

Substitutions and Alternatives for Use in an Elimination Diet

To replace:

Use:

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