



village health clinic

naturopathic medicine & midwifery care

Most recipes (even if not noted with a special diet category) can be adapted to your dietary needs by substituting ingredients. For example, many pasta recipes can be made gluten-free by using one of the many types of gluten-free pastas available. Also, you may be able to make a dairy-free version of a dish calling for butter by substituting a soy margarine spread. Listed below are some of the most common special diet substitutions. Experiment and make every recipe perfect for you.

While many ingredients in our recipes are easily identified, always read the labels of prepared and packaged recipe ingredients to ensure they meet your special diet needs. Various manufacturers of similar products often use different ingredients; check with the manufacturer if you are unsure.

Basic Special Diet Substitutions

Gluten-free Substitutions

Calls for:	Use instead:	Amount
Tamari soy sauce*	Bragg's Liquid Aminos	1 for 1, or to taste
Packaged broth	look for gluten-free variety	1 for 1
Bread crumbs	rice bread/cracker crumbs	1 for 1
Flour for thickening or coating	All-purpose gluten-free flour mix	1 for 1

- Many gluten-free experts use San-J Wheat-free Tamari Sauce without issues, but San-J International does not claim that this product is gluten-free. Use at your own risk.

Dairy-free Substitutions

Calls for:	Use instead:	Amount
Butter	dairy-free butter/margarine spread	1 to 1
Milk	soy, nut or rice milks	1 for 1
Cheese	soy cheese substitutes	1 for 1, or to taste
Yogurt	soy yogurt	1 for 1

Vegan Substitutions

Same as dairy-free plus:

Calls for:	Use instead:	Amount
Mayonnaise	soy-based mayonnaise	1 for 1
Eggs	egg replacer	according to package
Shortening	palm oil spread	1 for 1
Refined white sugar	see our Guide to Sweeteners	