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INGREDIENT SUBSTITUTIONS GUIDE

INCLUDES
MASTER-LIST,
NUTRITION FACTS
AND TIPS TO GET YOU STARTED

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INGREDIENT SUBSTITUTIONS GUIDE

Simple ingredient swaps can make a world of difference in the nutrition of a recipe. Here are some helpful tips to get you started.

OILS + FATS

Different oils have different smoke points. The smoke point is the temperature an oil can reach before its beneficial fats break down and lose their health benefits.

Extra Virgin Olive Oil: Use raw or for sautéing at a low temperature for a short period. Best used in dressings, condiments and dips.

Olive Oil and Coconut Oil: Cook or baked with up to 350 F. Best used in baked goods and light sautéing.

Avocado Oil: Cook, bake or fry up to 450 F. Is very mild in flavour. Can be used in all cooking applications.

Ghee: Cook or baked with up to 450 F. Tastes like butter. Can be used in all cooking applications.

SWEETENERS

Honey is sweeter than sugar and maple syrup. If swapping in honey, try using one-third less than the recipe calls for at first ($\frac{2}{3}$ cup instead of 1 cup) and add more later if needed. Also reduce baking temperature by 25 degrees as honey caramelizes faster than other sugars.

If using a liquid sweetener in place of dry/granulated sugar, be sure to add more dry ingredients or reduce liquids to offset the moisture.

Coconut sugar can be swapped one-to-one with white sugar and brown sugar. Coconut sugar has less moisture than brown sugar, so be sure to slightly increase the liquid or moisture content in your recipe.

GRAINS + FLOURS

Most gluten-free flours can't be swapped one-for-one with all-purpose flour, unless it's a blend of different flours and labelled as a one-to-one substitute, like Bob's Red Mill One-For-One Baking Flour.

ORGANIC/GRASS-FED/PASTURE-RAISED RECOMMENDATIONS

Sometimes an ingredient swap is as simple as switching to its organic version. Some conventional (aka non-organic) ingredients are heavily sprayed with pesticides like glyphosate, or grown/farmed using methods that decrease their nutrient quality and healthy fat ratios. Both can trigger or exacerbate digestive issues, inflammation, hormonal imbalances, auto-immune conditions, and various allergies including seasonal ones.

HEALTHY INGREDIENT SWAPS

oils + fats

INSTEAD OF	TRY THIS	NUTRITION FACTS + TIPS
Vegetable oil, canola oil and seed oils	Avocado oil * Olive oil * Extra virgin olive oil * (aka EVOO)	High in monounsaturated fats that have been proven to help lower LDL (bad) cholesterol, while increasing HDL (good) cholesterol. Contain higher concentrations of vitamins and antioxidants, especially when consumed raw. EVOO has powerful anti-inflammatory properties when consumed raw.
Margarine, conventional butter	Coconut oil *	Contains MCTs (medium-chain triglycerides) which convert to energy quickly, versus being stored as fat in the body. Has antibacterial, antifungal, antiviral and anti-inflammatory properties. Contains antioxidants and other various healing properties. Can be creamed like butter or margarine in baking recipes like cookies, or melted and used in place of vegetable oil in cakes, pancakes and quick breads.
	Organic +/- grass fed butter *	Contains omega-3 fats and vitamins K2 and A. Best consumed raw. Use on toast or over vegetables.
	Organic ghee * (aka clarified butter)	Contains no milk solids and works with most dairy allergies. Same nutrients as grass-fed butter, with beneficial healing properties. Use like melted butter in cooking.
Processed nut +/- seed butters like Skippy, Jif and WowButter	All-natural nut +/- seed butters with only roasted nuts +/- seeds as the ingredient(s)	Contains no sugar or inflammatory vegetable oils. Is a great source of fat, fibre and protein. TIP: Add salt to sunflower seed butter to make it taste like peanut butter. Use in place of oil/butter in muffins, cookies and quick breads, or as dip, or mixed into dressings.

*See notes on page one for smoke points and recommended uses.

