

Substitution Guide

	Benefits	Substitutions
Kale/Spinach	Leafy greens is at the bottom of the raw food pyramid. Helps in digestion, cleansing and more.	<i>Collard greens, beet greens, chard. Other great options: dandelion, celery leaves, mustard greens, bok choy, arugula.</i>
Beets	Lowers blood pressure, boost stamina, anti inflammation & detoxification support.	<i>Carrots can be a substitute but not for some of the benefits of beets.</i>
Cilantro	Cilantro is great for detoxing and has been found to aid in the eliminate heavy metals.	<i>Parsley & basil can be a substitution for flavor but not for the health benefit of cilantro.</i>
Avocado	These are your heavy fats that aid in metabolism and give you slow burning source of energy.	<i>Coconut oil, nuts, seeds</i>
Nuts	Great source of protein and nutrients to help in healing the body & bones. Has a lot of heart health	<i>You can substitute any source of raw nuts. Try to avoid eating raw peanuts because they can be hard on the liver.</i>
Curry	Warms the body and aids in circulation and anti inflammation.	<i>Any color of curry works as long as it doesn't have any sweeteners or additives.</i>
Mango	Fiber, skin health, digestion and hydration.	<i>Strawberries, peaches</i>
Fennel	A great help for the digestive system.	<i>Celery</i>
Pumpkin	Packed with antioxidants. Helps your skin, eyes and can boost your mood.	<i>Any winter squash will be great</i>
Tahini	Another great source of protein, nutrients and energy.	<i>Almond butter</i>