**Substitution List**

If you are transitioning to a new style of eating, it can often be confusing as to which foods fit your new lifestyle. Here is a list of common foods you might be replacing along with suggested alternatives. You can find recipes on this site for some of these alternatives such as [bread](https://www.lifediethealth.com/recipes/breads/),  [ice cream](https://www.lifediethealth.com/tuesday-treat-degf-ice-cream-dairy-egg-gluten-free/), [cheese](https://www.lifediethealth.com/vegan-cream-cheese-naturally-dairy-free/) and [chocolate](https://www.lifediethealth.com/c-chocolate/).

• Meat/chicken/fish: Tofu, soya, quorn (or vegan quorn), mushrooms, seitan.  
• Milk: Dairy free milks – coconut, soya, almond, hazelnut, hemp, rice.  
• Eggs in baking: Pureed banana or apple, chia or linseeds mixed with water.  
• Eggs in cooking: Mashed tofu.  
• Yogurt: Soya or coconut yogurt.  
• Cheese: Soya cheese or ground cashews, nutritional yeast.  
• Butter: Dairy free spread, olive oil, coconut oil.  
• Ice cream: Dairy free deserts or sorbets, frozen bananas pureed.  
• Chocolate: Dairy free chocolate or a good quality dark chocolate (see [www.DakinDelights.co.uk](http://www.dakindelights.co.uk/))  
• Plain Flour: Gluten free flour, rice flour, potato flour, chickpea flour, coconut flour, cassava flour.  
• Pasta: Gluten free pasta made with rice or corn.  
• Couscous: Corn couscous, cassava couscous.  
• Cereals: Gluten free cereals, corn based cereals.  
• Bread: Gluten free bread, poppadum’s, rice cakes.  
• Gravy: Vegetarian/gluten free gravy, passata, homemade stock thickened with cornflour.