

HEALTHIER FOOD SUBSTITUTES

INSTEAD OF

Bread
Candy & Sweets
Coffee
Egg substitutes
Low fat Dairy
Margarine
Pasta
Rice
Salt
Snacks, chips & Pretzels
Sugar
Water

EAT

Ezekiel Sprouted Bread
Standard Process Bars
Organic Coffee
Organic Eggs
Full Fat Dairy
Butter or Olive Oil
Organic Spelt Pasta
Organic Brown Rice
Sea Salt
Organic Raw Nuts
Stevia
Mountain Valley Spring Water (Ideal).
Health Water Home Filter