

Healthy at Home • an NAQ Nutrition program • [www.naql.org](http://www.naql.org) • [healthyathome@naql.org](mailto:healthyathome@naql.org)

Through the global pandemic of COVID-19, restrictions have been placed on certain foods limiting availability of these items. We acknowledge that planning your meals and snacks through this time will be challenging. See the information below for some ingredient swaps you can try.

Food item	Substitute
Pasta and dry rice	<ul style="list-style-type: none"> <li>Other foods from the bread and cereals food groups, i.e. bread, wraps, crackers, cereals, couscous.</li> </ul>
Flour	<p>For 1 cup of flour you can substitute for</p> <ul style="list-style-type: none"> <li>1 cup rolled oats</li> <li>Make your own oat flour – put oats in the food process and blend until a medium-fine flour is formed</li> <li>Flour alternatives such as oat flour, rice flour, corn flour (mix these products with flour to use less of your limited flour)</li> <li>Pureed beans or legumes such as white beans, use black beans in a chocolate/cocoa-based dish (note product will be a moister consistency)</li> </ul>
Eggs	<p>In baking</p> <ul style="list-style-type: none"> <li>1/2 mashed banana</li> <li>1/4 cup puree apple, pears or prunes</li> <li>1/4 cup pumpkin puree</li> <li>1/4 cup plain yogurt or sour cream</li> <li>1/4 cup pureed tofu + 1 tablespoon flour</li> <li>1/4 cup oil</li> <li>Commercial egg replacer</li> <li>2 tablespoons water + 1 tablespoon oil + 2 teaspoons baking powder</li> <li>Add one extra teaspoon of baking powder for each missing egg</li> <li>Use gelatin as a binder</li> <li>1 teaspoon glycerin (it will make baked goods light and fluffy)</li> <li>1 tablespoon apple cider or white distilled vinegar + 1 teaspoon baking soda</li> <li>1 teaspoon yeast dissolved in 1 cup of warm water</li> <li>Beat mixture one-minute extra for each egg missing</li> </ul>
Frozen vegetables	<ul style="list-style-type: none"> <li>Canned products (choose low salt if available)</li> <li>Seasonal fresh products</li> </ul>
Canned tomatoes and passata	<ul style="list-style-type: none"> <li>Prepare white sauce-based or pesto based dishes instead and add extra fresh or canned vegetables, or legumes/lentils if possible</li> <li>Canned low salt tomato soups, use water to thin if consistency is too thick</li> <li>Tomato paste or sauce (use 1/2 the amount of required passata, may provide a sweeter taste)</li> </ul>
UHT and milk restrictions	<p>Dairy comes from a range of sources other than milk. Other examples include cheese and yoghurt. In cooking you can substitute 1 cup of cow's milk for:</p> <ul style="list-style-type: none"> <li>1 cup of soy milk</li> <li>1 cup of fruit puree (for baked goods such as muffins)</li> <li>1 cup of water or homemade stock for savoury recipes</li> </ul>