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HEALTHY INGREDIENT SWAPS *sweeteners + seasonings*

INSTEAD OF	TRY THIS	NUTRITION FACTS + TIPS
White or brown sugar	Raw (unpaturized) honey *	Deemed the healthiest of all sugar substitutions. Contains vitamin A, C, B-vitamins and various minerals, including iron and zinc, antioxidants and polyphenols. It's anti-inflammatory, antibacterial, antiviral. Best used raw (to preserve antioxidants) but can be used in baking, hot drinks, condiments and on veggies.
	Coconut palm sugar	Lower glycemic index. Contains minerals like iron, zinc, calcium and magnesium. Can be substituted one-to-one with granulated sugar.
	Pure maple syrup *	Contains antioxidants and various nutrients, including B-vitamins, manganese, calcium, potassium and copper. Use in baking, beverages, condiments, marinades, on veggies or as a sweet and delicious topping.
	Dates (like Medjool or Deglet Noor)	A whole-food sweetener with a lower glycemic index. Rich in fibre, antioxidants, B-vitamins, vitamins A + C, potassium and other minerals like iron. Best used in recipes that require a blender or food processor, like drinks, energy balls, condiments. Also tasty on its own with some nut +/-seed butter and dark chocolate.
Artificial sweeteners like Splenda, Swerve (aka Erythritol), Sweet N'Low and Sweet Twin	Pure monk fruit (not blended with erythritol)	Both are all-natural, zero calorie sweeteners. Contain antioxidants, however monk fruit contains more. 100-300 times sweeter than sugar. Neither tastes exactly like sugar, but monk fruit has less of an aftertaste. Use in baking, beverages and other recipes that call for sugar. Follow directions on package, as each differs.
	Organic stevia extract *	
Table salt	Himalayan pink salt (aka pink salt)	Contains over 80 trace minerals, including calcium, potassium, magnesium, iron and zinc. Is a natural source of electrolytes. Use in all cooking applications, in moderation.
Conventional soy sauce	Organic tamari *	Fermented, non-GMO, gluten-free soy sauce, with no preservatives. Higher in protein and contains antioxidants.
	Coconut aminos	A salty soy--tasting sauce, made from fermented coconut palm sap. Contains less sodium, and is soy-free.
Cocoa powder	Raw cacao powder	High in fibre, antioxidants and minerals such as magnesium. Contains flavonoids that help lower pressure. Swap one for one.

***See notes on page one about sweetener substitutions in baking.**

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HEALTHY INGREDIENT SWAPS *grains + flours*

INSTEAD OF	TRY THIS	NUTRITION FACTS + TIPS
White rice (all forms)	Brown rice (all forms)	Has a lower glycemic index, due to its much high fibre content. Still contains the husk, which is the vitamin and mineral powerhouse of the rice plant. Contains protein and less carbohydrates. Takes longer to cook, but has more flavour and is less mushy. Meal preps very well. Use the same way you would white rice. Tip: Add olive oil and salt to the cooking water, for extra tasty rice.
	Organic quinoa	Technically a protein-rich seed. It's complete protein, making it a low-cost meal staple. It's anti-inflammatory and rich in B-vitamins, magnesium, iron and potassium.
	Cauliflower rice	A low-carb rice alternative with a very low glycemic index. Use on its own or mix into your rice of choice for a satisfying veggie boost to your meal.
White bread	Organic whole grain +/- seed bread	Contains significantly more protein, fibre and healthy fats to keep you feeling fuller for much longer. Rich in B-vitamins and minerals. TIP: Try Silver Hills' 20-Grain Train. Best price at Costco.
	Sourdough bread	A slow-fermented bread that contains no yeast and is easier on digestion. The fermentation process makes the nutrients easier for the body to absorb. It contains probiotics, and has a lower glycemic index than most breads.
Conventional corn starch	Organic arrowroot starch/flour *	The best one-to-one, non-GMO option. Use for thickening sauces like gravy, and in gluten-free baking. TIP: Buy in bulk/loose form for best price.
Conventional pasta	Veggie (spiralized) noodles Organic legume pasta *	Low-carb, nutrient dense option when made from veggies. Legume pasta has up to 3x the protein and fibre
All-purpose white flour	Whole grain, nut, seed and legume flours * (einkorn, spelt, oat, buckwheat, almond, coconut, chickpea, cassava and quinoa)	Loaded with vitamins, minerals, protein, fibre and healthy fats. Exact nutrients will depend on the flour you use. Use for baking, breading, bread making and more! * TIP: Oat flour is easy to make using a food processor or blender. TIP: If looking for an easy one-to-one gluten-free substitute, opt for a premade gluten-free flour blend to get you started.

