

Animal Ingredients and Vegan Substitutes

“Where to find it” legend:

a = Any grocery store

b = Loblaws/Canadian Superstore/Your Independent Grocer (Section: Meat=1; Health Food=2; Tofu/vegetarian cold cuts=3)

c = Local health food store

d = Viva Granola online store

e = Paradis Vegetarian Mock Meat Store (Montreal)

f = Chinatown

g = Kardish and Bulk Barn

Animal Ingredient	Use	Vegan Substitute	Where to find Substitute	Rating (0=poor; 5=excellent)
Butter/Lard	Sautee	Oil	a	5
	Spread	Margarine (exclude those with "whey")		
		Becel Vegan Margerine (says vegan on label)	a	5
		Earth Balance Buttery Spread	b(2),c,d	5
		Fleishmann's	a	5
	Baking	Margarine (exclude those with "whey," see above)		5
Oil (all o.k. for savoury, no olive in sweets)		a	5	
Chicken	Large piece for roasting/grilling	President's Choice meatless chicken breasts	b(1)	5
	Breaded Fingers	President's Choice meatless chicken fingers	b(1)	5
	Small pieces for stir-frys etc.	President's Choice meatless chicken strips	b(3)	3
		Shitake Mushroom Chicken	d, e, f	5
		Gardein faux chicken strips	b(3)	3

Animal Ingredient	Use	Vegan Substitute	Where to find Substitute	Rating (0=poor; 5=excellent)
Beef	Large piece for roasting/grilling	None Known		
	Ground	Yves Veggie Cuisine Original Ground Round	b(3)	4
	Small pieces for stir-frys etc.	Shitake Mushroom Beef	d, e	5
		President's Choice meatless beef strips	b(3)	3
		Gardein faux beef tips or strips	b(3)	3
	Burgers	Yves Veggie Cuisine Good Veggie Burgers (Bistro and Prima Burgers not vegan)	b(3)	3
		Sol Cuisine Original Burgers	b(2)	4
Licks NatureBurgers		b(1)	5	
Ham	Large Pieces for roasting/grilling	Faux ham log	d, e, f	5
Sausages	Sausage-on-a-bun type	Tofurky Sausages	b(2),c,d	5
	Breakfast sausage	Tofurky Breakfast Sausages	b(2),c,d	3
		Yves Veggie sausages and sausage patties	a, b(3)	5
Bacon	All uses	Nelakee Faux Bacon	d, e	5
Cold Cuts	All uses	Tofurky Turkey Slices	b(2), c, d	5
		Yves Veggie Turkey	a, b(3)	2
		Yves Veggie Ham	a, b(3)	2
		Yves Veggie Bologna	a, b(3)	3
		Yves Veggie Salami	a, b(3)	4
		Yves Veggie Pepperoni	a, b(3)	4
		Yves Veggie Beef	a, b(3)	2
Salmon	As for canned salmon	Nelakee Vegan Salmon	d, e	5
Shrimp	All uses	Nelakee Vegan Shrimp	d, e	4
Meat stock	Soups, flavouring	Vegetable stock	b(2), c, g	5
Fish sauce	All Uses	Vegetarian Oyster/Fish Sauce	f	5

Animal Ingredient	Use	Vegan Substitute	Where to find Substitute	Rating (0=poor; 5=excellent)
Cheese	Shreds (for Pizza, Nachos, e.g.)	Daiya	c,d	5
	Processed Slices	Tofutti Slices	c,d	3
	Cream Cheese	Tofutti Better than Cream Cheese	c,d	5
Egg Pasta	All uses	Pasta without eggs (most dried pastas, check ingredients)	a,c	5
Milk	All uses	Soy Milk (Silk is the best - can be "frothed")	a	5
		Almond Milk	b(2), c	4
Cream	All uses	Silk or Belsoy Soy Creamer (Belsoy is best)	b(2), c	5
		Coconut milk	a	personal taste
		Mimicreme Cream Substitute	c, d	3
Whipped Cream	Dessert Topping	Mimicreme Healthy Top	c	5
Sour Cream	all uses	Tofutti Better than Sour Cream	c, d	4
Ice Cream	all uses	Tofutti, Soy Delicious, So Good	b(2), c	4
Mayonnaise	all uses	Veganaise (no other vegan mayo recommended!)	b(2), c, d	5
Eggs	leavener in baking (cakes, muffins, etc.)	2 Tbsp water per egg (or replace 1 with oil)		depends on recipe...all usually fine
		1/4 c apple sauce per egg	a	
		1/4 c soft tofu	a, f	
	scrambled eggs	crumbled extra firm tofu	b(2), c, d, g	a
Milk Chocolate	all uses	Dairy-free dark chocolate	a, b, c, d, g	5
Marshmallows	all uses	Dandies Marshmallows	d	5
Honey	all uses	Corn Syrup	a	3
		Rice Syrup	b(2), c	3
		Maple Syrup	a	4
		Agave Nectar	b(2), c	5