

Natural Swap Shopping Cheat Sheet

Your quick reference for the grocery aisle, the pharmacy shelf, and the cleaning section. Bring this with you (or screenshot it) next time you're standing in front of a shelf, unsure what to grab. Pick whatever's easy and affordable where you shop, the goal is progress, not perfection.



Kitchen

Instead of...

Vegetable/canola/soybean oil
Refined white sugar
Dairy milk
Packaged chips or crackers
Soda
White bread

Reach for...

Coconut, olive, or avocado oil (whichever is common where you live)
Honey, maple syrup, or coconut sugar
Almond, oat, soy, or coconut milk
Nuts, seeds, or dried fruit
Herbal tea, infused water, or kombucha
Whole grain or sprouted bread



Personal Care

Instead of...

Conventional deodorant
Lotion/moisturizer
Sulfate shampoo
Fluoride toothpaste (if avoiding it)
Synthetic lip balm

Reach for...

Baking soda-based or natural deodorant
Coconut oil, shea butter, or aloe vera gel
Sulfate-free or herbal shampoo
Fluoride-free natural toothpaste
Beeswax or shea butter-based balm



Cleaning

Instead of...

All-purpose Chemical Spray
Glass Cleaner
Dryer Sheets
Air Freshener Spray
Dish Soap

Reach for...

White Vinegar (dilute with water at home)
Lemon Juice (dilute with water at home)
Wool Dryer Balls
Essential Oils
Castile Soap

Reading a Label in 10 Seconds

- Short ingredient list = usually a good sign
- Words like "cold-pressed," "naturally brewed," or "unrefined" are real, meaningful claims
- "Natural" alone on the front means very little, always check the ingredient list
- "Fragrance" can hide dozens of undisclosed chemicals, look for "fragrance-free" or "essential oil scented" instead



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