

Simple Substitutions

7-up	Zevia Lemon Lime Soda
Captain Crunch	Gorilla Munch (gluten free)
Cheerios	Oatios or Kamutios (New Morning)
Cheetos	Cheese Puffs (Barbara's)
Coke, Pepsi, Or Diet	Dr. Tima's Honey Cola, Blue Sky Cola, 365 cola, Natural Brew Draft Cola
Commercial Pizza	Make your own: Foccacia crust kids love to choose toppings, Brown Rice Crust Pizza (Nature's Hilights) Spelt Crust Pizza (Grainassance)
Commercial Potato Chips	Boulder Chips, Barbara's Potato Chips
Corn Flakes	Kamut, Quinoa, Amaranth Flakes (New Morning)
Egg beaters	Eggs or Egg Replacer
Eggo frozen waffles	Van's organic frozen waffles (regular, blueberry, or wheat-free) Trader Joe's
Flavored Oatmeal Pkts.	Real oatmeal with Sucanat, honey, jam
Gatorade	Recharge or Emergen C, Clif Kid Splashers
Ginger Ale	Reed's Ginger Brew, 365 Ginger Ale
Hershey's chocolate bar	Baker's German Sweet Chocolate Bar, many brands of organic chocolate
Hot chocolate	Ah, Alaska (99% caffeine-free)
Imitation vanilla (vanillin)	Pure vanilla extract
Jell-o	Knox unflavored gelatin + org. fruit juice
Kool-Aid	1 cup organic fruit juice, 2 cups water
M&M's	Sunspire Sundrops (plain & peanut)
Macaroni and Cheese	Annie's or De Boles Macaroni and Cheese (boxed)
Milk	Organic milk (Horizon) or Rice Dream, hemp milk, almond milk, or mix all
Miracle Whip or Mayonnaises	Nayonaise (egg-free), Vegenaize (with grape seed oil, no egg), many other varieties of spreads (Spectrum Naturals, Hain)
Quaker Choc, Chip Granola Bars	Healthy Valley Chocolate Chip Granola Bars
Rice Crispies	Brown Rice Crispies
Spaghetti's	Grandma Millina's Pasta Rings (w/Veggie Franks)
Sugar, Nutrasweet	Sucanat or Stevia drops or powder
Toothpastes with dye & artificial flavoring	Desert Essence, Nutrabiocotic, others