

what does your food craving mean?

Craving This

You May...

Eat/Drink This Healthy Food

Bitter Foods

Have stagnation in
your digestive tract

Dandelion, mustard greens,
arugula, kale, collards

Creamy Foods

Need to consume
more calories

High-quality, nutrient-
dense whole foods

Crunchy Foods

Not be chewing
enough

Chew your food more and/or chew
raw veggies, e.g. carrots, celery

Moist Foods

Be chronically
dehydrated

Drink more clean water

Salty Foods

Have a mineral
deficiency

Leafy green vegetables, high-
quality sea salt, sea veggies

Sweet Foods

Have a mineral
deficiency

Sweet vegetables, e.g., onions,
carrots, sweet potatoes, squash

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