



## A Dozen Tips for Better Blood Sugar Control: Glycemic Index and Glycemic Load

Human bodies depend on a steady supply of glucose (blood sugar) as their principal fuel, in order for muscles to stretch and contract, nerves to fire, brains to function—and so much more. Glucose comes from carbohydrates, so the quality and quantity of carbohydrates we eat hugely impacts our energy levels and overall health.

Too little glucose, and we starve many bodily functions (especially the brain, which uses 11–20% of the glucose we produce). Too much, and our body scrambles to produce enough insulin to process all that blood sugar—and we may develop heart disease, eye, kidney, and nerve damage. Ideally, our food delivers a steady stream of just the right amount of glucose.

But how do we distinguish foods, meals, and diets that raise our blood sugar too high and too fast from those that dole out their fuel slowly and steadily to support good health? Understanding glycemic index, glycemic load and glycemic response can help.



**Glycemic Index (GI)** ranks the quality of individual carbohydrate-rich foods on a scale of 1–100 by measuring how glucose levels rise after someone eats an amount of that food containing 50 grams of carbohydrate. Foods with a low GI score (under 55) provide steady fuel to support energy levels and overall health, while those with a high GI score (70 and up) are likely to provide an unhealthy quick rush of blood sugar followed by a sharp crash.

**Glycemic Load (GL)** combines quality and quantity, allowing us to rank how the typical serving size of a food affects blood sugar. A GL of 0–10 is considered low (slow, steady conversion to blood sugar; healthier), while a high GL is 20 and up (flash and crash—tough on health and energy levels). Research shows why GI and GL both matter: a low glycemic load can be achieved either by eating small amounts of high GI carbs, or large amounts of low-GI carbs, and some studies show that the latter approach (i.e. low-GI, low-GL) is best of all for health.

While both GI and GL are useful measures of our glycemic response to certain foods or dishes, our body's overall Glycemic Response—our management of blood sugar over time—also appears to depend on our total diet and lifestyle.

As useful as GI, GL, and GR can be, it's important to keep in mind that understanding the effect of carbohydrates on blood sugar is just one part of choosing a healthy diet. The quality of fats and proteins matters too, as do fiber, vitamins, minerals and other factors. The bottom line? Eating a wide variety of delicious, whole, minimally-processed foods, guided by the latest science in all these areas, is the way to go. Check out our tips on the following page.



## Tips for Better Blood Sugar Control

Here are a dozen ideas anyone can use to easily bring the science of glycemic index, glycemic load and glycemic response to their everyday meals and snacks.

1. **In general, whole and minimally-processed foods** are better choices than highly-processed foods, for keeping blood sugar steady.
2. **Choose traditional muesli, or hot oatmeal or porridge** (not instant) instead of processed flakes or puffs.
3. **Favor whole fruits over fruit juice**, and enjoy juice in small quantities or mixed with sparkling water.
4. **Skip the fluffy, light breads.** Traditional dense grainy bread has a much lower glycemic index.
5. **Pasta has a low glycemic index**, especially when it's cooked al dente. Enjoy pasta with plenty of vegetables and beans or fish for a healthy pasta meal.
6. **Enjoy balanced meals and snacks.** Eating healthy fats and lean protein with carbohydrates lowers the overall glycemic load of a meal or snack.
7. **Eat legumes.** Serve lentil soup, a bean-filled chili, or a chickpea salad. Add beans to soups, salads, pasta and other dishes—or try mashing white beans with your potatoes.
8. **Increase fiber.** Certain fibers, including resistant starch (found in foods including beans, bananas, cold pasta and potato salads), lower your body's glycemic response. A mostly-plant-based diet provides a good variety of different types of fiber.
9. **Eat a variety of intact whole grains**, and be sure not to overcook them. Intact grains such as barley, wheatberries and ryeberries have a low glycemic index, especially when they're cooked al dente.
10. **Add zest.** Acidic foods lower your glycemic response, so squeeze lemon juice on your broccoli, eat your breakfast cereal with yogurt, and add a salad with vinaigrette dressing to your dinner.
11. **Enjoy healthy snacks** such as carrots with hummus, apple slices with nut butter, or plain yogurt with fresh or frozen berries.
12. **Practice portion control.** Too much of even a healthy food is, well, too much. Serve yourself a modest portion, eat slowly and mindfully, and reflect before you reach for more.

