

Buy This, Not That: Pantry Swap Guide

Simple swaps that remove the worst offenders from your kitchen

CATEGORY	SWAP OUT	SWAP IN	WHY
Oils	Canola, soybean, vegetable oil	Extra virgin olive oil, avocado oil, coconut oil	Seed oils are high in inflammatory omega-6 and often rancid
Oils	Margarine / "butter spread"	Grass-fed butter or ghee	Trans fats and industrial processing vs. natural saturated fat with K2
Sweeteners	High fructose corn syrup, white sugar	Raw honey (1+yr), maple syrup, dates	Whole-food sweeteners retain minerals and have lower glycemic impact
Sweeteners	Artificial sweeteners (aspartame, sucralose)	Stevia, monk fruit, small amounts of raw honey	Artificial sweeteners disrupt gut microbiome in children
Snacks	Goldfish, Cheez-Its, chips	Seaweed snacks, veggie straws (no dye), nuts, cheese cubes	Removes artificial dyes, MSG, seed oils in one swap
Snacks	Fruit snacks / gummies	Dried fruit (no sulfites), frozen fruit bars (no added sugar)	Real fruit vs. corn syrup shaped like fruit
Cereals	Froot Loops, Lucky Charms, Cocoa Puffs	Oatmeal, granola (no seed oils), sprouted grain cereal	Removes 3-5 artificial dyes + 12g sugar per serving
Cereals	Instant oatmeal packets (flavored)	Plain rolled oats + real berries + honey	Flavored packets have 12g added sugar and artificial flavors
Dairy	Conventional milk with rBGH	Organic, grass-fed, or A2 milk	Removes synthetic growth hormones and antibiotic residues
Dairy	Flavored yogurt (Gogurt, etc.)	Plain full-fat yogurt + fresh fruit	Flavored yogurt has as much sugar as ice cream

CATEGORY	SWAP OUT	SWAP IN	WHY
Beverages	Juice boxes, Capri Sun, soda	Water, sparkling water + fruit slice, herbal tea	Juice has as much sugar as soda with none of the fiber
Beverages	Sports drinks (Gatorade, Powerade)	Coconut water or water + pinch of salt + lemon	Removes artificial dyes, sugar; still replaces electrolytes
Condiments	Conventional ketchup (HFCS)	Organic ketchup or tomato paste + seasoning	Standard ketchup is 25% high fructose corn syrup
Condiments	Ranch/dressings with soybean oil	Olive oil + vinegar, or avocado oil-based dressings	Most dressings are 80% inflammatory seed oil

Pantry Cleanout Checklist

- Remove all products with artificial food dyes (check ingredient lists)
- Remove products with high fructose corn syrup
- Replace cooking oils (canola, vegetable, soybean) with olive/avocado/coconut
- Check cereals and granola bars for seed oils and added sugar > 8g
- Replace flavored yogurts with plain full-fat + fruit
- Switch to organic versions of Dirty Dozen produce
- Read condiment labels — swap anything with HFCS or soybean oil
- Replace juice boxes with reusable water bottles

Don't overhaul everything at once. Pick one category per week. Kids adapt better to gradual changes, and your budget will too.