

# A Quick Guide to Food Cravings

If you're craving...	You might need...	Food sources
<b>Chocolate</b>	Magnesium	Raw nuts and seeds, legumes, fruits, avocado
<b>Sweets</b>	Chromium	Broccoli, grapes, cheese, dried beans, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains, hijiki
	Sulfur	Cranberries, horseradish, broccoli, 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 greens, broccoli, kale, legumes, cheese, sesame, hijiki, kelp
<b>Coffee or tea</b>	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains, hijiki
	Sulfur	Egg yolks, red peppers, garlic, onion, broccoli
	NaCl/salt	Sea salt, apple cider vinegar
	Iron	Meat, fish, hijiki, kombu, kabocha squash, lotus root, poultry, chicken liver, greens, black cherries
<b>Alcohol or recreational drugs</b>	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal, muesli
	Calcium	Mustard greens, broccoli, kale, legumes, cheese, sesame, hijiki, kelp
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, kelp, bitter greens, avocado, persimmons
<b>Chewing ice</b>	Iron	Meat, fish, hijiki, kombu, kabocha squash, lotus root, poultry, chicken liver, greens, black cherries
<b>Burned food</b>	Carbon	Fresh fruits
<b>Soda or carbonated drinks</b>	Calcium	Greens, broccoli, kale, legumes, sesame, hijiki, kelp
<b>Salty foods</b>	Chloride	Raw goat milk, fish, unrefined sea salt
<b>Acidic foods</b>	Magnesium	Raw nuts and seeds, legumes, fruits, avocado
<b>Cold drinks</b>	Manganese	Walnuts, almonds, pecans, pineapple, blueberries, persimmons

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If you're experiencing...	You might need...	Food sources
Preference for liquids than solids	Water	Water with salt, flavor with lemon or lime
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Pre-menstrual cravings	Zinc	Red meats, seafood, leafy vegetables, root vegetables, eggs
General overeating	Silicon	Nuts, seeds, avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements, orange, green, red fruits, red vegetables
Lack of appetite	Vitamin B1	Nuts, seeds, beans, liver
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries, persimmons
	Chloride	Raw goat milk, unrefined sea salt

Source: *How to Cure Your Food Cravings* by Dr. Colleen Huber,  
*Staying Healthy with Nutrition* by Elson M. Haas, MD

