

## CONTROL YOUR CRAVINGS

CRAVING	NEED	EAT THIS INSTEAD
Chocolate	Magnesium	Nuts, Seeds, Legumes, Fruits
Sugary Foods	Chromium Carbon Phosphorus Sulphur Tryptophan	Broccoli, Grapes, Chicken Fresh Fruits Chicken, Beef, Fish, Nuts, Grains Cranberries, Cabbage, Kale Raisins, Sweet Potatoes, Spinach
Breads & Pasta	Nitrogen	High Protein Foods, Meat, Fish, Nuts
Oily Foods/Chips	Calcium	Green Leafy Veggies, Cheese, Organic Milk
Salty Foods	Chloride Silicon	Fatty Fish, Goat Milk Cashews, Nuts, Seeds

*Change your food, change your life!*

**Tip:**

An intense craving for any food (but usually treats) is often mistaken as hunger when it may mean you're just dehydrated.

**FYI:** Thirst is the last resort signal for dehydration. We often misinterpret the signals our body is giving us. The next time you want to reach for something sweet and/or salty try suppressing the craving with a glass of water – the results may surprise you!