

# The Art of Balanced Health

## Food Substitutes

### Dairy

[www.godairyfree.org/Table/Dairy-Substitutes](http://www.godairyfree.org/Table/Dairy-Substitutes)

[www.pccnaturalmarkets.com/health/Food\\_Guide/Dairy\\_Substitutes.htm](http://www.pccnaturalmarkets.com/health/Food_Guide/Dairy_Substitutes.htm)

[www.gatewest.net/~medalion/NewFiles/darifee.html](http://www.gatewest.net/~medalion/NewFiles/darifee.html)

[www.galaxyfoods.com](http://www.galaxyfoods.com)

### Grains

[www.glutenfree.com/item\\_detail.aspx?ItemCode=956013](http://www.glutenfree.com/item_detail.aspx?ItemCode=956013) For yummy Namaste pizza crust!!

[www.csaceliacs.org](http://www.csaceliacs.org)

[www.celiac.com/index.html](http://www.celiac.com/index.html)

### Egg Replacers (Binders)

Any of the following can be used to replace eggs:

- 1 banana for 1 egg (great for cakes, pancakes, etc)
- 2 Tablespoons cornstarch or arrowroot starch for 1 egg
- Ener-G Egg Replacer (or similar product available in health food stores or by mail order)
- 1/4 Cup tofu for 1 egg (blend tofu smooth with the liquid ingredients before they are added to the dry ingredients.) Tofu is soy and must be avoided in soy sensitivity.

### Combo Links

[www.bryannaclarkgrogan.com/page/page/628710.htm#8842](http://www.bryannaclarkgrogan.com/page/page/628710.htm#8842)

[www.kidsallergystop.com/soyfree.html](http://www.kidsallergystop.com/soyfree.html)

### Sugar Substitutes

Stevia

Honey (use sparingly)

Molasses

Pureed fruits

### Alternative grains

Amaranth

Quinoa

Millet

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www.TheArtofBalancedHealth.com ♦ 813-919-5211

*"The physician's high and only mission is to restore the sick to health, to cure, as it is termed." -- Samuel Hahnemann, 1810*