

Smart Food Swaps	
Avoid	Choose
Gluten	Naturally gluten-free whole grains: quinoa, amaranth, teff, millet, various colors of rice (black, brown, red), oats (processed in a gluten-free facility), wild rice.
Commercial dairy	Non-dairy options: coconut or various nut milks and yogurt, or make your own (see Resources section).
Sugar	Natural sweeteners in moderation: dates, honey, maple syrup.
Soy	Chickpea-based miso, coconut aminos, or No Soy Tamari (see Resources section).
GMO Foods	Organic or non-GMO certified options.
Seed oils, hydrogenated, and partially hydrogenated oils	Healthy fats: olive oil, avocado oil, grass-fed butter or ghee.
© 2025 Terri Ward	