

# Better Alternatives for Common Foods



**Natalia García**

Functional Nutrition & Wellness

## Better Alternatives to BREAD



Gluten-free breads:

- Caulipower Sweet PotaTOAST
- Base Culture Original Keto Bread
- Base Culture Soft Sandwich Bread
- Warrior Bread – Grain Free Mix

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## Better Alternatives to CHIPS



- Sonoma Snacks Vegetable Crisps
- Siete Grain Free Tortilla Chips
- Barnana Plantain Chips

## Better Alternatives to DRESSINGS



- Organic Girl Dressing Avocado-Cilantro
- Primal Kitchen Dressing
- Trader Joe's Vegan Dressing

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## Better Alternatives to PASTA



### Gluten-free Pasta:

- Palmini - Hearts of Palm Pasta
- Zucchini spirals
- Konjack pasta
- Shirataki noodles



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## Better Alternatives to TOMATO SAUCE



- Normato tomato free marinara sauce
- KC Garden - Cherry tomato free salsa



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## Better Alternatives to YOGURT



Alternatives to Yogurt:

- Siggi's coconut yogurt
- Silk unsweetened vanilla almond yogurt



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## Better Alternatives to MILK

- Almond milk
- Hemp milk
- Coconut milk





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## Better Alternatives to BUTTER

- Tahini
- Nut Butters (Avoid Peanut Butter)
- Use avocado for baked goods
- Extra virgin olive oil - Sesame oil



## Better Alternatives to CEREAL

- Grain free granola - toasted coconut almond
- Three Wishes Cereal - Unsweetened





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## Better Alternatives to GRANOLA BARS

- RX Bars
- Lara Bars – without peanuts





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## Better Alternatives to FLOUR

- Sweet potato flour
- Coconut flour
- Almond flour

## Better Alternatives to TORTILLAS

- Siete grain free tortillas
- Siete grain free taco shells
- NUCO ORGANIC Paleo Gluten Free Vegan "Turmeric" Coconut Wraps





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# Better Alternatives for Common Foods

## Better Alternatives to GRAINS

- Wild rice
- Miracle rice



## Better Alternative to SOY SAUCE

- Coconut aminos



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## Better Alternatives to COFFEE

- Numi Tea
- Organic India Tea

