# Food Cravings

**YOUR CRAVING** | **WHAT YOU NEED** | **WHAT TO EAT INSTEAD**
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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 |
| Sulphur | Cranberries, horseradish, cabbage, cauliflower |
| Tryptophan | Cheese, raisins, sweet potatoes, spinach |
Bread, pasta & other carbs | Nitrogen | 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*