

## Food cravings...

<i>If you crave this...</i>	<i>What you really need is...</i>	<i>And here are healthy foods that have it:</i>
<b>Chocolate</b>	Magnesium	Raw nuts and seeds, legumes, fruits
<b>Sweets</b>	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
<b>Bread, toast</b>	Nitrogen	High protein foods: fish, meat, nuts, beans
<b>Oily snacks, fatty foods</b>	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
<b>Coffee or tea</b>	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
<b>Coffee, Tea (cont.)</b>	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish and poultry, seaweed, greens, black cherries
<b>Alcohol, recreational drugs</b>	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
<b>Chewing ice</b>	Iron	Meat, fish, poultry, seaweed, greens, black cherries
<b>Burned food</b>	Carbon	Fresh fruits

<b>Soda and other carbonated drinks</b>	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
<b>Salty foods</b>	Chloride	Raw goat milk, fish, unrefined sea salt
<b>Acid foods</b>	Magnesium	Raw nuts and seeds, legumes, fruits
<b>Preference for liquids rather than solids</b>	Water	Flavor water with lemon or lime. <i>You need 8 to 10 glasses per day.</i>
<b>Preference for solids rather than liquids</b>	Water	You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. <i>You need 8 to 10 glasses per day.</i>
<b>Cool drinks</b>	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
<b>Pre-menstrual cravings</b>	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
<b>General overeating</b>	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits and vegetables
<b>Lack of appetite</b>	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
<b>Tobacco</b>	Silicon	Nuts, seeds; avoid refined starches
	Tyrosine	Vitamin C supplements or orange, green and red fruits and vegetables

*Lectures, Cheryl M. Deroin, NMD, Southwest College of Naturopathic Medicine, Spring 2003 (healthy food recommendations)*

1. *Benard Jenson, PhD, The Chemistry of Man B. Jensen Publisher, 1983 (deficiencies linked to specific cravings and some food recommendations)*

Table source: <http://www.naturopathyworks.com/pages/cravings.html>

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