

## Healthy Replacements for Unhealthy Foods

Unhealthy Foods	Healthy Replacement
Coffee	Postum, Pero, Caffex, Celestial Seasons brand RostaRoma tea
Sugar (sucrose)	Honey, frozen apple or white grape juice concentrates, date sugar, Stevia, Sucanate (unrefined sugar cane juice) Brown rice syrup, Devansoy, barley malt syrup, Amasake, Fruitsource, Maltose, Blackstrap molasses, Agave Syrup.
Soft Drinks and Regular Tea	Herbal Tea (caffeine free) such as Celestial Seasonings brand Red Zinger, Raspberry Zinger, Lemon Zinger, Strawberry Kiwi, Mandarin Orange Spice, etc.
Regular store milk	Raw goat milk, organic cow's milk, Rice Milk, Almond Milk, certified raw cow's milk (if you can find it). Do not use Soy milk.
Margarine and regular vegetable oils	Butter, Coconut Oil, Olive Oil,
Regular Store Meat	Beef, chicken, Buffalo, turkey, ground turkey, etc. from Kellers Farm Stores or other health food stores, fish (wild or ocean raised is best), Shitake Burgers (vegetarian "hamburgers")
Lunch Meats, Bacon & Sausage	Get these from Keller's Farm Stores. Other health stores may have nitrate and nitrite free bacon, ham and sausage too.
Regular Boxed Breakfast Cereals	Old Fashion Rolled Oats (yes, you can eat them "raw", just like breakfast cereal because they have been steamed), cooked cereals such as brown rice, millet, barley flakes, buckwheat, cracked wheat, Shredded Wheat and Uncle Sam's cereals are OK.
Salad Dressings	Balsamic Vinegar and Olive Oil Newman's Own Dressings (watch out for sugar) Annie's Naturals Salad Dressings Lemon or Lime Juice and Olive Oil
White or store type apple cider vinegars	Balsamic Vinegar or Bragg's Apple Cider Vinegar
Regular table salt	Unrefined sea salt, Celtic Salt, Real Salt®