



Veritas Basic Healing Diet

Nutritious Food Swaps List

Item	Good	Better	Best
Table Salt	Any sea salt		Real Salt, Celtic Sea Salt or any other unprocessed brands
Margarine	Butter	Organic Butter	Butter from an organic and pastured source; can be raw
Crisco or other cooking oils like vegetable/corn/peanut or canola oil	Avocado oil, coconut oil, ghee, lard, palm oil		Any of these oils (coconut and lard perfect for baking) that are organic, unrefined or from a pastured source (if an animal fat)
Soy bean oil (found in many salad dressings and mayonnaise)	mid or high oleic sunflower oil	olive oil	Quality avocado or olive oils used to make homemade condiments
Mayonnaise	Sir Kensington's	Tessemae's All Natural	Homemade mayonnaise (see Basic Recipes)
Salad Dressings			Bragg's brand dressings, Tessemae's brand dressings, Braggs Apple Cider Vinegar w/olive oil, freshly squeezed citrus juice, homemade
Refined White Sugar	Organic Cane Sugar		Organic Coconut Sugar or Date Sugar
Artificial Sweeteners such as Splenda, Equal or Sweet n Low	Processed products made with sugar alcohols such as Swerve, Truvia, etc.	Low-processed sugar alcohols - erythritol, stevia or xylitol	Liquid stevia or green liquid stevia, Just Like Sugar brand products
Pancake syrups, Karo syrup, sorghum, etc.			Pure maple syrup, raw honey or black strap molasses
Canned/Dried vegetables/fruits	Organic versions	Frozen	Fresh
Milk (and other dairy made from milk like yogurt, cheese and sour cream)	Organic, full fat	Organic, full fat, grass-fed or pastured	Grass-fed/pastured and raw, full fat from a local, trusted source
Soy milk	Nut milk (like almond) or coconut milk		Organic, full fat, no-added sugars/thickeners, etc. OR homemade. (MALK is a great brand of nut milks. Don't forget canned coconut milk).
Meat	Organic	Organic, no nitrates/nitrites, no antibiotics/hormones	Grass-fed/pastured from a local or other trusted source
White or Whole Wheat Flours	Einkorn, Spelt	Gluten-free or non-grain options if you're avoiding grains/gluten	Sprouted or fermented/soured grains such as einkorn or spelt
Gluten-free mixes	Try buying your own gluten free flours & starches such as rice or oat and making recipes from scratch	Non-grain flours such as almond or coconut	Grain-free recipes that are mostly coconut flour & low on the starches (like arrow root or tapioca starch). Organic almond and coconut flours.
Pasta, tortillas, etc.			Depending on your needs, rice or ancient grain versions (Jovial is an excellent brand), or spaghetti squash or zucchini noodles; sprouted grain options
Juices & Sodas			Sparkling water, tea, coffee, bullet proof coffee (see Basic Recipes), kombucha, quality coconut water, flavor your own water
Chips	Bean or sweet potato chips	Chips made with avocado or coconut oil and no additives	Making your own chips and fries at home with healthy fats!
Soy sauce	a brand that uses non-GMO soy beans (Eden Organics)		Coconut aminos (sweeter), Bragg's Liquid Amino's or a traditionally fermented soy sauce made from non-GMO soy beans
Seasonings and seasoning blends	Organic	Organic, non-irradiated, non GMO (Frontier Brand is a great one)	Make your own spice blends at home with quality spices
Microwave popcorn			Buy in bulk, organic (and even heirloom) varieties of popcorn and pop it stove-top in avocado or palm kernel oil. Season to taste.
Marina Sauce	No extra sugars. No additives	Organic. No extra sugars. No additives	Homemade marinara sauce made with organic and/or fresh tomatoes & other quality ingredients.