



What are your *cravings* telling you?

YOU MIGHT NEED MORE:

WHAT TO EAT INSTEAD:

chocolate

Magnesium

Nuts, seeds
Avocado
Bananas

sugar

Energy, a mood boost
Chromium
Carbon
Tryptophan

Whole grains
Potatoes
Lentils, beans
Cruciferous veggies

salt

Water
Chloride
Potassium

Nuts, seeds
Water
Tomatoes, celery

carbs

Sleep
Mood boost
Nitrogen

Dark leafy greens
Sweet potatoes
Brown rice
Oatmeal

greasy

Calcium
Essential fatty acids

Eggs
Seafood
Avocado
Nuts, seeds