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28 DAY TOOLBOX: Seasonings and Sweeteners

Salt: Instead of salt, season with lime juice, lemon juice, low sodium tamari, Bragg's Liquid Aminos, vinegars, tomato juice, soy sauce, and vegetarian Worcestershire sauce.

Sweeteners: Replace ordinary sugar with pure maple syrup, Sucanat, turbinado sugar, blackstrap molasses, unrefined dark brown sugar, xylitol, fruit juice, mashed bananas, or applesauce.

Dairy and butter: Try sliced bananas and fruit and no-oil-added nut butters on toast in place of butter. Use blended Silken Lite soft tofu in recipes in place of sour cream and milk.