

Peak Frequency Food Conversion Chart

Poor Choice (Replace these foods)	Peak Frequency® Choice (Substitute with these foods)
Apple or apple sauce	Pear/pear sauce or mango/mango sauce
Baking Powder (with aluminum)	Rumford (brand) Baking Powder
Beans: Pinto or black	Dark Red Kidney or navy beans
Beans: Garbanzo, Chick pea	Navy/White beans, lima beans
Beef, veal, or lamb	Bison/Buffalo
Bell peppers: red, green, yellow	Anaheim pepper, Cayenne, Pimento, Leeks, Watercress
Blueberries	Blackberry, Raspberry, Strawberry, Boysenberry, Cranberry
Bullion/Stock; beef or chicken	Kal Nutritional Yeast flakes & Bragg's Liquid Amino's
Buttermilk	Cultured goat milk, Kefir, Goat yoghurt
Cabbage or Bok Choy	Radicchio or Belgian endive
Carrots	Yams (jewel or garnet) or jicama
Cheeses; Cow's milk	Goat, Sheep, or Buffalo milk cheeses
Chicken or Turkey	Organic, extra firm Tofu (bean curd), wheat meat
Chicken Eggs	Duck Eggs, or Egg Replacer (brand), or Soy flour
Chocolate or Vanilla flavoring	Real chocolate/cocoa powder or vanilla extract
Coffee/Decaf	Papua New Guinea coffee
Coffee creamers/ Half & half	Organic Heavy Whipping Cream
Confectioners/powdered sugar	2 parts corn fructose & 1 part organic corn starch
Corn Starch	Organic corn starch or Agar-Agar (sea kelp)
Corn Syrup	Brown Rice syrup, vegetable glycerin, Grade B maple syrup
Crab, Scallops, Lobster	Fresh water or ocean Jumbo Shrimp
Fish; Halibut, Shark, Tuna or Cod	Wild caught Salmon, Orange Roughy, Lake Trout
Flour; bleached, enriched, conditioned	Unbleached whole wheat or barley pastry flour
Garlic	Elephant Garlic
Green onions/Scallion	Red Onions, Leeks, or Chives
Grapes; green or white	Dark grapes; red, blue, purple, or black
Rice; white, Jasmine	Brown rice; Basmati, California, or wild
Lentils; green or yellow	Red Lentils (orange color)
Lettuce; iceberg, red, Romaine	Butter lettuce, baby spring mix, spinach, arugula
Margarine or butter	Unsalted organic butter
Mayonnaise or Miracle Whip	Sour Cream; Daisy, Wallaby (brands), Crème Fresh
Mushrooms; button, white, straw	Crimini, shitake, porcini, or chanterelle mushrooms
Oat Meal (rolled oats)	Rolled or pressed Barley
Onions; white, brown, yellow	Red onions, leeks, chives
Oranges	Tangerines, Mandarins, limes
Parsley	Cilantro or watercress
Peas; green, chick, garbanzo	Red lentils, white beans, soy beans, or eggplant
Peanut butter	Almond, Cashew, Soy nut or Hemp butter
Pepper; black or white	Cayenne pepper
Potatoes; Russet, Yukon or white	Red Potato
Pumpkin	Yam
Radishes, turnips, or celery	Jicama or Fennel
Tomatoes; salad or beefsteak	Roma/Plum or Heirloom tomatoes
Salt or Sea Salt	Real Salt (brand)
Shortening, Lard, Vegetable oil	Unsalted butter or EV Olive, Safflower, or Sunflower oil
Sour Cream	Daisy (brand) Sour Cream
Soy Sauce	Tamari Sauce or Bragg's (brand) Liquid Amino's
Sugar or artificial sweeteners	Sucanat, corn fructose, Dark, Robust Maple Syrup, honey
Vinegar; White or Apple Cider	Red wine vinegar or Rice wine vinegar
Zucchini	Crook Neck Squash