



## Try these **healthy substitutes**

Instead of	Use
Sugar, honey, or syrup	<ul style="list-style-type: none"> <li>■ Unsweetened apple sauce (in limited amounts)</li> <li>■ Fresh dates</li> </ul>
Salt and salty ingredients	<ul style="list-style-type: none"> <li>■ Fresh herbs and salt-free dried herbs, salt-free spices, fresh onions, fresh garlic, ginger and chillies, lemon juice, vinegars</li> <li>■ Tip: If the recipe includes salty ingredients such as olives, capers, pickles, or anchovies, then there is no need to add additional salt.</li> </ul>
White flour	<ul style="list-style-type: none"> <li>■ Whole wheat flour</li> <li>■ Almond flour, desiccated coconut or black beans, drained and rinsed</li> </ul>
White rice	<ul style="list-style-type: none"> <li>■ Maize rice</li> <li>■ Brown rice</li> <li>■ Wild rice</li> <li>■ Cauli rice</li> </ul>
Breadcrumbs	<ul style="list-style-type: none"> <li>■ Oats</li> </ul>
Mayonnaise, cream or sour cream	<ul style="list-style-type: none"> <li>■ Plain yoghurt</li> <li>■ Evaporated skimmed milk</li> </ul>
Cream cheese	<ul style="list-style-type: none"> <li>■ Smooth cottage cheese</li> </ul>