

# CONTROL YOUR CRAVINGS

BY LUX COACHING & WEIGHT MANAGEMENT - [www.luxcoaching.wordpress.com](http://www.luxcoaching.wordpress.com)

Your Craving	What You Need	What to Eat Instead
Chocolate	Magnesium	Nuts, seeds, legumes, fruit
Sugary foods, sweets	Chromium	Broccoli, grapes, cheese, chicken
	Carbon	Fresh fruit
	Phosphorous	Chicken, beef, fish, eggs, dairy, nuts, legumes, grains
	Sulphur	Cranberries, horseradish, cauliflower, broccoli, cabbage
	Tryptophan	Cheese, lamb, liver, raisins, sweet potato, spinach
Bread, toast, pasta, other carbs	Nitrogen	High protein foods: meat, fish, nuts, beans
Oily/fatty foods	Calcium	Milk, cheese, yoghurt, legumes, broccoli, green leafy vegetables
Salty foods	Chloride	Fish, goats milk
General overeating	Silicon	Nuts, seeds; avoid unrefined starches, like white bread, pasta, rice
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Orange, green or red fruits and vegetables, Vitamin C supplement

[www.happy-healthy-weight.co.uk](http://www.happy-healthy-weight.co.uk) - [www.facebook.com/HappyHealthyWeight](https://www.facebook.com/HappyHealthyWeight)

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