baking sheet lined with a Silpat or parchment paper.
Adding Salt	Add foods that contain natural salt to your soups and stews such as celery, carrots, cabbage and parsley. Add spices and herbs that contain natural salt.
Salty processed foods	Look for labels 'No Salt Added' or 'Lo Sodium'.
Sugar	Read labels and select low sugar ingredients. Natural sugar from fruit is best, use to replace refined sugar. Unrefined sugar is a better choice than refined but sugar is sugar.

