

# Vegan Substitutes for Everyday Foods

Many of these products can also be found in your local grocery store.

There are many other brands and flavors. This is a sampling.

## Dairy

\*Favorites

Item	Brand	Flavors	Ingredients	Where to Buy
<b>Cheese</b>	Nuttin Ordinary	Original* Spicy Cheese	<b>Ingredients for Original:</b> Organic cashews, water, Himalayan Pink Salt, Nutritional Yeast, Probiotic blend.	Whole Foods Market
	Follow Your Heart	Smoked Gouda Provolone Cheddar	<b>Ingredients for Mozzarella:</b> Filtered water, tapioca and/or arrowroot flours, non-GMO expeller-pressed canola and/or non-GMO expeller-pressed safflower oil, coconut oil, pea protein, salt, vegan natural flavors, inactive yeast, vegetable glycerin, sunflower lecithin, calcium citrate, xanthan gum, citric acid, vegan bacterial cultures.	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
	Daiya	Mozzarella		
	Miyoko's Kitchen	Aged English Smoked and Sharp Farmhouse*, Black Ash, Mozzarella, etc.	<b>Ingredients for Sharp Farmhouse:</b> Organic Cashews, Filtered Water, Organic Rice Miso (Organic Rice, Water, Salt, Alcohol, Koji Culture), Nutritional Yeast, Sea Salt, Natural Flavors (Derived from Oregano, Plum, Flaxseed), Cultures	<a href="http://www.veganessentials.com">www.veganessentials.com</a>
<b>Parmesan</b>	Follow Your Heart	NA	<b>Ingredients:</b> Filtered water, sustainably-sourced organic palm oil, modified food starch, canola oil, natural vegan flavors (contains autolyzed yeast extract), vegetable glycerin, contains 2% or less of: lactic acid (vegan source), calcium lactate (vegan source), sea salt, sodium pyrophosphate, carrageenan, bamboo fiber, nutritional yeast, calcium phosphate, organic chickpea miso (organic handmade rice koji, organic whole chickpeas, sea salt, water, koji spores), sunflower lecithin, citric acid, annatto.	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
	365 Whole Foods Market*			
<b>Sour Cream</b>	Tofutti	NA	<b>Ingredients:</b> (Vegan & Non-GMO): Dairy Free Base (Water, Organic Butter Beans, Organic Oats), Vegetable Oil Blend (Coconut and Safflower), Gum Arabic, Konjac Root Powder, Sea Salt, Calcium Citrate, WayFare Natural Flavors, Citric and Lactic (Vegan) Acid, Vitamin E, Sunflower Lecithin	Whole Foods Market
<b>Cream Cheese</b>	Tofutti	NA	<b>Ingredients:</b> Water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, soy protein, tofu, non-dairy lactic acid, blend of natural gums (locust bean, guar, cellulose, xanthan and carrageenan), organic sugar, vegan mono and diglycerides, salt	Whole Foods Market
<b>Creamy salad Dressings</b>	Organicville	Ranch, French, & Thousand Island	<b>Ingredients for Organicville - French:</b> Organic tomato puree, organic agave nectar, organic soybean oil, organic white vinegar, salt, organic onion powder, organic paprika, organic garlic powder, xanthan gum, organic celery seed	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
	Annie's Naturals	Goddess*		
<b>Mayonnaise</b>	Just Mayo*	NA	<b>Ingredients:</b> Non-GMO Expeller Pressed Canola Oil, Filtered Water, Lemon Juice, White Vinegar, 2% or less of the following: Organic Sugar, Salt, Pea Protein, Spices, Modified Food Starch, Beta-Carotene.*	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
<b>Butter</b>	Miyoko's Kitchen*	NA	<b>Ingredients for Miyoko's Kitchen:</b> Organic Coconut Oil, Water, Organic Safflower or Organic Sunflower oil, Organic Cashews, Non GMO Soy Lecithin, Sea Salt, Cultures	<a href="http://www.veganessentials.com">www.veganessentials.com</a>
<b>Milk</b>	Edensoy So Delicious	Vanilla Chocolate	<b>Ingredients for Edensoy:</b> Purified Water, Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, Calcium, Carbonate, Kombu Seaweed, Sea Salt, Vitamin E, Beta Carotene, Vitamin D2, Vitamin B-12	Whole Foods Market
<b>Ice Cream, Bar, Sandwiches, &amp; Cheese cake</b>	Purely Decadent Daiya	Many, many flavors & varieties...	<b>Ingredients for Purely Decadent - Chocolate (coconut milk):</b> organic coconut milk, organic agave syrup, chicory root extract, cocoa (processed w/ alkali, carob bean & guar	Whole Foods Market
	So Delicious			
	Ben & Jerry's			
<b>Whip Cream</b>	Soya Too So Delicious	NA	<b>Ingredients:</b> organic soy milk (water, soybeans), organic coconut oil, organic fractionated palm kernel oil, organic sugar-beet syrup, organic maltodextrin, tartaric acid, carageenan, sea salt, natural vanilla extract, propellant: nitrous oxide	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market

## Honey/ Sweeteners

Item	Brand	Flavor	Ingredients	Where to Buy
<b>Date Sugar/Syrup</b>	Date Lady	NA	<b>Ingredients:</b> organic dates	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
<b>Stevia</b>	NuNaturals		<b>Ingredients for NuStevia:</b> Stevia extract	
<b>Vegan Honey</b>	Bee Free Honee		<b>Ingredients for Bee Free Honee:</b> Organic apple juice concentrate, water, non-GMO, non-GMO vegan cane sugar, lemon juice	

Note: Some Brands listed don't only carry vegetarian and vegan products. Please read labels.