The refreshing news is that reaping the benefits of a low-glycemic diet doesn't mean only looking at numbers. The principle of glycemic health is important, and traditional eating patterns such as the Mediterranean diet offer a good example of how to enjoy delicious food while safeguarding your good health.

# Gluten-Free Food Brands



The brands and products listed below have "gluten-free" claims at the time this resource was created. These are popular brands that make all or mostly gluten-free products. This list is not extensive, you may be able to find other products at your local grocery store!

Always double check the label when choosing gluten-free products.

## Bread, Bagels, Buns, Tortillas



- Canyon Bakehouse®
- Ener-g®
- Glutino®
- Kinnikinnick Foods®
- Schär®
- New Grains Bakery®
- Rudi's®
- Three Bakers®
- Little Northern Bakehouse®
- Against the Grain Gourmet®
- Franz Gluten Free®
- Udi's®

## Baked Goods (cakes, cookies, muffins)



- Enjoy Life®
- Glutino®
- Lucy's®
- Schär®
- Simple Mills®
- Kinnikinnick Foods®
- Wow Baking Company®
- Udi's®
- New Grains®

## Pasta



- Chickapea®
- Ancient Harvest®
- Banza®
- Barilla Gluten-free Pastas®
- Explore Cuisine®
- Tolerant®
- Tinkyada Brown Rice Pasta

## Cereal & Granola



- Arrowhead Mills®
- Barbara's®
- Erewhon®
- Chex®
- Nature's Path®

## Baking Mixes



- Glutino®
- Kinnikinnick Foods®
- New Grains®
- Against the Grain®
- Simple Mills®

## Snacks



- Schär®
- Three Bakers®
- Enjoy Life®
- Simple Mills®
- Glutino®

## Bars



- Glutino®
- GoMacro®
- Enjoy Life®
- Whenever Bars®
- Kate's Real Food®

## Soup & Broth



- Amy's Kitchen®
- Frontier Soup®
- Imagine Foods®
- Pacific Natural Foods®
- Swanson Broth®

## Crackers



- Glutino®
- Schär®
- Simple Mills®
- Milton's®
- Mary's Organic®

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# Gluten-Free Snack Builder for Kids & Grown-ups

Treat snacks like mini-meals: sit down and **enjoy a snack together!**

Pairing **gluten-free (GF) foods with fiber + foods that have protein and/or fat** from the examples below can help make snacks more filling and prevent constant snack requests between mealtimes.

Keep in mind, your child might not eat all (or any) of the foods you offer, and that's okay!

## FOODS WITH FIBER

### FRUIT

Berries  
Apple  
Pear  
Banana  
Fruit Smoothie  
Mango  
Melon



### VEGETABLE

Sweet Pepper Strips  
Cucumber slices  
Snap Peas  
Tomato Slices  
Shredded Carrot  
Cooked Frozen Veg  
Roasted Sweet Potato

### STARCH

GF Bread  
GF Crackers  
GF Cereal  
GF Tortilla  
(Made with quinoa, amaranth, teff, corn, brown rice, nuts & seeds)



## FOODS WITH PROTEIN AND/OR FAT

Avocado  
Hummus  
Nut Butter  
Hemp Seeds  
Cheese  
Yogurt  
Edamame  
Hardboiled Egg  
Nuts

Cottage Cheese  
Chickpeas  
Lentils  
Chia Pudding  
Tzatziki  
Tofu  
Guacamole  
Canned Tuna  
Pumpkin Seeds



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# Gluten-Free Meal Builder

## Simplify Family Meal Planning!

Use the food examples below to simplify planning nutritious, kid-friendly meals.

Offering a source of **protein, fat, fiber and color** can help make meals more nutritious. Offer these foods even if your child is still learning to like them. Including a **familiar food** for your child can help them feel more comfortable at the table. Your child might not eat all (or any) of the food you offer, that's okay!

