



## FIT FAB MUM

### Allergy Substitution Guide:

#### Nuts:

Substitute with seeds. Swap nut butters for tahini (made from sesame seeds)

#### Milk:

You can substitute with almond milk, coconut milk, rice milk, oat milk.

#### Yoghurt:

Substitute dairy yoghurt with coconut yoghurt, but be mindful that a serve of dairy yogurt is 200g, but a serve of coconut yoghurt is 100g. This is because of the different fat profile, making coconut yoghurt higher in saturated fat & fat overall, and therefore higher in calories / energy.

#### Butter:

I often use a little butter in cooking (everything in moderation, after all!), but if you're dairy free, swap for olive oil, coconut oil, sesame or peanut oil.

#### Cheese:

Replace cheese with either cashew cheese or a mix of a little coconut cream and nutritional yeast for a parmesan-like flavour. This is great for flavouring pasta style dishes or vegetable bakes.

#### Gluten:

Opt for products using gluten free grains, including quinoa, rice, buckwheat, corn, sorghum, teff, flax, amaranth. There are many gluten free options available now - breads, wraps, pasta. Or you can swap pasta for spiralized vegetables - zucchini & sweet potato work well.

Be mindful of gluten in foods that may not be obvious:

- Swap soy sauce for Gluten Free Tamari
- Do not consume vegemite / yeast spreads as they contain gluten.

#### Eggs:

You can replace eggs with tofu in savoury dishes, or if you prefer you can simply replace meals and snacks that contain eggs with another from the planner.