

FOOD CRAVINGS + HABIT CHART

CRAVING OR HABIT:	REASON IS:	RESTORE WITH THIS:
<i>Chocolate</i>	Magnesium deficiency	raw cacao nibs, beans, nuts, seeds, dark leafy greens, fruit
<i>Soda</i>	Calcium deficiency	Sesame seeds, broccoli, kale, legumes, mustard greens
<i>General Sweets</i>	Hypoglycemia (low blood sugar)	fruit, beans, legumes, quinoa, cinnamon
	Tryptophan deficiency	pumpkin/sesame/sunflower seeds, raw cacao, gf oatmeal, sweet potato, spinach, raisins, spirulina
	Chromium deficiency	onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato
	Sulphur deficiency	kale, cranberries, horseradish, asparagus, carob powder, garlic, onion
	Phosphorus deficiency	pinto beans, pumpkin seeds, brazil nuts, lentils
<i>Pasta, Baked Goods</i>	Chromium deficiency	onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato
<i>Bread</i>	Nitrogen deficiency	dark leafy greens, nuts, seeds, legumes
<i>Cheese</i>	Essential Fatty Acids deficiency	Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts
	Calcium deficiency	sesame seeds, broccoli, kale, legumes, mustard greens
<i>Salty Foods</i>	Chloride deficiency	celery, olives, tomato, sea salt
	Stress hormone fluctuations	meditation, breathing, exercise, leafy greens, vitamin B and C

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<i>Coffee</i>	Sulphur deficiency	kale, cranberries, asparagus, carob powder, garlic, onion
	Iron deficiency	beans, legume, dried fruit, spinach, cherries, Vitamin C for iron absorption
	NaCl (salt) deficiency	sea salt, apple cider vinegar, kombucha
	Phosphorous deficiency	quinoa, beans, pumpkin seeds, nuts, lentils
<i>Snacky</i>	No balanced diet, missing nutrients	Drink more water, substitute junk food for healthy meals
<i>Overeating</i>	Tryptophan deficiency	pirulina, pumpkin/sesame/sunflower seeds, raw cacao, oatmeal, sweet potato, spinach, raisins
	Tyrosine deficiency	avocado, bananas, oats, legumes, beans, nuts, seeds, Vitamin C
	Silicon deficiency	nuts, seeds, oats, millet, onions, avoid refined starches
<i>Lack of Appetite</i>	Chloride deficiency	celery, olives, tomato, sea salt
	Thiamine (Vitamin B1) deficiency	nuts, seeds, beans, green and yellow vegetables
	Niacin (Vitamin B3) deficiency	sunflower seeds
	Manganese deficiency	walnuts, almonds, pecans, green leafy greens, pineapple, blueberries