### PROTEIN

#### Meat

Chicken  
Beef  
Pork  
Egg

#### Nuts & Seeds

Chopped nuts  
Hemp hearts  
Nut butter  
Pumpkin seeds

#### Seafood

Tuna  
Tilapia  
Shrimp

#### Legumes

Chickpeas  
Beans  
Lentils

### FAT

#### Dairy

Yogurt  
Cheese  
Milk

#### Fatty Fish

Salmon  
Trout  
Sardines

#### Fruit

Avocado  
Coconut

#### Oils

Butter  
Avocado oil  
Olive oil  
Coconut oil  
Ghee



### FIBER

#### Starch

GF Bread  
GF Pasta  
Cooked:  
Brown Rice,  
Quinoa,  
Amaranth

#### Vegetables

Green beans  
Peas  
Cauliflower  
Spinach  
Corn  
Snap peas  
Cucumber  
Sweet potato  
Broccoli  
Carrots



### COLOR

#### Fruit

Berries  
Banana  
Tomato  
Apple  
Pears  
Peaches  
Orange  
Melon  
Kiwi  
Mango  
Grapes  
Pineapple



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# Mix & Match: Gluten-free Snacking Guide



Hungry for a gluten-free (GF) snack? Try mixing and matching options from each column to create a delicious, nutritious snack. You can find some examples of combinations in the far-right column.

| PROTEIN FOODS                                    | GRAINS         | FRUITS & VEGGIES                                 | MIX & MATCH EXAMPLES                                                                                                               |
|--------------------------------------------------|----------------|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Milk or soy beverage                             | GF Cereal      | Apple                                            | Cereal with milk and an apple on the side       |
| Greek yogurt                                     | Puffed Quinoa  | Berries (raspberries, blackberries, blueberries) | Greek yogurt with quinoa and berries            |
| Hard boiled eggs                                 | Popcorn        | Pear                                             | Hard boiled eggs, some popcorn and a pear      |
| Nuts (almonds, cashews, peanuts, macadamia nuts) | GF Crackers    | Cherry Tomatoes                                  | Handful of nuts, crackers and tomatoes        |
| Nut or Seed Butter                               | GF Rice Cake   | Banana slices                                    | Rice cake with peanut butter & banana slices  |
| Ham or turkey slices                             | GF Bread Slice | Snap peas                                        | Turkey slices with bread and some snap peas   |
| Dried chickpeas, hummus or edamame beans         | GF Tortilla    | Carrot sticks                                    | Tortilla and carrot sticks with hummus        |

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# Gluten-Free Mix & Match Snack Ideas



## START WITH...

## TOPPING IDEAS...

## SERVE WITH...



Yogurt



Chia Seeds

OR



Puffed Quinoa



Raspberries

OR



Peaches



Brown Rice Cake



Peanut Butter

OR



Hummus



Banana

OR



Cucumber



Popcorn



Cinnamon

OR



Grated Cheese



Almonds

OR



Pumpkin Seeds



Guacamole



Tomato

OR



Chopped Peppers



Corn Chips

OR



Sweet Potato Chips

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# Gluten-Free Mix & Match Breakfast Ideas



## START WITH...

## TOPPING IDEAS...

## SERVE WITH...



Eggs



Avocado & Salsa

OR



Cheese



Gluten-free Corn  
Tortilla

OR



Gluten-free  
Toast



Cooked Quinoa,  
Amaranth or Millet



Peanut Butter

OR



Cinnamon



Strawberries

OR



Applesauce



Buckwheat Crepe



Spinach

OR



Grated Cheese



Tomato

OR



Turkey



Chia Seed Pudding



Walnuts

OR



Coconut



Blueberry

OR



Mango

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# Gluten-Free Mix & Match Meal Ideas



## START WITH...

## TOPPING IDEAS...

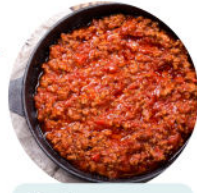
## SERVE WITH...



