

HEALTHIER FOOD REFERENCE GUIDE	
Poor Food Choice	Healthier Substitute
Applesauce	Paleo anti-inflammatory applesauce (see recipe) ¹
Banana bread	Paleo banana, nut, chocolate-chip bread (see recipe) ²
Blueberry muffins	Paleo blueberry muffin (see recipe) ³
Bread, rolls	“Paleo Bread” by Julian Bakery, “Against The Grain” rolls
Brownies	Paleo brownies (see recipe) ⁴
Cereal	No-oat oatmeal (see recipe) ⁵ , organic quinoa
Chicken noodle soup	Bone broth plus chicken plus “Eden Foods Buckwheat Soba Pasta”
Chicken nuggets or Fried chicken	Crispy chicken thighs (see recipe) ⁶
Chocolate pudding	Paleo chocolate avocado pudding (see recipe) ⁷
Cookies	“Caveman Cookies” (6 varieties)
French fries	Wedges of sweet potatoes or regular potatoes tossed in olive oil with added salt, pepper, and other spices – then baked until crisp
Fruit juices	Water, seltzer
Hamburger on bun	Hamburger on roll by “Against The Grain”
Hot cocoa	Paleo hot cocoa (see recipe) ⁸
Ice cream	Blend fresh pureed whole fruit with heavy cream or coconut cream and freeze it
Ketchup	Organic tomato paste and added herbs and spices

¹ <http://drdanenberg.com/favorite-paleo-recipes-anti-inflammatory-applesauce/>
² <http://drdanenberg.com/my-favorite-paleo-recipes-banana-nut-chocolate-chip-bread/>
³ <http://drdanenberg.com/my-favorite-paleo-recipes-blueberry-muffins/>
⁴ <http://drdanenberg.com/my-favorite-paleo-recipes-chewy-chocolaty-brownies/>
⁵ <http://drdanenberg.com/my-favorite-paleo-recipes-no-oat-oatmeal/>
⁶ <http://drdanenberg.com/my-favorite-paleo-recipes/>
⁷ <http://drdanenberg.com/my-favorite-paleo-recipes-chocolate-avocado-pudding/>
⁸ <http://drdanenberg.com/my-favorite-paleo-recipes-hot-cocoa/>

Macaroni and cheese	“Organic Penne & Cheese Gluten Free & Dairy Free” by Road’s End Organics
Milk chocolate bar	85% Dark chocolate, “Alter Eco Dark Blackout”
Pancakes	Plantain pancakes (see recipe) ⁹
Pizza	Cauliflower crust pizza (see recipe) ¹⁰ , “Against The Grain” pizza, “Paleo Pizza” by PaleoMDPizza.com
Popsicles	Frozen fresh pureed whole fruit
Potato chips	Kale chips, sweet potato chips, plantain chips (cooked in coconut oil or baked)
Pretzels	Celery, radishes, cucumbers, nuts, seeds
Salad dressing vegetable oils (like soybean oil, corn oil, peanut oil, vegetable oil, safflower oil, canola oil, etc.)	Organic extra virgin olive oil, balsamic vinegar
Sandwich	Romaine lettuce leaves for wraps
Snacks	Raw nuts and seeds, dried figs, dates, fresh berries, organic beef/pork jerky with no added sugars, any vegetable that can be cut into pieces and put into a Zip Lock bag
Soda	Kombucha, seltzer, water (can add fresh squeezed lemon or lime)
Spaghetti, pasta	Spaghetti squash, “Eden Foods Buckwheat Soba Pasta”
Syrup	Local raw honey
Table salt	“Organic Kelp Granules” by Main Coast Sea Vegetables, sea salt
Table sugar	Organic whole-leaf stevia
Trail mix	Raw nuts, organic raw cacao nibs, chopped figs and chopped dates
Vegetable oils for cooking (like soybean oil, corn oil, peanut oil, vegetable oil, safflower oil, canola oil, etc.)	Organic coconut oil, butter from grass fed cows (“Kerygold”)

⁹ <http://drdanenberg.com/my-favorite-paleo-recipes-plantain-pancakes/>

¹⁰ <http://drdanenberg.com/my-favorite-paleo-recipes-paleo-type-pizza/>

Important Notes:

1. You should learn to read the **Nutrition Facts** label on all processed foods to determine what added substances could be hiding in the foods that you want to eat. You may decide to choose a different food after you read the label.
2. It is important to realize that parents set the stage for food choices. Providing healthy food choices to children earlier in life helps set the tone and instill healthy eating habits. "Substitution" is an approach after bad habits have been established. It is easier to set good habits at the start than to replace bad habits with good habits later on.