

Food Cravings

by Colleen Huber, NMD

| If you crave this... | What you really need is... | Healthy foods that have it... |
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| Chocolate | Magnesium | Raw nuts and seeds, legumes, fruits |
| Sweets | Chromium Carbon Phosphorus Sulfur Tryptophan | Broccoli, grapes, cheese, dried beans, calves liver, chicken Fresh fruits Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains Cranberries, horseradish, cruciferous vegetables, kale, cabbage Cheese, liver, lamb, raisins, sweet potato, spinach |
| Bread, Toast | Nitrogen | High protein foods: fish, meat, nuts, beans |
| Oily Snacks, Fatty Foods | Calcium | Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame |
| Coffee or Tea | Phosphorus Phosphorus Sodium Chloride (salt) Iron | Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables Sea salt, apple cider vinegar (on salad) Meat, fish and poultry, seaweed, greens, black cherries |
| Alcohol, Recreational Drugs | Protein Avenin Calcium Glutamine Potassium | Meat, poultry, seafood, dairy, nuts Granola, oatmeal Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame Supplement glutamine powder for withdrawal, raw cabbage juice Sun-dried black olives, potato peel broth, seaweed, bitter greens |
| Chewing Ice | Iron | Meat, fish, poultry, seaweed, greens, black cherries |
| Burned Food | Carbon | Fresh Fruits |
| Soda and other carbonated drinks | Calcium | Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame |
| Salty foods | Chloride | Raw goat milk, fish, unrefined sea salt |
| Acid foods | Magnesium | Raw nuts and seeds, legumes, fruits |
| Preference for liquids rather than solids | Water | Flavor water with lemon or lime. You need 8 to 10 glasses per day. |

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| Preference for Solids Rather than Liquids | Water | You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. You need 8 to 10 glasses per day. |
| Cool Drinks | Manganese | Walnuts, almonds, pecans, pineapple, blueberries |
| Pre-Menstrual Cravings General Overeating | Zinc Silicon Tryptophan Tyrosine | Red meats (especially organ meats), seafood, leafy vegetables, root vegetables Nuts, seeds; avoid refined starches Cheese, liver, lamb, raisins, sweet potato, spinach Vitamin C supplements or orange, green, red fruits and vegetables |
| Lack of Appetite | Vitamin B1 Vitamin B3 Manganese Chloride | Nuts, seeds, beans, liver and other organ meats Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes Walnuts, almonds, pecans, pineapple, blueberries Raw goat milk, unrefined sea salt |
| Tobacco | Silicon Tyrosine | Nuts, seeds; avoid refined starches Vitamin C supplements or orange, green and red fruits and vegetables |



About the Author:

Dr. Huber NMD, is a Naturopathic Medical Doctor and Primary Care Physician currently practicing in Tempe, Arizona. Dr. Huber focuses on herbal medicine, nutrition, intravenous therapies, environmental medicine and acupuncture. She received her Naturopathic Medical degree from [Southwest College of Naturopathic Medicine](#).

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