

# Real Food Made Simple

## 20 Easy Real Food Switches and Substitutions

keeperofthehome.org

IF A RECIPE CALLS FOR THIS	 USE THIS INSTEAD
Margarine	Real Butter (or Coconut Oil)
Shortening	Palm Shortening
Vegetable Oil (or Canola Oil)	Olive Oil (or Melted Coconut Oil)
Corn Syrup	Honey or Maple Syrup
White Sugar	Sucanat or Coconut Sugar
Brown Sugar	Sucanat or Coconut Sugar
Powdered Sugar	<a href="#">Homemade Unrefined Powdered Sugar</a>
Corn Starch	Arrowroot Powder
All-Purpose Flour (for yeast bread)	Whole Wheat Flour (hard red or hard white)
All-Purpose Flour (for pastries)	Whole Wheat Pastry Flour (soft white) or Spelt
Table Salt	<a href="#">Real Sea Salt</a>
Conventionally Raised Meat	Organic, Grass-Fed, Pastured Meat
Conventional Eggs	Organic, Pastured, Farm-fresh Eggs
Store-bought Mayo	<a href="#">Homemade Mayo made with Healthy Oils</a>
Low-fat Dairy	Full-fat Dairy
Pastuerized, Homogenized Dairy	Raw Dairy
Store-bought Dressing	<a href="#">Homemade Dressing or Olive Oil and Vinegar</a>
Store-bought Peanut Butter	<a href="#">Homemade or All-Natural Peanut Butter</a>
Chicken or Beef Broth	<a href="#">Homemade Bone Broth</a>
"Cream of" Soups	<a href="#">Homemade "Cream of" Soup</a>
Canned Vegetables	Fresh or Frozen Vegetables