

# Food Craving Swaps



CRAVING	What it might be telling you	What to TRY Instead
SALT- like chips or salsa	Dehydrated, Stress response, low salt (sodium chloride)	Stay hydrated, add in an electrolyte mix (maybe Ultima brand), celery, tomatoes, olives, leafy greens, chickpeas, air popped popcorn, and manage stress
CHOCOLATE	Magnesium or chromium deficiency, low serotonin (happy hormone), B vitamins	Nuts, pumpkin seeds, a bar that is at least 75% cocoa, pet the dog or take an Epsom Salt bath
SUGAR/SWEETS	Low energy or blood sugar, poor sleep, low happy hormones like dopamine, feeling anxious or stressed, poor gut health like yeast overgrowth	Fruit (with some protein), asparagus, garlic, onions, sweet potatoes, oatmeal, pumpkin or sunflower seeds, manage stress and improve sleep
CHEESE, FRIED FOODS	Fatty acids (look out for dry skin or eyes), calcium, B12 vitamins	Nutritional yeast, olive oil, coconut oil, avocado, fatty fish (such as salmon), flax seeds, chia seeds
BREAD/CARBS/STARCHY FOODS	Low energy, blood sugar fluctuations, low serotonin, poor gut health	Fiber rich carbs like apples, bananas, root veges (sweet potatoes, beets, turnips carrots), cruciferous vegetables (broccoli, cauliflower, bok choy, brussel sprouts, cabbage), stay hydrated, consider coupling with protein to help keep your blood sugar more stable
COFFEE	Salt, sulphur, phosphorus deficiency, low energy	Use 1/2 to 1/4 of shot of caffeine in coffee, Sea salt, seaweed, garlic, cabbage, beans, lentils, improve sleep
SODA	Calcium deficiency, low energy, poor sleep	Fruit slices in water or sparkling water, add lemon juice to water, correct sleep issues, kale, sesame seeds, cheese, legumes (lentils, chickpeas)