+



OR



OR



Gluten-free Pasta (rice, quinoa, or legume -based)

Pesto

Bolognese Sauce

Mixed Vegetables

Shredded Kale



+



OR



+



OR



Brown Rice, Quinoa, or Millet

Bean Chili

Stir Fry

Avocado

Cashews



+



OR



+



OR



Boston or Romaine Lettuce Wraps

Ground Turkey

Tofu

Gluten-free Peanut Sauce

Gluten-free Teriyaki Sauce



+



OR



+



OR



White or Sweet Potatoes

Roasted Broccoli

Steamed Carrots

Baked Salmon

Scrambled Tofu

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# Gluten-Free Shopping Guide



Food shopping may feel difficult when you have celiac disease.

Try the tips below to simplify finding gluten-free choices at the grocery store.



## Choose Naturally Gluten-Free Foods

Most fresh foods do not have any gluten, including: fresh fruits, vegetables, fish, meat, eggs, legumes (beans, lentils, chickpeas), plain nuts & seeds.



## Look for Foods Labeled "Gluten-Free"

Look for packaged food with gluten-free certification or labelled "gluten-free". It is still a good idea to check the ingredients list because mistakes can happen with labeling.



## Come Prepared

Make a list of the foods you need to buy and research options that are gluten-free before you go to the grocery store.



## Sources of Gluten

Be extra cautious to check labels on flours, grains, and all processed foods not labeled "gluten-free" including soups, desserts, candies & snack foods.

Medications, supplements, beauty products and toothpaste can also have gluten.



## Ask Questions

Some areas of the grocery store have a higher risk of contamination, such as the deli, fish counter, butcher counters and bulk bins. Ask store staff about how gluten-free products are served (are serving tools mixed? are gloves changed?).

When in doubt, avoid these sections, especially bulk bins.

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# Gluten-Free Label Reading



Look at the ingredients list and check for "CONTAINS" or "MAY CONTAIN" wheat or gluten. Also check the ingredients list for wheat, rye, barley and other ingredients that have gluten (below)



## Ingredients With Gluten

- Wheat, Barley, Rye
- Atta (chapatti flour)
- Barley (flakes, flour, pearl)
- Breeding and bread stuffing
- Brewer's yeast
- Bulgur
- Couscous
- Dextrin
- Dinkel
- Spelt
- Freekeh
- Fu
- Graham flour
- Hydrolyzed wheat protein
- Kamut
- Malt (malt extract, malt syrup and malt flavoring)
- Malted barley
- Matzoh
- Modified wheat starch
- Seitan
- Semolina
- Triticale
- Also oatmeal, oat bran, oat flour and whole oat groats from commercial oats
- Wheat bran
- Durum
- Einkorn
- Emmer
- Farina®
- Malt vinegar
- Malted milk
- Wheat flour
- Wheat germ
- Wheat gluten
- Wheat starch

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# Gluten-Free Label Reading



Reading an ingredients list can be confusing when you are looking for sources of gluten. The ingredients listed below do not contain gluten. Take this list with you to the grocery store for when you are unsure about an ingredient you see.



## Gluten-free Ingredients

### Additives

Acetic acid, Adipic acid, Benzoic acid, BHA, BHT, Calcium disodium EDTA, Fumaric acid, Glucono-delta-lactone, Lactic acid, Lecithin, Malic acid, Mono- and diglycerides, Polysorbate 60; 80, Propionic acid, Propylene glycol, Rennet, Silicon dioxide, Sodium benzoate, Sodium metabisulphite, Sodium nitrate, Sodium nitrite, Sodium sulphate, Sorbate, Sorbic acid, Stearic acid, Tartaric acid, Titanium dioxide

### Coloring Agents

Natural colors (ex. annatto, caramel color, carotene, beta-carotene, paprika)

Artificial colors (ex. tartrazine, yellow FCF, erythrosine, citrus red No.2, brilliant blue FCF, fast green FCF, titanium dioxide)

### Flavoring Agents

Ethyl maltol, Maltol, Monosodium glutamate (MSG), Vanilla (extract, flavoring), Vanillin

### Sugars/Sweeteners

Acesulfame-potassium, Agave, Aspartame, Brown sugar, Corn syrup/solids, Dextrose, Fructose, Glucose, Glucose syrup, Honey, Invert sugar, Isomalt, Maltitol, Maltitol syrup, Maltose, Mannitol, Molasses, Saccharin, Stevia, Sucralose, Sucrose, White sugar, Xylitol

