

Cravings- The Hidden Meanings

Common Cravings	Possible Meaning	Food Interventions
Sweets	Blood Sugar Fluctuations	Fruits or High Fiber Foods such as Beans/Legumes, Complex Carbs, Grains
Chocolate	Magnesium Deficiency	Dark Chocolate, Nuts, Seeds, Fish, Leafy Greens
Salty Foods	Stress	Stress management techniques
Red Meats	Iron Deficiency	Beans/Legumes, Unsulphered Prunes, Figs, Other Dried Fruits High in Protein
Cheese or Pizza	Fatty-acid Deficiency	Raw Walnuts, Wild Salmon, Flax Seed (oil, ground)
Dehydration	Dehydration, Diabetes	Water: ½ body weight in ounces