

THE DEEPER MEANING BEHIND A FOOD CRAVING AND WHAT TO DO ABOUT IT

When food cravings persist, one may want to take pay more attention to how frequently these cravings are occurring and take into consideration the body may be lacking trace minerals in order to stay in balance. This is a list of some common cravings and how it relates to a nutrient deficiency. Suggestions are also given of healthy food choices.

<u>Craving</u>	<u>What You Need</u>	<u>What To Eat Instead</u>
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
Breads, Pasta & Other Carbs	Nitrogene	High protein foods: meat,fatty fish, nuts,beans,chia seeds
Oily Foods	Calcium	Organic milk,cheese,green leafy Veggies
Salty Foods	Chloride	Fatty Fish, goat milk
	Silicon	Cashews, nuts, seeds

BE PRESENT WELLNESS

Source: Stepintomygreenworld.com