### Vegetable Gums

Acacia gum (gum Arabic), Agar (agar-agar), Algin (alginic acid), Carrageenan, Cellulose gum, Carob bean (locust bean), Guaiac gum, Guar gum, Karaya gum, Methylcellulose, Tragacanth gum, Xanthan Gum

### Miscellaneous

Ascorbic acid, Autolyzed yeast, Baker's yeast, Cream of Tartar, Gelatin, Lecithin, Maltodextrin, Nutritional yeast, Papain, Pectin, Psyllium, Torula yeast

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# Gluten-Free Shopping Guide



**Dairy**

## Gluten-Free

Milk, cream, buttermilk, plain yogurt, cheese, cottage cheese

## Foods to Question

Flavored yogurt, frozen yogurt, ice cream, cheese sauce, cheese spreads, flavored shredded cheese

## Avoid

Malted milk, ice cream made with gluten containing foods



**Bakery**

Made with: amaranth, arrowroot, buckwheat, corn, flax, legume flours, millet, nut flours, potato, rice, sago, sorghum flour, soy flour, sweet potato flour, tapioca, cassava, taro, teff

Oats - must be certified gluten-free (uncontaminated)

Items made with buckwheat (may also contain wheat flour)

Wheat starch

Made with wheat, durum flour, gluten flour, graham flour, atta, bulgur, einkorn, emmer, farro, kamut, spelt, barley, rye, triticale, matzoh, couscous, tabouli



**Cereal**

Made with: amaranth, corn, buckwheat, rice, hominy, quinoa, soy cereal (puffed, grits, cream of-, flakes)

Oats - must be certified gluten-free (uncontaminated), Rice and corn cereals, Multigrain cereals (may contain wheat, barley malt)

Cereal made with wheat, rye, triticale, barley, commercial oats, barley, barley malt extract or barley malt flavor



**Pasta**

Made from: beans, chickpeas (garbanzo), lentils, corn, potato, quinoa, rice, soy

Buckwheat pasta / Soba (may also contain wheat flour)

Made from wheat, orzo

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# Gluten-Free Shopping Guide

## Gluten-Free

## Foods to Question

## Avoid



**Proteins**

Plain (fresh, frozen, canned) meat, fish, poultry & eggs

Beans, lentils, chickpeas, split peas, soy (tofu, edamame) (dried, canned, plain)

Deli meats, hot dog wieners and sausages, pâte, frozen burgers, meatloaf, ready-to-cook ham, dried meats, flavored fish, imitation fish, baked beans, flavored tofu, tempeh, miso

Meat products with “hydrolyzed wheat protein” added, products breaded with gluten-containing ingredients

Fu, seitan



**Crackers**

Plain rice crackers, rice cakes, corn cakes, nut & seed-based crackers

Multigrain crackers, flavored crackers, oat crackers

Wheat, barley, rye-based crackers



**Nuts & Seeds**

Plain nuts & seeds

Seasoned or flavored nuts & seeds, nut mixes, nut & seed butters

Fresh, frozen, canned, juiced, fruits & vegetables

Prepared with seasonings & sauces, french fries



**Produce**

Homemade broth, gluten-free bouillon, soups made from gluten-free ingredients

Canned soups, dried soup mixes, bouillon cubes, broth

Soup made with gluten-containing ingredients (croutons, pasta, etc.)



**Soup**

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# Gluten-Free Shopping Guide



**Fats**

## Gluten-Free

Butter, margarine, lard, shortening, vegetable oils

## Foods to Question

Salad dressings, suet, cooking spray

## Avoid



**Drinks**

Tea, coffee, cocoa, soft drinks

Distilled alcoholic beverages (bourbon, gin, rum, rye/whiskey, vodka), wine  
Gluten-free beer

Nut, rice, soy milk

Flavored teas, coffees, hot-chocolate mixes

Flavored alcoholic beverages

Oat milk - must be certified gluten-free

Cereal & malt based beverages (Ovaltine)

Barley derived beer

Beverages made with barley malt flavoring



**Condiments**

Ketchup, relish, plain mustard, herbs, spices, salt, pepper, tomato paste, vinegar, gluten-free soy sauce, gluten-free bbq sauce

