

Craving	Nutrient you may need	What to eat
Alcohol	Potassium	Fresh fruit, tomatoes, black olives, potatoes, seaweed, spirulina.
	Calcium	Green leafy vegetables, broccoli, lentils, sesame seeds
	Glutamine	Bone broth, raw cabbage juice
	Protein	Meat, poultry, seafood, dairy, nuts
Bread, toast	Nitrogen	Protein : fish, meat, beans, lentils, cottage cheese
Carbohydrates such as buns, biscuits, rice, pasta, baked goods	B6	Chicken, turkey salmon, sunflower seeds, pistachio nuts, aubergine
	Nitrogen	Protein : fish, meat, beans, lentils
	Tryptophan	Salmon, turkey, bananas, spirulina, eggs, milk
Chargrilled / Burnt food	Carbon	Fresh fruits
Ice	Iron	Red meat, seaweed, spinach, lentils, black cherries
Chocolate	Magnesium	Raw nuts and seeds, green leafy vegetables, lentils
Cheese	Calcium	Almonds, broccoli, kale, legumes, cheese, sesame seeds, tahini
	Vitamin D	Cod liver oil, salmon, sardines, mushrooms, milk, butter
	Omega 3 essential fatty acid	Fish oils, flaxseeds, oily fish, walnuts
Oily, fatty foods e.g. butter, oil, cream, burgers, ice cream, french fries	Omega 3 essential fatty acid	Fish oils, flaxseeds, oily fish, walnuts
	Calcium	Almonds, broccoli, kale, legumes, cheese, sesame seeds, tahini
Over eating, night time binging (eating excess of	Tryptophan	Salmon, turkey, bananas, spirulina, eggs, milk

anything and everything)	Protein	Fish, protein powders, lean meats, poultry, cottage cheese, spirulina
Lack of appetite	Zinc	Nuts and seeds, beans, liver, oysters, red meat
Pre-menstrual cravings	Magnesium	Green leafy vegetables, raw nuts, seeds, legumes, fruits, tahini
	Zinc	Nuts and seeds, beans, liver, oysters, red meat
Salty foods such as chips, olives, savoury snacks, salt on food	Chloride	Seafood, unrefined sea salt, olives
	Potassium	Fresh fruit, black olives, potatoes, potatoes, spirulina
	Vitamin C	Citrus, strawberries, blueberries, kiwi fruit, tomatoes, capsicum
Soda drinks such as cola, lemonade, sparkling mineral water	Calcium	Green leafy vegetables, raw almonds, broccoli, kale, lentils, cheese, sesame
Sour/acidic foods such as lemons, vinegar, sour lollies	Magnesium	Raw nuts and seeds, green leafy vegetables, legumes, fruits
Sweets such as lollies, jellies, jams, desserts, custards, fruit yoghurts	Carbon	Fresh fruits
	Chromium	Fresh parsley, cottage cheese, olives, white fish
	Magnesium	Raw nuts and seeds, green leafy vegetables, lentils
	Tryptophan	Salmon, turkey, bananas, spirulina, eggs, milk