

THE CRAVINGS CHART

An Excerpt from Well Adjusted Babies

the cravings chart

Similar to pregnancy sometimes mothers post birth develop serious or consistent cravings. This can be a sign from your body that it's nutritional needs are not being met. The following chart may help you identify where your diet may be lacking.

<u>Craving</u>	<u>You Need</u>	<u>Where To Get It</u>
Chocolate	Magnesium	Raw nuts and seeds, legumes, Fruits
Sweets	Chromium Carbon Phosphorus Sulphur 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, legumes
Oily Snacks, Fatty Foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or Tea	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
Soda/Carbonated Drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty Foods	Chloride	Raw goat milk, fish, unrefined sea salt
Preference for Liquids	Water	Flavour water with lemon or lime. You need 8 to 10 glasses per day
Preference for Solids	Water	You have been so dehydrated for so long you have lost Your thirst. Flavour water with lemon or lime. You need 8-10 glasses per day.
Pre-Menstrual Cravings	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
General Overeating	Silicon Tryptophan Tyrosine	Nuts, seeds: avoid refined starches Cheese, liver, lamb, raisins, sweet potato, spinach Vitamin C supplements or orange, green, red fruits and vegetables

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