Speciality mustards, worcestershire, salsa, curry paste, seasoning mixes, bbq sauce

Malt vinegar, soy sauce & sauces made from soy sauce, sauces and gravies made from wheat and hydrolyzed wheat protein



**Baking**

Plain cocoa, baking chocolate, baking soda, cream of tartar, coconut, vanilla, yeast, xanthan gum, guar gum

Baking powder, wasabi peas, brewer's yeast (must be certified gluten-free)

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# Low Glycemic Index Foods



Glycemic index is a measure of how quickly a carbohydrate food raises your blood sugar levels. Foods are classified as "high", "medium" or "low". Foods with a high glycemic index raise your blood sugars higher and faster. **Include low glycemic index foods more often**, like the ones listed in this handout.



Whole grain  
spelt bread



Sourdough  
bread



Whole grain  
tortillas



All-bran  
cereal



Brand Buds  
Cereal



Steel-cut oats



Barley



Bulgur



Pasta (al dente)



Pulse flours (ex.  
chickpea flour)



Quinoa



Parboiled rice

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# Low Glycemic Index Foods



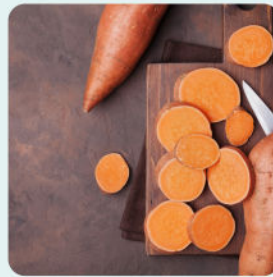
Glycemic index is a measure of how quickly a carbohydrate food raises your blood sugar levels. Foods are classified as "high", "medium" or "low". Foods with a high glycemic index raise your blood sugars higher and faster. **Include low glycemic index foods more often**, like the ones listed in this handout.



Peas



Popcorn



Sweet potato



Winter squash



Apple



Apricot



Banana (green, unripe)



Berries



Peach



Pear



Milk (almond, cow, soy)



Yogurt

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# Plant-Based Grocery List (1/2)

## FRUITS

*Frozen, canned or fresh*

- Avocado
- Apples
- Banana
- Blackberries
- Cherries
- Clementines
- Grapes
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Pears
- Peaches
- Plums
- Pomegranate
- Raspberries
- Strawberries
- Watermelon

## VEGETABLES

*Frozen, canned or fresh*

- Arugula
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Peas
- Peppers
- Potatoes
- Radishes
- Snap peas
- Spinach
- Squash
- Sweet potatoes
- Tomatoes
- Zucchini

## LEGUMES

*Dried or canned*

- Black beans
- Chickpeas
- Edamame
- Lentils
- Kidney beans
- Navy beans
- Pinto beans
- Split peas
- Tempeh
- Tofu

## NUTS & SEEDS

- Almonds
- Almond butter
- Cashews
- Cashew butter
- Chia seeds
- Ground flaxseed
- Hemp seeds
- Mixed nut butter
- Peanuts
- Peanut butter
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Tahini
- Walnuts

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# Plant-based Meal Swaps



**Eating a variety of plant-based foods can benefit your health.** Swapping meat for plant-based proteins a few times a week is a great way to get started eating more plant-based foods.

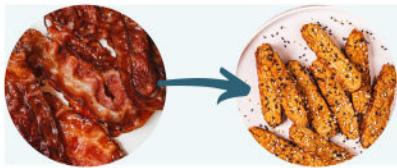
Try out these plant-based swaps in your meal rotation:



## Eggs

Swap scrambled egg for **scrambled tofu**

Swap egg omelette for **chickpea omelette**



## Bacon

Swap bacon for **tempeh** or shiitake **mushrooms**, in a smoky marinade



## Ground Beef

Make plant-based taco meat with **walnut taco "meat"** or use **black beans** as an alternative

In chili and meat sauces, use cooked **green lentils**, or substitute half of the ground beef in your recipe for cooked lentils as a starting point

Substitute sausage pieces in pasta and casseroles with chopped **sautéed mushrooms**



## Chicken

Swap BBQ or rotisserie chicken with **extra firm tofu** made with your favourite marinade

Swap diced chicken in soups, stews, casseroles for cooked **chickpeas** or **white beans**

The fun and flavor of wings can be replicated with **edamame in the pod** sprinkled with your favorite seasoning/rub, or try **cauliflower wings**

