

Here are some suggestions for food substitutions with COVID-19:

INSTEAD OF THIS	CHOOSE THIS	WHY
Caesar salad	Iceberg lettuce salad	Romaine lettuce has higher Vitamin K levels than iceberg lettuce.
Cheap salad dressing	Flaxseed oil based homemade salad dressing	Mixed vegetable oil dressings are higher in Omega-6 fatty acids. Flaxseed oil is mostly Omega-3 fatty acids.
Green smoothie (made with kale, spinach, or broccoli)	Orange, carrot, or apple-based smoothie	Stay away from leafy greens high in Vitamin K.
Cream of spinach, broccoli	Green bean casserole	Stay away from leafy greens high in Vitamin K.
Saag/palak paneer	Navratan korma - even better, chana masala	If you crave a thick creamy vegetarian Indian dish, stay away from leafy greens high in Vitamin K, increase Vitamin E in the cashews and up the blood-thinning spices.
Chicken with broccoli	Chicken with snow pea or cashew chicken	Stay away from leafy greens high in Vitamin K.
Filet of steak	Filet of salmon	Increase Omega-3 fatty acids and reduce saturated fat.
Anything	Sardines	If you can't smell, you might as well eat canned sardines for Omega 3 fatty acids.
Cauliflower rice	Rice or brown rice	While it's not green, cauliflower is related to broccoli and collard greens, which are all high in Vitamin K.
Beer	Wine	Grape-based wines have polyphenols that reduce clotting. ²⁵
Gatorade	Broth	Sports drinks have too much sugar for the amount of electrolytes. Broth is all electrolytes.
Traditional cow milk, whole	Grass-fed cow milk, whole	Grass-fed will have higher Omega-3 fatty acids. But if you buy skim milk, then it's far less important.
Pumpkin pie	Pecan pie	If you crave the sugar, you might as well get Vitamin E rather than Vitamin A.
Sushi with seaweed	Sushi without seaweed	Reduce Vitamin K from the seaweed.
Chicken salad sandwich	Tuna salad sandwich	Increase Omega-3 intake from the fish.
Ham sandwich	Peanut butter, sunflower butter, or almond butter sandwich	Increase Vitamin E from the seeds and nuts.
Eggs	Eggs from your neighbor's pastured chickens	Chickens pecking on bugs and seeds lay eggs with higher Omega-3 fatty acids.
Spaghetti with alfredo sauce	Spaghetti with tomato sauce	Reduce saturated fat from butter.
Beef chili	Turkey chili	Reduces saturated fat. If the substitution isn't nearly as enjoyable, don't worry about this.
Full-fat cheese	Low-fat cheese	Reduces saturated fat.
Hamburger	Turkey burger	If you make your own patties, you can hide a bit of lower-saturated fat ground turkey. If not, it's not that important in the short term.
Tacos	Chicken or fish taco	Reduces saturated fat. If the substitution isn't nearly as enjoyable, don't worry about this.
Rice and beans	Brown rice and beans	If the substitution isn't nearly as enjoyable, don't worry about this. Whole grain reduces inflammation.
Pancakes	Buckwheat pancakes	If the substitution isn't nearly as enjoyable, don't worry about this. Whole grain reduces inflammation.
Bacon, sausage	Lean bacon, turkey sausage	Try to reduce eating so much fatty meat, but not super important short term.
Ice cream	Sorbet	Reduces saturated fat. If the substitution isn't nearly as enjoyable, don't worry about this.
Mac and cheese, chicken nuggets, fried chicken, hot dogs, wings, fries, pizza, cookies, chocolate		Generally not healthy, but there are no easy substitutes. Enjoy in moderation.

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