

THE CRAVINGS CHART

An Excerpt from Well Adjusted Babies

the cravings chart

Similar to pregnancy sometimes mothers post birth develop serious or consistent cravings. This can be a sign from your body that it's nutritional needs are not being met. The following chart may help you identify where your diet may be lacking.

<u>CRAVING</u>	<u>YOU NEED</u>	<u>WHERE TO GET IT</u>
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, Toast	Nitrogen	High protein foods: fish, meat, nuts, legumes
Oily Snacks, Fatty Foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or Tea	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	Sodium Chloride(salt)	Sea salt, apple cider vinegar(on salad)
	Iron	Meat, fish, and poultry, seaweed, greens, black cherries
Alcohol, Recreational Drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens
Soda/Carbonated Drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty Foods	Chloride	Raw goat milk, fish, unrefined sea salt
Preference for Liquids	Water	Flavour water with lemon or lime. You need 8 to 10 glasses per day
Preference for Solids	Water	You have been so dehydrated for so long you have lost your thirst. Flavour water with lemon or lime. You need 8-10 glasses per day.
Cool Drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Pre-Menstrual Cravings	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
General Overeating	Silicon	Nuts, seeds: avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits and vegetables

other products

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