Chicken nuggets can be substituted with **falafel** or **tofu/chickpea** nuggets



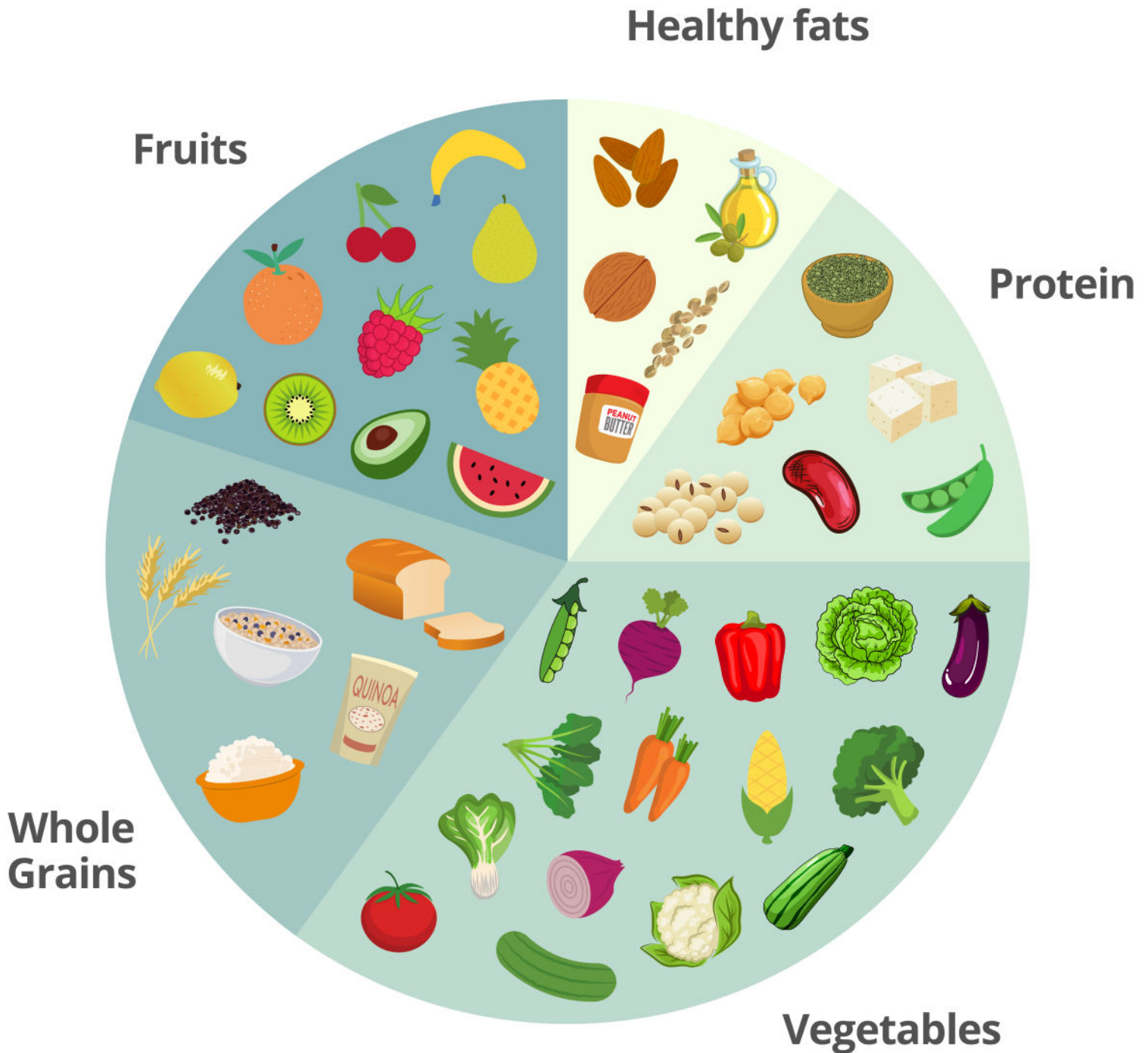
## Burgers

There are many options for plant-based burgers available including those made with **lentils, black beans, mushrooms, walnuts, and soy**

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# The Plant-Based Plate



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