



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 in the foods in the right column.

If you crave this...	You might need...	Here are healthy foods that include it:
Chocolate	Magnesium	Raw nuts and seeds, legumes and fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, beef liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, turkey, beef, liver, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, beans
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	Phosphorus	Chicken, turkey, beef, liver, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous veggies
	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...	Here are healthy foods that include it:
Alcohol or recreational drugs	Protein	Meat, poultry, seafood, dairy, nuts & legumes
	Avenin	Granola, oatmeal
	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder, raw cabbage juice, bone broth
	Potassium	Sun-dried black olives, banana, seaweed, potatoes, bitter greens
Chewing ice	Iron	Meat, fish and poultry, seaweed, greens, black cherries
Burned food	Carbon	Fresh fruit
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Soda or carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Acidic foods	Magnesium	Raw nuts and seeds, legumes and fruits
Liquids but not solids	Water	Water with sea salt & fresh lemon or lime
Cool drinks	Manganese	Walnuts, apricots, pecans, pineapple, blueberries
Tobacco	Silicon	Nuts & seeds, avoid refined starches
	Tyrosine	Vitamin C supplements, orange, green and red fruits & vegetables

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In addition to cravings, the following symptoms can be associated with certain nutrient needs:

If you experience...	You might need...	Here are healthy foods that include it:
Pre-menstrual cravings	Zinc	Red & organ meats, seafood, leafy vegetables, root vegetables
Menstrual cramps & headaches	Magnesium	Vitamin C supplements, orange, green and red fruits & vegetables
General overeating	Silicon	Nuts, seeds, avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements, orange, green and red fruits & vegetables
Lack of appetite	Vitamin B 1	Nuts, seeds, beans, liver and other organ meats
	Vitamin B3	Tuna, halibut, beef, poultry, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
	Chloride	Raw goat milk, fish, unrefined sea salt

Sources:

How to Cure Your Food Cravings by Dr. Colleen Huber
Nutritional Therapy Association, Inc.