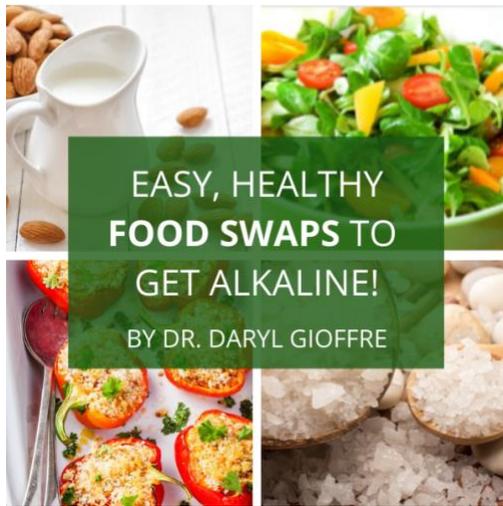


# 15 Easy, Healthy Food Swaps to Get Alkaline!



I know you've got a lot going on, especially these days.

And for many of you, the thought of adding a whole diet regimen into everything you need to do is just too much!

I get it. That's why I'm all about progress, not perfection! Every little change you can make gets you one step closer to better overall health.

Getting healthier does not have to be stressful.

So today, I'm going to share 15 of my favorite easy swaps to get off your acid, get healthier, and get more energy.

By the way, the other people living in your house may not even notice that you've made these swaps. Shhh! See how many you can get away with while making everyone healthier.

Let's get started!

## 15 Easy, Healthy Food Swaps

### 1. Swap Quinoa Instead of Rice

So many people think of rice, especially brown rice, as a health food. Or at least that it isn't so bad for you, as carbs go.

Here's what you need to know about rice. **It contains dangerous levels of arsenic.** The Environmental Protection Agency says that there is no "safe" level of exposure to inorganic arsenic, the type found in rice.

You might be wondering... Does arsenic transfer to the body of the person who ate the rice? It does. **Consumer Reports revealed that people who ate a diet that included rice were 44% more likely to have arsenic levels in their blood,** and it disproportionately affected certain ethnic groups including Latino and Asian people.

For more on this, read my [blog post on the topic](#). The important thing to know is that the best food you can swap rice with is not a grain at all, but a seed – quinoa. Because it's a seed, it has a higher quantity of protein than a grain, so it doesn't trigger the insulin response that wheat, corn, and rice do. It still should be eaten in moderation, but it's a much more nutritious option.

## 2. Swap Coconut Milk Instead of Cow's Milk

Milk, it does a body good, right? Wrong! In fact, it does a body BAD.

That's why we live in the country with the highest rate of BOTH dairy consumption and osteoporosis. After 12 years of study, Harvard researchers noted a correlation between dairy consumption and increased hip fractures in women.

People believe milk makes bones strong. The fact is, it leaches calcium from bones. For more on this topic, read [Get Off Your Dairy! Why Milk Is the Last Thing You Should Ever Give Your Kids.](#)

So if you're ready to say goodbye to dairy products, what can you consume instead? **Coconut milk, almond milk, hemp milk, and cashew milk** are great alternatives to cow's milk, and they supply more calcium than cow's milk.

## 3. Swap Almond Butter Instead of Peanut Butter

Peanuts contain 21 forms of *aflatoxin*, a cancer-causing fungus. Because peanuts grow underground in soft, permeable they commonly become contaminated with mold, which source of aflatoxin, a potent cancer-causing fungus. Even if didn't get exposed

underground, mold can grow during the shipping and storage process that brings [peanuts and peanut butter](#) to your table.

The World Health Organization stated that “**aflatoxins pose a serious health risk to humans,**” and that “most human exposure comes from nuts and grains.”

There's an easy way to avoid this risk though. Opt for almond butter or cashew butter (in moderation) instead. The same goes for peanuts – swap them out in favor of raw cashews, almonds, pecans or macadamia nuts.

## 4. Swap Coconut Oil Instead of Vegetable or Canola Oil

Do yourself a favor and throw those nasty oils away. They are high in inflammatory omega-6 fatty acids, which [Americans already eat way too much](#) of.



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Making this easy swap in favor of coconut oil if you're cooking or extra virgin olive oil if you're consuming it raw is a way to eat more anti-inflammatory fats. This simple change can reduce brain inflammation, improve heart health, help prevent headaches, and reduce the risk of serious diseases.

If you make one swap today, make it this one!

### **5. Swap Lemon & Olive Oil Instead of Store-Bought Salad Dressing**

This swap takes a tiny bit of extra effort, but the reward is that it's way more delicious.

Did you know that store-bought salad dressing is one of the worst places to find hidden sugar? In just a couple of tablespoons of dressing, you'll consume as much as 1½ teaspoons of sugar!

Not only that, but also it's another source of inflammatory omega-6 fatty acids. Who needs it?

Instead, simply squeeze a lemon slice over your salad, drizzle with olive oil, and add a dash of sea salt (keep reading) and black pepper. It actually tastes better than store-bought dressings and it's WAY better for you.

### **6. Swap Celtic Grey or Himalayan Pink Salt Instead of Table Salt**



Did you know that in order to be healthy and full of energy, salt is a necessity for the human body?

It's true. But it has to be the *right* kind of salt, and that is where the problem lies. There are salts that HEAL, and salts that KILL!

When you hear doctors and health experts talk about low salt diets, moderating your salt intake, or the amount of salt you should be eating, that's a completely different animal than the mineral salts that we talk about.