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## Eggs

Item	Brand	Flavor	Ingredients	Where to Buy
<b>JUST Egg*</b>	JUST	NA	<b>Ingredients:</b> Water, Mung Bean Protein Isolate, Expeller-pressed Canola Oil, Contains Less Than 2% Of Dehydrated Onion, Gellan Gum, Natural Carrot Extractives (Color), Natural Flavors, Natural Turmeric Extractives (Color), Potassium Citrate, Salt, Soy Lecithin, Sugar, Tapioca Syrup, Tetrasodium Pyrophosphate, Transglutaminase, Nisin (Preservative).	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
<b>Vegan Egg*</b>	Follow Your Heart	NA	<b>Ingredients:</b> Whole algal flour, whole algal protein, modified cellulose, cellulose, gellan gum, calcium lactate (plant source), carrageenan, nutritional yeast, black salt.	

## Bread

Item	Brand	Flavor	Ingredients	Where to Buy
<b>Sliced Bread and Bagels</b>	Deland	Gluten Free Vegan Bread	<b>Ingredients for Bread:</b> Filtered Water, White Rice Flour, Potato Starch, Tapioca Starch, Vegetable Cellulose, Sunflower Oil, Organic Evaporated, Cane Juice or (Organic Agave), Organic Milled Flax Seeds, Apple Cider Vinegar, Sea Salt, Guar Gum, Yeast	Whole Foods Market

## Meat

Item	Brand	Flavor	Ingredients	Where to Buy
<b>Seafood</b>	Gardein	Fish Fillet* Crab Cakes	<b>Ingredients for Fish Fillet:</b> Gardein (water, non-GMO soy protein concentrate, expeller pressed canola oil, potato starch, modified vegetable gum, non-GMO soy protein isolate, non-GMO vital wheat gluten, sea salt, natural vegan flavors, yeast extract, organic cane sugar, citric acid, algal oil [plant source of omega 3 DHA and EPA], onion powder, pea protein, carrot fiber, color added, extractives of paprika, rosemary and turmeric), Breeding (non-GMO wheat flour, modified corn starch, tapioca starch, yellow corn flour, onion powder, salt, garlic powder, non-GMO wheat gluten, baking powder, canola oil, soy flour, spices, non-bone char sugar, paprika, cirtic acid, turmeric, xanthan gum	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
<b>Tuna</b>	Vegan Toona	NA	<b>Ingredients:</b> pea protein, pea starch, water, olive oil, potato starch, sea salt, seaweed powder, organic agave nectar, organic apple cider vinegar, black pepper, konjac powder, ginger. Non GMO. Made in a facility that also uses tree nuts.	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
<b>Bacon</b>	Lightlife	Smoky Tempeh	<b>Ingredients:</b> Water, cultured organic soybeans, soy sauce (water, organic soybeans, salt, organic wheat), organic cider vinegar, organic evaporated cane syrup, less than 2% of: organic brown rice, sea salt, natural smoke flavor, beet powder (color), yeast extract, organic dried onions, spices.	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
<b>Beef/ Hamburger</b>	Gardein	Beefless Burger Beefless Tips	<b>Ingredients for Beefless Burger:</b> water, soy protein concentrate, textured wheat protein (wheat gluten, wheat flour, malt), vital wheat gluten, organic ancient grain flour (kamut, amaranth, millet, quinoa), expeller pressed/canola oil, soy protein isolate, onions, natural flavor (from plant sources), modified vegetable gum, malted barley extract, yeast extract, potato starch, garlic powder, onion powder, organic cane sugar, vinegar, sea salt, pea protein, carrot fiber, organic beetroot fiber, spices.	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
	Hilary's Eat Well	Veggie Burger Root Veggie*		
	Dr. Praeger's	Mushroom Risotto California Burgers		
	Beyond Meat	Burger		
<b>Chicken</b>	Gardein	Crispy Tenders* Strips Mandarin Orange Scaloppini Teriyaki	<b>Ingredients for Crispy Tenders:</b> water, soy protein isolate,vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, potato starch, sea salt, organic cane sugar, vinegar,pea protein, carrot fiber, organic beetroot fiber, garlic powder, onion powder, extractives of paprika and tumeric. <i>Seven grain breading:</i> wheat flour, water, rice flour, oat bran, oats, wheat gluten, salt, sugar, spices, millet flour, amaranth flour, quinoa flour, kamut, leavening (baking soda, cream of tartar), yeast, onion powder, paprika extract.	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
	Beyond Meat	Strips		
<b>Turkey</b>	Tofurky Gardein*	Stuffed Turkey	<b>Ingredients for Tofurky:</b> Water, vital wheat gluten, organic tofu, expeller pressed non-genetically engineered canola oil, natural vegetarian flavors, shoyu soy sauce, non-genetically engineered corn starch, white bean flour, garbanzo bean flour, lemon juice from concentrate, onion, carrots, celery, salt, calcium lactate from beets.	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market
<b>Deli meat</b>	Tofurky	Bologna Ham Roast Beef	<b>Ingredients for Bologna:</b> Water, vital wheat gluten, organic tofu (water, organic soybeans, magnesium chloride, calcium chloride), non-GMO expeller pressed canola oil, organic sugar, vegan natural flavors, potassium chloride, oat fiber, carrageenan, konjac, sea salt, wheat starch, natural smoke flavor, autolyzed yeast extract, onion, garlic, lycopene (from tomatoes), purple carrot juice, nutmeg, glycerin.	<a href="http://www.veganessentials.com">www.veganessentials.com</a> Whole Foods Market

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