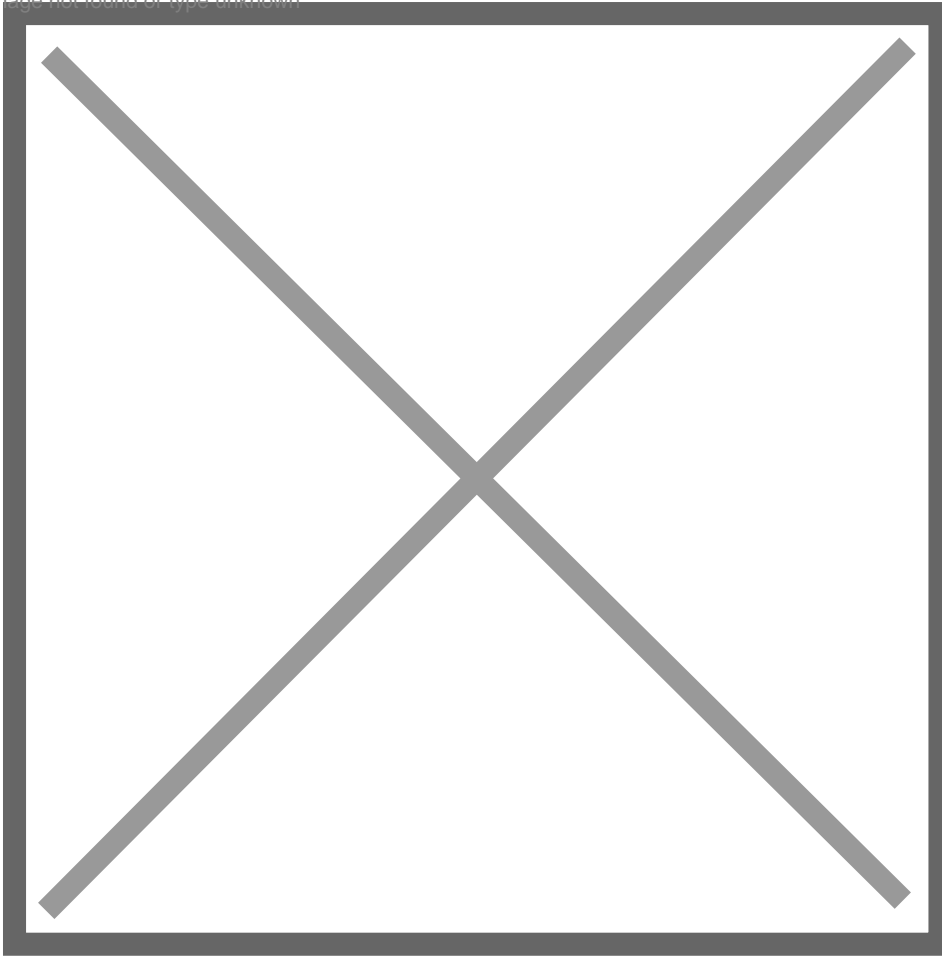




Pinoy Ingredients That Will Make Your Food Healthier

Some Filipino dishes, while absolutely delicious, can be quite unhealthy. But not to worry, we've come up with a few healthy alternative Filipino ingredients that you can use to make your dishes more nutritious:

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Check out [Del Monte Kitchenomics](#) recipes and see what dishes you can cook using these healthy swaps!

Sources:

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30 Dairy-Free Recipe Substitutions, <http://greatist.com/health/30-dairy-free-recipe-substitutions>

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