Refined table salt is harmful in ANY amount and should always be replaced with unrefined mineral salt like a Celtic Grey, Himalayan, or Redmond Real Salt. All 3 contain essential trace minerals that it's unlikely you're getting from other sources. This is an easy swap – these salts taste fantastic and can be used in any recipe.

### **7. Swap Ezekiel Bread Instead of Wheat Bread**

The same goes for Ezekiel brand tortillas too!

If you're not familiar with Ezekiel bread, it's made using sprouted grains that you'll find in the freezer section of your grocery store and health food store or you can make yourself at home. Unlike most breads you can buy, it contains no sweeteners, no artificial ingredients, and no preservatives.

The name Ezekiel bread comes from a passage in the Bible where the Israelites are encouraged to make sprouted bread using wheat, barley, beans, millet, lentils, and fitches (or spelt). It's made in the traditional way of processing wheat that is unlike all other breads available commercially. This is why I can recommend it when I don't recommend any other gluten products.

The great thing about Ezekiel bread is that it returns to the way our ancestors processed wheat, which is called sprouting. Sprouted grains can be more easily digested by humans and have a significantly lower *antinutrient* load than other bread, which means you actually benefit from the nutrients in the grains.

Read more about [Ezekiel bread](#) and get [my recipe](#) to make your own.

## 8. Swap Raw Cacao Instead of Chocolate

Raw cacao and its nibs are very low in sugar and very high in minerals. So that means they are alkaline foods.

A milk chocolate bar, on the other hand, is very high in sugar and low minerals. So of course it's highly acidic.

Raw cacao contains more magnesium than any other food, more antioxidants than any other food, and will actually help you lose weight!

The powder can be used in lots of recipes instead of cocoa powder and the nibs can be substitutes for chocolate chips or eaten by the handful.



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## 9. Swap Liquid Stevia Instead of Sugar

I don't think I have to tell you why this swap is SO much better for you! You know sugar is bad for you.

What you might not know is that some forms of stevia, like TrueVia and PureVia, are made by the same companies that make soda. They contain other artificial sweeteners and additives.

Organic liquid stevia, on the other hand, does not contain other sweeteners. It's VERY sweet, so start with just one drop!

### **10. Swap Zucchini Noodles Instead of Pasta**

I doubt I need to explain why zoodles or other veggie noodles are better for you than gluten-filled pasta. As long as you have a spiralizer, it's easy to make zoodles in less time than it takes you to boil water for pasta!

### **11. Swap Herbal Tea Instead of Black Tea**

Black tea, green tea, and any teas containing sweeteners or sugars are acidic and negate the positive health effects of tea like antioxidants. Herbal teas are a better, more alkaline choice.

### **12. Swap Braggs Liquid Aminos Instead of Soy Sauce**

Did you know that soy sauce is mostly made of wheat?

Braggs Liquid Aminos is anti-inflammatory rather than made of inflammatory gluten.

Gluten-free Tamari is a better choice than soy sauce if you don't like the taste of liquid aminos, but we use it in recipes all the time and love the flavor.

### **13. Swap Organic Fruits and Veggies Instead of Non-Organic Choices**

Skip the pesticides and neurotoxins in favor of organic whenever possible.



I know organic is more expensive, but it's worth every extra penny. And if you are on a tight budget, then you will want to follow the "Dirty Dozen" and "Clean Fifteen" guide, which will let you know which foods you MUST buy organic, and which ones you have a little wiggle room with. ([Here's more on why choosing organic is important](#)).

And here's an easy shopping tip I love for knowing what's really organic and what's not:

- If a sticker begins with the number 9, it means it's organic. **Remember: nine is fine.**
- If a sticker begins with a number 8, it means that it's genetically modified. **Remember: eight, I hate.**
- If the sticker begins with any other number, it means that it was conventionally grown and is neither GMO or organic. **Most likely it was grown with herbicides, pesticides, fungicides, and synthetic fertilizers.**

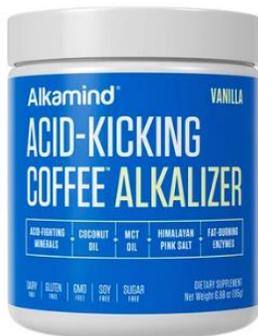
#### 14. Swap Avocado Instead of Mayo or Cheese

So many restaurant foods come with shredded or crumbled cheese or loads of mayonnaise or other dressings. It's so easy to substitute those fats for a much healthier choice – avocado slices.

#### 15. Swap Acid-Kicking Coffee Instead of Creamer

Do you add cream, milk, sugar, or artificial sweeteners to your coffee? That's like dumping sugar on a donut – acid on top of acid – and then putting it into your body.

And don't even get me started on artificial creamer products made with corn syrup solids and hydrogenated oils, which are inflammatory trans fats.



An easy swap is [Acid-Kicking Coffee Alkalizer](#), a powder supplement that turns creamy and slightly sweet when you add it to your coffee, but it does so much more than that.

It delivers plant-based, clean keto fats, acid-fighting minerals, pure Himalayan pink mineral salts, and enzymes to optimize brain-boosting energy, suppress hunger, and burn body fat throughout your day.

Plus it tastes delicious in 3 yummy flavors – Salted Caramel, Mocha, and Vanilla! Try it today or [Subscribe & Save 15%](#)!

**GET OFF YOUR ACID!**

Dr. Daryl