

Easy Pantry Switches to Healthify your Life

Inflammatory	HEALTHIFIED
<p><i>Vegetable oils:</i> Sunflower Oil Safflower Oil Corn Oil Canola Oil Soy Oil Peanut Oil</p>	Olive Oil Coconut Oil Avocado oil Walnut oil* Hemp oil* Butter Lard (from pastured animals) Sesame oil
Refined and Whole Wheat Flours Gluten-containing Flours <ul style="list-style-type: none"> • Spelt • Kamut • Rye • Barley 	Coconut Flour Almond Flour <i>If grains are tolerated:</i> Rice Flour Millet Flour Quinoa Flour Chickpea Flour Fava Flour
Margarine	Organic and/or grassfed butter
Conventional Dairy <ul style="list-style-type: none"> • Milk and cream • Butter • Yogurt 	Grassfed and/or organic dairy Coconut milk Nut and seed milks <ul style="list-style-type: none"> • Almond • Hemp • Cashew
White Sugar Sucanat Agave Corn syrup	Honey Maple Syrup Coconut Palm Sugar or Sap Stevia Xylitol
Regular and Diet Soft Drinks Sugary Juices	Coconut water Fresh Squeezed or Sugar Free Juice Flavoured water infused with: <ul style="list-style-type: none"> • Mint • Orange • Cucumber • Berries add a drop or two of stevia for sweetness
Conventional Peanut Butter	Organic nut and seed butters: <ul style="list-style-type: none"> • Cashew Butter • Almond Butter • Sunflower Seed Butter • Walnut Butter • Pumpkin Seed Butter • Hazelnut Butter • Or a combination of any of the above!

* Do not heat these oils as they contain unstable omega fats which go rancid upon exposure to heat and light.