

Craving	Body's Nutritional Need	What is it for?	Where is it found?
Chocolate	Magnesium	<p>Good sleep</p> <p>Supports muscle health (alleviates spasms, cramps, asthma symptoms)</p> <p>Protects the heart</p> <p>Reduces blood pressure</p> <p>Improves digestion</p> <p>Relieves constipation</p> <p>Balances blood sugar levels</p> <p>Supports bone health</p> <p>Hormonal balance</p> <p>Alleviates headaches</p> <p>Alleviates anxiety</p>	<p>Almonds</p> <p>Cashews</p> <p>Bananas</p> <p>Oatmeal</p> <p>Tofu</p> <p>Oily fish</p> <p>Avocado</p> <p>Spinach</p> <p>Dark chocolate</p>
Sugary foods	Chromium	<p>Helps the body break down and use fat</p> <p>Balances blood sugar levels</p>	<p>Boroccoli</p> <p>Grapes</p> <p>Cheese</p> <p>Dried beans</p> <p>Chicken</p>
	Carbon	<p>Supports the respiratory system</p> <p>Plays a major role in utilising the energy the body stores</p>	<p>Fresh fruit</p>
	Phosphorus	<p>Ensures bone and muscle health</p> <p>Helps body heal and grow new tissue</p> <p>Helps kidneys filter waste</p>	<p>Beef</p> <p>Liver</p> <p>Poultry</p> <p>Fish</p> <p>Eggs</p> <p>Dairy</p> <p>Nuts</p> <p>Grains and lentils</p>

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Sugary foods cont'd	Sulphur	Relieves pain Cleans up the waste products that cells expel	Beef Liver Poultry Dairy (not butter) Nuts Cruciferous veg Garlic
	Tryptophan (body gets it from food)	Essential for protein production (used in production of serotonin, melatonin and Vit B6)	Cheese Liver Turkey Sweet Potatoes Spinach
Bread/Pasta/Carbs	Nitrogen (body gets it from food)	Essential for protein production (for building muscles, skin, blood, hair and DNA) Crucial for new cell production (so essential for growth and healing)	Fish Meat Nuts Beans Chia seeds Lentils Mushrooms Garlic Onions
Greasy/ Fatty foods	Calcium	Essential for bone health and growth Essential for blood clotting Regular heart beat Muscle contraction Helps alleviate PMS (note that if there is not enough calcium in the diet, the body will take calcium from the bones)	Organic milk Mustard Leafy green veg Cruciferous veg Cheese Sesame seeds Fish (if you eat the bones- sardine, pilchards)

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Salty foods	Chloride	Maintains fluid balance	Raw goat milk fish Unrefined sea salt
Fizzy Drinks	Calcium	Essential for bone health and growth Essential for blood clotting Regular heart beat Muscle contraction Helps alleviate PMS (note that if there is not enough calcium in the diet, the body will take calcium from the bones)	Organic milk Mustard Leafy green veg Cruciferous veg Cheese Sesame seeds Fish (if you eat the bones- sardine, pilchards)
Coffee This may be caffeine, but it may also be:	Phosphorus	Ensures bone and muscle health Helps body heal and grow new tissue Helps kidneys filter waste	Beef Liver Poultry Fish Eggs Dairy Nuts Grains and lentils
	Sulphur	Relieves pain Cleans up the waste products that cells expel	Beef Liver Poultry Dairy (not butter) Nuts Cruciferous veg Garlic
	Sodium	Maintains normal blood pressure Maintains fluid balance Involved in the transmission of nerve signals	Sea salt Apple cider (but be sure you are not getting too much if you eat

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Coffee cont'd	Iron	Relaxes muscles Essential for oxygen absorption (and therefore energy levels) Makes red blood cells	processed foods) Meat Fish Poultry Seaweed Leafy greens Black cherries Shellfish Liver (and other offal) Legumes (beans, lentils and chickpeas)
Alcohol	Protein	For growth of muscles, tissues, bones	Meat Poultry Seafood Nuts
	Avenine	Produces energy	Oats
	Calcium	Essential for bone health and growth Essential for blood clotting Regular heart beat Muscle contraction Helps alleviate PMS (note that if there is not enough calcium in the diet, the body will take calcium from the bones)	Organic milk Mustard Leafy green veg Cruciferous veg Cheese Sesame seeds Fish (if you eat the bones- sardine, pilchards)
	L-Glutamine	Essential for building proteins Boosts immune system Good for the gut Helps the body deal with stress (most of us have enough)	Freshly juiced cabbage Protein rich foods (see above) Raw leafy green veg Beans and legumes Goats cheese

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Alcohol cont'd	Potassium	Healthy cell development Affects the nerves and muscle health	Bananas Black olives Seaweed Bitter greens
Tobacco (if you want to quit)	Silica	Important for bone and tissue health Slows down the aging process	Nuts seeds (avoid refined grains)
	Tyrosine	Involved in the production of neurotransmitters (epinephrine, norepinephrine and dopamine) Reducing age related wrinkles Thyroid hormones Strong muscles	Milk Fish Cheese Bananas Almonds (also ensure enough Vit. C)