



Non-Nigerian Alternatives and Substitutes

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Good Nutrition and access to Healthy ingredients is a must in any country. It is important to know what works for you in your location no matter where you are in the world. In the next few pages you would find names and links to healthy food alternatives that you can get that would make feeding your child easier and healthy.



Notes

- This is an inexhaustible list. Please note that some of these might not be in stores. You can find them on **OUR AMAZON STOREFRONT LINKS** (on the last page) or from the company directly.
- Some might also not be in your region so feel free to find the next best thing that is similar.
- Use the **OPTIONS PROVIDED** as a guide to shop and get familiar with your options based on your budget.

Notes

- Please click [HERE](#) to access details about an app that will serve as a guide you can use to help you read food labels and choose the best options as well.
- We have provided an AMAZON STOREFRONT option for Supplements. **Please note that if you choose to purchase these supplements without proper consult, guidance or understanding, you do so at your own risk. Nutrition4kidsng will not be responsible for unfavourable outcomes or side effects.** Supplements are not food and should be treated with care when being used for children. Please seek help from our Lead Nutrition consultant or ask for support within your subgroup or the main group.

Notes

If you need help with possible alternatives, please reach out within your subgroup with;

- A PICTURE OF WHAT YOU WANT TO BUY (FRONT PACKAGING AND NUTRITIONAL FACTS)
- NAME OF THE STORE(S) AROUND YOU

This so we can help you look for and see what can work as an alternative

Baobab Powder alternatives

Kiwi fruit powder
Freeze dried Berries
Camu camu powder
Acerola Powder

Nut/Seed Butter alternatives

Almond Butter
Cashew Butter
Sunflower seed butter
Hemp seed Butter
Organic/homemade Peanut butter

Dates Choco alternatives

[Watch this video](#)

Acha Alternatives

Couscous, quinoa, rye,
buckwheat, spelt

ITEMS UNDERLINED ARE CLICKABLE LINKS YOU CAN SHOP FROM

Natural Sweetner alternatives

Coconut sugar
Fresh Dates/Dates syrup
/Dates powder
Monkfruit sweetner
Stevia liquid drops
Organic cane sugar

Spirulina alternatives

[Spirulina \(US\)](#).
[Spirulina \(EU\)](#).
[Spirulina \(CA\)](#).

Manshanu alternatives

Ghee
Real Butter (usually only contains
milk, milk fat and culture)
Tallow
Cocoa butter

**ITEMS UNDERLINED ARE CLICKABLE
LINKS YOU CAN SHOP FROM**

Nuts and seeds mix alternatives

Examples include milled flax, chia, hemp seeds.

OR

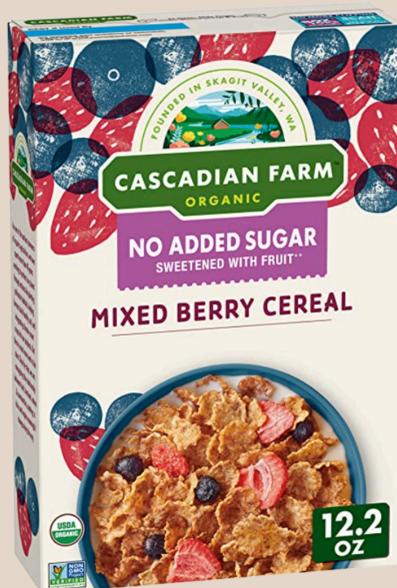
Milled sunflower, pumpkin and chia seeds. Really any nut or seed mix works (usually in powdered form)

Condiment Alternatives

For Mayonnaise- The basic ingredients are eggs, olive/sunflower/avocado oil, salt, vinegar, and herbs.

For Ketchup- The basic ingredients are tomato, salt, vinegar/citric acid, cane sugar

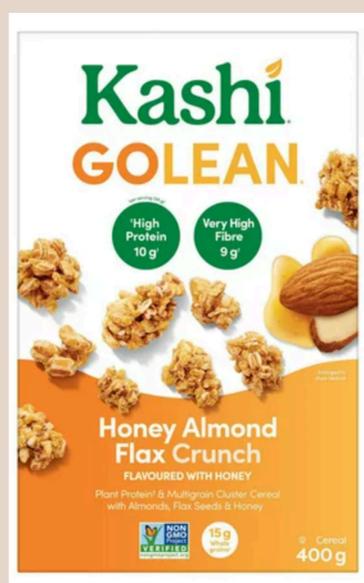
Cereal Alternatives



Cereal Alternatives



Cereal Alternatives



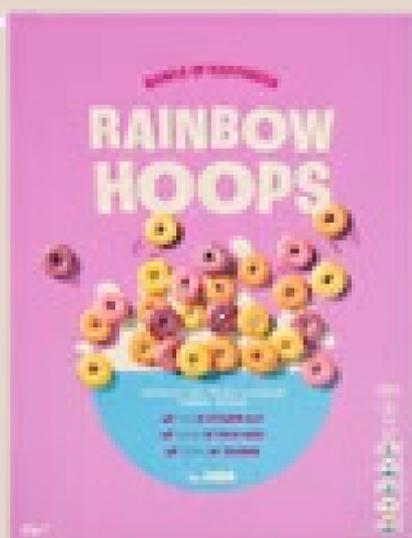
Cereal Alternatives



3-GRAIN Wholegrain Cereal,



Cereal Alternatives



More options listed in our Amazon Storefront

Amazon Storefront USA

- LUNCH BOX NEEDS
- FOOD ESSENTIALS
- SKIN CARE NEEDS
- SUPPLEMENTS
- SNACKS & FRUIT TEAS

**ITEMS UNDERLINED ARE
CLICKABLE LINKS YOU CAN
SHOP FROM**

Amazon Storefront CA

- LUNCH BOX NEEDS
- FOOD ESSENTIALS
- SKIN CARE NEEDS
- SUPPLEMENTS
- SNACKS & FRUIT TEAS

**ITEMS UNDERLINED ARE
CLICKABLE LINKS YOU CAN SHOP
FROM**

Amazon Storefront EU

- LUNCH BOX NEEDS
- FOOD ESSENTIALS
- SKIN CARE NEEDS
- SUPPLEMENTS
- SNACKS & FRUIT TEAS

**ITEMS UNDERLINED ARE
CLICKABLE LINKS YOU CAN SHOP
FROM**

PEDS NUTRITION CHALLENGE

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@NUTRITION4KIDS_NG



+234 703 936 5033 (NGA)

+1 825 736 7221 (CA)



NUTRITION4KIDSNG@GMAIL.COM



WWW.NUTRITION4KIDSNG.COM (NGA)

CA.NUTRITION4KIDSNG.COM (CA)