FOOD CRAVINGS

stepintomygreenworld.com

YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE	MAGNESIUM	Nuts, seeds, veggies & fruits
SUGARY FOODS	CHROMIUM	Broccoli, grapes, cheese, chicken
	CARBON	Fresh fruits
	PHOSPHORUS	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS	NITROGEN	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS	CALCIUM	Organic milk, cheese, green leafy vegetables
SALTY FOODS	CHLORIDE	Fatty fish, goat milk
	SILICON	Cashews, nuts, seeds

Source: Coaching& Weight Management

SUGAR ADDICTION:
THE PERPETUAL CYCLE

Please feel free to share this Infograph courtesy of WeightLossNinja.org/Sugar-Detox