

# Understanding Food Cravings

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<b>Craving This?</b>	<b>You May Really Need This</b>	<b>Eat This Instead</b>
<b>Sugary Sweets</b>	⇒ <b>Tryptophan, Chromium, Sulphur</b>	⇒ <b>Broccoli, Pears, Cabbage, Grapes, Brazil Nuts, Beans</b>
<b>Chocolate</b>	⇒ <b>Magnesium</b>	⇒ <b>Almonds, Figs, Pumpkin Seeds, Yogurt, Spinach</b>
<b>Bread</b>	⇒ <b>Nitrogen</b>	⇒ <b>Beans, Peas, Lentils, Spinach, Asparagus, Legumes</b>
<b>Fatty Snacks</b>	⇒ <b>Calcium</b>	⇒ <b>Sesame Seeds, Kale, Oranges, Broccoli, Bok Choy, Almonds</b>
<b>Coffee</b>	⇒ <b>Phosphate, Sulfur, Iron</b>	⇒ <b>Black Cherries, Red Peppers, Almonds, Onions, Legumes, Garlic</b>
<b>Salty Snacks</b>	⇒ <b>Chloride</b>	⇒ <b>Celery, Lettuce, Olives, Seaweed, Tomatoes</b>
<b>Alcohol</b>	⇒ <b>Protein, Calcium, Potassium</b>	⇒ <b>Broccoli, Dried Apricots, Bananas, Kale, Legumes</b>
<b>Carbonated Drinks</b>	⇒ <b>Calcium</b>	⇒ <b>Almonds, Kale, Yogurt, Okra, Broccoli, Sesame Seeds</b>