



Health Fact Sheet

Food Cravings And what to do about them!

Food cravings are often sign that the body is lacking in certain essential vitamins or minerals. Often by righting the deficiency the craving naturally disappears.

Craving For...	What You Need Is....	Healthy Foods That Contain It..
Sweets	Chromium	Broccoli, grapes, cheese, pulses, rye, clams, chicken, brewer's yeast, egg yolks
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains, soy products
	Sulphur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage, garlic, nuts, raspberries
	Tryptophan	Chicken, liver, lamb, raisins, sweet potato, spinach
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits, brown rice, soybeans, bitter chocolate, banana, fish
	Essential Fatty Acids	Oily fish, pumpkin seeds, hemp seeds, linseeds, sunflower seeds, wheatgrain, soya beans
Bread, toast	Nitrogen	High protein foods such as fish, meat, nuts and beans
Oily snacks, fatty foods	Essential Fatty Acids, Calcium	Broccoli, kale, legumes, cheese, sesame seeds, dairy, tofu, salmon, sunflower seeds
Coffee or Tea	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains, soy products
	Sulphur	Egg yolks, red peppers, meat protein, garlic, onion, cruciferous vegetables
	Salt	Sea salt, apple cider vinegar, shellfish, bacon, kelp and sea vegetables
	Iron	Meat, fish, poultry, seaweed, greens, black cherries, egg yolks, molasses, whole grains
Alcohol, recreational drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Broccoli, kale, legumes, cheese, sesame seeds, dairy, tofu, salmon, sunflower seeds
	Glutamine	Raw cabbage juice. To help with withdrawal supplement glutamine powder
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens, avocados, bananas

Chewing Ice	Iron	Meat, fish, poultry, seaweed, greens, black cherries, egg yolks, molasses, whole grains
Burned food	Carbon	Fresh fruits
Soda and carbonated drinks	Calcium	Broccoli, kale, legumes, cheese, sesame seeds, dairy, tofu, salmon, sunflower seeds
Salty Foods	Chloride	Raw goats milk, fish, unrefined sea salt, shellfish, sea vegetables
Acid Foods	Magnesium	Raw nuts and seeds, legumes, fruits, brown rice, soybeans, bitter chocolate, banana, fish
Preference for liquids rather than solids	Water	Water – flavour with lemon or lime juice if preferred
Preference for solids rather than liquids	Water	Chronic dehydration has lead to losing your thirst reflex. Flavour water with lemon and lime juice
Cool drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries, oat flakes, black tea, avocado
PMT cravings	Zinc	Red meats (especially organ meats), seafood, leafy green vegetables, root vegetables
General overeating	Silicon	Nuts, seeds. Avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vit C supplements, orange, green or red fruits and vegetables
Lack of Appetite	Vitamin B1	Nuts, seeds, beans, liver, organ meats, egg yolks, oatmeal, watercress
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds, legumes, liver, avocado, mushrooms
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries, oat flakes, black tea, avocado
	Chloride	Raw goats milk, unrefined sea salt
Tobacco	Silicon	Nuts, seeds. Wheat, oat & rice hulls, sugar beet, nettles. Avoid refined starches
	Tyrosine	Vit C supplements, orange, green or red fruits and vegetables

Thanks to Bernard T Jensen PhD, The Chemistry of Man