

Food group	Choose from these foods for substitutions
<p>Dairy</p>	<p>Almond, hemp, macadamia, oat, soy, cashew, coconut, flaxseed, or rice milk</p> <p>Tip: Lactose-free milk is not dairy-free milk, and wouldn't be a suitable substitution for cow's milk. It's advised to choose a plant-based option instead.</p> <p>Cheddar, swiss (emmental), American, pepperjack, goat, feta, mozzarella, brie, gruyere, cottage, muenster, blue, gouda, processed cheese (spreadable, canned, mass-produced cheeses), cashew cheese, soy cheese</p> <p>Cow's milk, sour cream, ice cream, heavy whipping cream, butter, plant-based butter, whey protein supplements, casein</p> <p>Greek yogurt, non-fat plain, flavored yogurt, coconut milk-based yogurt, almond milk-based yogurt, oat milk-based yogurt, soy milk-based yogurt</p>
<p>Grains</p> <p>*Gluten-free options</p>	<p>Gluten-containing grains: wheat (bread, pasta, cereal), barley, rye, spelt, bulgur, freekeh</p> <p>*Gluten-free certified breads, pastas, cereals, and more. Amaranth, millet, quinoa, wild rice, brown rice, jasmine rice, oats, sorghum, teff, corn (e.g. polenta, grits, tortillas), buckwheat (e.g. pasta)</p>
<p>Meat & Eggs</p>	<p>Beef, chicken, turkey, duck, quail, fish (salmon, codfish, tuna, swordfish, tilapia, trout, haddock, sole, anchovy, carp, mackerel, pike), pork, lamb, game meat (bison, venison, etc), squid, octopus, eel, shellfish (clam, lobster, crab, oyster), scallop, shrimp, prawn, egg white (chicken), egg yolk (chicken)*</p> <p>Tip: Need an egg substitute for baking? Scroll to the bottom for more tips</p>
<p>Seeds & Nuts</p>	<p>Almonds, cashews, chestnuts, walnuts, pecans, pistachios, pine nut, macadamia, brazil nut, hazelnuts, sunflower, sesame, chia, flaxseed, pumpkin</p> <p>Tip: Try different nut butters (e.g. sunflower seed butter)</p>
<p>Fruits</p> <p>*Botanically categorized as a fruit</p>	<p>Apple, avocado*, banana, blueberries, strawberries, blackberries, cantaloupe, coconut, grape, grapefruit, lemon, lime, orange, peach, pear, pineapple, tomato*, watermelon, honeydew melon, apricot, nectarine, dragonfruit, plantain, mango, papaya</p>
<p>Vegetables</p>	<p>Artichoke, arugula, asparagus, bamboo shoots, beets, bell pepper, jalapeno, habanero, serrano, hatch green chile, broccoli, bok choy, carrot, collard greens, kale, mustard greens, brussels sprout, bean sprouts, green cabbage, carrot, cauliflower, celery, corn, chard, chive, cucumber, eggplant, grape leaf, olive, kale, kelp, leek, iceberg lettuce, jicama, butter lettuce, crimini mushroom, onion, okra, parsnip, potato, radish, red cabbage, shallot, shitake mushroom, spinach, squash, sweet potato, turnip, yam, winter squash (banana, delicata, spaghetti, kabocha, acorn, butternut), summer squash (zucchini, yellow)</p>
<p>Legumes</p>	<p>Peanuts, green beans, lima beans, soybean, green pea, snow pea, mung bean, black beans, navy beans, pinto beans, kidney beans, black-eyed peas, chickpeas (garbanzo) beans, lentils</p>
<p>Spices & Herbs</p>	<p>Garlic, black pepper, cinnamon, ginger, mustard, cayenne pepper, chili pepper, clove, cumin, curry, nutmeg, allspice, cardamom, fennel, lemon grass, paprika, vanillaDill, basil, bay leaves, parsley, oregano, cilantro, thyme, tarragon, rosemary, marjoram, mint, peppermint, sage</p>

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Legumes	Soybean (e.g. edamame, tofu, tempeh) Black, kidney, garbanzo, navy, lima, pinto, lentils, black-eyed peas, peanuts, peanut butter
Nuts	Almond, cashew, pistachio, macadamia, walnut, brazil nut, hazelnuts
Seeds	Sunflower, pumpkin, chia, flaxseed
Pseudograins	Quinoa

Foods demonstrating elevated reactivity based on your results	Foods to consider substituting with during temporary removal
<p style="text-align: center;">Breakfast</p> <p>Avoiding based on results: Eggs, wheat, cow's milk</p>	<p style="text-align: center;">Breakfast</p> <p>Ex 1: Tofu scramble with bell peppers and salsa, gluten-free toast, plant-based butter</p> <p>Ex 2: Almond milk based yogurt parfait with berries and pumpkin seeds</p>
<p style="text-align: center;">Lunch</p> <p>Avoiding based on results: Chicken, cow's milk</p>	<p style="text-align: center;">Lunch</p> <p>Ex 1: Summer salad with homemade vinaigrette and alternate protein source (e.g. salmon)</p> <p>Ex 2: Roasted vegetable and hummus wrap in whole wheat tortilla</p>
<p style="text-align: center;">Dinner</p> <p>Avoiding based on results: Beef, gluten, garlic</p>	<p style="text-align: center;">Dinner</p> <p>Ex 1: Mediterranean stuffed baked potato with ground turkey, feta cheese, and spinach, garlic free seasoning mix</p> <p>Ex 2: Grilled fish tacos seasoned with dill and lime juice, corn tortillas, sour cream sauce, shredded cabbage</p>