

FOOD CRAVINGS & NUTRIENT NEEDS

Food cravings can often be a sign of certain nutrient needs. If you crave a food in the left column, you may need the nutrient shown in the middle column, which is available from foods in the right column.

If you crave this...	You might need...	And here are healthy foods that include it...
Chocolate	Magnesium	Raw nuts and seeds, legumes, and fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread or toast	Nitrogen	High protein foods: fish, meat, nuts, beans
Fatty foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or tea	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish and poultry, seaweed, greens, black cherries

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If you crave this...	You might need...	And here are healthy foods that include it...
Alcohol or recreational drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens
Chewing ice	Iron	Meat, fish, poultry, seaweed, greens, black cherries
Burned food	Carbon	Fresh fruits
Soda or other carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Acidic foods	Magnesium	Raw nuts and seeds, legumes, fruits
Liquids but not solids	Water	Water with sea salt and fresh lemon or lime
Cool drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Tobacco	Silicon	Nuts, seeds (avoid refined starches)
	Tyrosine	Vitamin C supplements or orange, green, and red fruits and vegetables

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In addition to cravings, keep an eye out for the following symptoms are their potentially associated nutrients:

If you experience...	You might need...	And here are healthy foods that include it...
Pre-menstrual cravings	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
General overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, and red fruits and vegetables
Lack of appetite	Vitamin B1	Nuts, seeds, beans, liver and other organ meats
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
	Chloride	Raw goat milk, unrefined sea salt

Source: *How to Cure Your Food Cravings* by Dr. Colleen Huber