***See page one for gluten-free flour notes and organic recommendations.**

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HEALTHY INGREDIENT SWAPS *animal products*

INSTEAD OF	TRY THIS	NUTRITION FACTS + TIPS
Conventional low-fat milk	Organic whole fat milk * (raw when possible)	Rich in omega-3 fatty acids and vitamins A, D3 and E, which are found in the fat in whole and raw milks. The body needs vitamin D3 to get the calcium in milk into your bones. TIP: Organic milk has a longer shelf life.
	Nut +/- seed milks	A versatile, nutrient-rich option for dairy-free individuals. Easy to make at home. Soak 1 cup of nuts overnight. Drain, rinse and blend-well with 4 cups of water. Strain through cheese cloth or a nut-milk bag if needed. TIP: Cashew, Brazil nut, sunflower, pumpkin and hemp seed milks don't need to be strained after blending.
Heavy cream or whipping cream	Coconut milk or cream	The solid portion in a can of coconut milk can be whipped and sweetened like whipping cream for desserts. Full-fat coconut milk can be used in soups and sauces in lieu of heavy cream. Note: It does impart a mild coconut flavour.
Conventional (factory farmed) eggs	Organic, free-range eggs *	Contain a much higher concentration of healthy omega 3 fats, and vitamins A, D and E. Healthier fat ratios that help lower LDL (bad) cholesterol. TIP: Best price is at Costco.
	Flax-egg	Made from ground flax seeds, aka flax meal and water. Contains omega-3 fats and is high in soluble fibre. Combine 1 tbsp flax meal + 2 1/2 tbsp water, and let sit for 5-10 minutes until it's an egg-like consistency. Use in baking. TIP: Swap maximum one flax-egg for one medium chicken egg in baking, unless recipe specifies.
	Aquafaba	The leftover liquid in a can of chickpeas. Use in recipes that require egg whites to be whipped, like meringues and cakes, if vegan or allergic to eggs.
Conventional (factory farmed) beef and poultry	Organic/ grass-fed/ pasture- raised beef and poultry *	Organic beef has less overall fat, significantly more anti-inflammatory, heart healthy omega 3 fats, and is much higher in antioxidant vitamins. It tastes better too. Organic chicken is leaner. Dark meat contains healthier fat ratios and a higher concentration of antioxidant vitamins.

***See notes on page one about organic/grass-fed/pasture raised recommendations.**

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HEALTHY INGREDIENT SWAPS *master list*

INSTEAD OF	TRY THIS
OILS + FATS	
Vegetable oil, canola oil or seed oils	Avocado oil, olive oil or extra virgin olive oil (aka EVOO)
Margarine or conventional butter	Coconut oil, organic +/- grass-fed butter or organic ghee
Processed nut +/- seed butters like Skippy, Jif and WowButter	All-natural nut +/- seed butters with only roasted nuts +/- seeds as the ingredient(s)
GRAINS + FLOURS	
White bread	Organic whole grain, sprouted whole grain or sourdough bread
White rice (all types)	Brown rice (all types), organic quinoa or cauliflower rice
Conventional pasta	Veggie (spiralized) noodles, cassava, or organic legume pasta
All-purpose white flour	Whole grain, nut, seed or legume flours (einkorn, spelt, oat, buckwheat, almond, coconut, chickpea, cassava and quinoa)
Conventional corn starch	Organic arrowroot starch/flour
SWEETENERS + SEASONINGS	
White or brown sugar	Raw (unpasteurized) honey, coconut palm sugar, pure maple syrup or dates (all types, including Medjool or Deglet Noor)
Artificial sweeteners like Splenda, Swerve and Sweet N'Low	Monk fruit (not blended with erythritol) or organic stevia extract
Table salt	Himalayan pink salt (aka pink salt)
Conventional soy sauce	Organic tamari or coconut aminos
Dutch and regular cocoa powder	Raw cacao and regular cacao powder
ANIMAL PRODUCTS	
Conventional low-fat milk	Nut +/- seed milks (without added oils or gums) or organic whole fat milk
Heavy cream or whipping cream	Coconut milk or cream
Conventional (factory farmed) eggs	Organic free-range eggs, flax-egg or aquafaba
Conventional (factory farmed) beef and poultry	Organic/grass-fed pasture- raised beef and poultry