

Making the Switch

Addictive Foods



CHOCOLATE



SUGAR



CHEESE



MEAT

Non-Addictive Alternatives



FRUIT, CAROB,
COCOA POWDER

MAPLE SYRUP,
FROZEN FRUIT JUICE
CONCENTRATE,
MOLASSES



AVOCADO,
PEANUT BUTTER,
HUMMUS,
NUTRITIONAL
YEAST, DAIRY-
FREE SOY
CHEESE

BEANS, TOFU,
TEMPEH,
SEITAN, TVP
(TEXTURIZED
VEGETABLE
PROTEIN)



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