

ANTI-INFLAMMATORY INGREDIENT SWAPS GUIDE

For Foodies with Autoimmunity



Top 10 Most Common 1:1 Anti-
Inflammatory Ingredient Substitutions
with Brand Suggestions

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Flare Free

1:1 INGREDIENT SWAPS (with brand suggestions)

All of the ingredients on the right can be used 1:1 the same way you would use the ingredients on the left! Feel free to experiment to find what you like best and let me know if you have any questions!

1.	AP Flour (Cooking)	→	Arrowhead Mills Brown Rice Flour
2.	AP Flour (Baking)	→	King Arthur or Bob's Red Mill 1:1 Gluten-Free Flour
3.	Butter	→	Miyoko's or Violife Vegan Butter; Organic Valley Grass Fed Ghee
4.	Milk	→	Unsweetened Almond, Hemp, Macademia or Oat Milk
5.	Vegetable Oil	→	Chosen or Primal Kitchen Cold Pressed Avocado Oil
6.	Sugar (Cooking)	→	Local or Organic Raw Honey or Dark Maple Syrup
7.	Sugar (Baking)	→	Monkfruit Sweetener or Granulated Stevia
8.	Breadcrumbs	→	4C Gluten/Sugar-Free Breadcrumbs or Cauliflower Crunch Breadcrumbs
9.	Soy Sauce	→	Coconut Aminos or Gluten-Free Soy Sauce
10.	Greek Yogurt/Sour Cream	→	Cocojune Coconut, Kite Hill Almond or Forager Cashew Plain Unsweetened Vegan Yogurt

