

FOOD CRAVINGS

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YOUR CRAVING		WHAT YOU NEED		WHAT TO EAT INSTEAD
CHOCOLATE	→	MAGNESIUM	→	Nuts, seeds, veggies & fruits
SUGARY FOODS	→ → → → →	CHROMIUM	→	Broccoli, grapes, cheese, chicken
		CARBON	→	Fresh fruits
		PHOSPHORUS	→	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
		SULPHURE	→	Cranberries, horseradish, cabbage, cauliflower
		TRYPTOPHAN	→	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS	→	NITROGENE	→	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS	→	CALCIUM	→	Organic milk, cheese, green leafy vegetables
SALTY FOODS	→	CHLORIDE	→	Fatty fish, goat milk
		SILICON	→	Cashews, nuts, seeds

Source:
Coaching &
Weight
Management



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