

## Substitutions and Alternatives for Use in an Elimination Diet

### To replace:

### Use:

<b>Milk</b>	Rice, almond, coconut, or homemade nut milk (1/2 cup raw nuts or seeds with 1 cup water blended until smooth)
<b>Cheese</b>	Rice and almond brands – read labels and watch for <u>casein free</u> brands
<b>Eggs</b>	<i>Energe</i> egg replacer; or blend 1 T. flax seeds in blender with ¼ cup water and allow to thicken
<b>Peanut butter</b>	Nut butters made from almonds, cashews, macadamia, walnut, pumpkin, hazelnut, sesame (tahini)
<b>Breading</b>	Grind any allowable rice cracker and use as breading
<b>Ice cream</b>	<i>Rice Dream</i> (vanilla), 100% frozen fruit juice bars ( <i>Dole</i> and <i>Tazo</i> brands); <i>Cascadian Farms</i> berry sorbets
<b>Soda</b>	<i>Knudsen</i> , seltzer and juice; water; diluted juice
<b>Jams</b>	<i>Cascadian Farms</i> all-fruit jams, <i>Sorrel Ridge</i> or <i>Polaner</i> (read label carefully)
<b>Sugar</b>	Fruit juice concentrate ( <i>Mystic Lake Dairy</i> or <i>Wax Orchard</i> ); brown rice syrup; Stevia
<b>Pasta</b>	Rice noodles (e.g., <i>Mrs. Leepers</i> , <i>Pasta Risio</i> and <i>Food for Life</i> brands), <u>100%</u> buckwheat udon noodles; cellophane noodles made from bean threads
<b>Wheat bread</b>	Rice cakes, rice crackers ( <i>Trader Joe's</i> ), rice almond and rice pecan breads, <i>Energe</i> brown rice or tapioca bread
<b>Wheat cereals</b>	<i>Perky's nutty rice</i> , <i>Crispy Brown Rice</i> , puffed rice, puffed millet, cream of rice
<b>Wheat flour</b>	Rice, quinoa, amaranth, millet, teff, arrowroot, tapioca bean; nut and seed flours – use in combination with others to replace the full amount of wheat flour