

What Do Food Cravings Mean?

Common Food Cravings And What You Can Do About Them.



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Have you every craved a very specific food? You just needed to have a piece of chocolate and no other food would satisfy your craving, it must be chocolate? I am sure you have had carvings and I am sure you wondered why you were craving that specific food.

Cravings are not the same as hunger. Hunger is controlled by the stomach and cravings are controlled by the brain. Hunger is all about survival. A craving is your body asking you for help, it's asking you for help because you are deficient in something.

Below is a chart of most of the common food cravings, flavor cravings and eating habits you may experiencing, the reason why you may be craving that specific food and the foods you can eat to satisfy your cravings.

The next time you have a craving think about what type of food you are *specifically* craving, and then refer to the chart below to fix your craving.

Craving this:

Reason is:

Restore with this:

COMMON FOOD

Cheese	Essential Fatty Acids deficiency Calcium deficiency	Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens
Pasta, white bread, pastries	Chromium deficiency	Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato
Bread and toast	Nitrogen deficiency	Foods containing proteins, i.e.. Green leafy veg, nuts, seeds, legumes, grains

Craving this:**Reason is:****Restore with this:****Red meat**

Iron deficiency

Beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption

Popcorn

Stress hormone fluctuations

Meditation, breathing exercises, exercise, leafy greens, vitamin B and C

Crisps

Chloride deficiency

Celery, olives, tomato, kelp, Himalayan sea salt

Essential Fatty Acids deficiency

Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts

FLAVOR**Burned Food**

Carbon deficiency

Fresh fruits

Acid foods

Magnesium deficiency

Raw cacao nibs/beans/powder, whole grains, beans, nuts, seeds, greens, fruit

Salty Foods

Chloride deficiency

Celery, olives, tomato, kelp, Himalayan sea salt

Stress hormone fluctuations

Meditation, breathing exercises, exercise, leafy greens, vitamin B and C

Craving this:**Reason is:****Restore with this:****SWEETS****Chocolate**

Magnesium deficiency

Raw cacao nibs/beans/powder, whole grains, beans, nuts, seeds, greens, fruit, magnesium

Soda, fizzy drinks

Calcium deficiency

Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens

General sweets

Hypoglycemia (low blood sugar)

Fruit, high fibre foods (beans, legumes), complex carbs (grains), chromium (cinnamon)

Tryptophan deficiency

Spirulina, pumpkin/sesame/sunflower seeds, raw cacao, oatmeal, sweet potato, spinach, raisins

Chromium deficiency

Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato

Sulphur deficiency

Cruciferous vege (kale, cabbage, etc), cranberries, horseradish, asparagus, carob powder, garlic, onion

Phosphorus deficiency

Whole grains, pinto beans, pumpkin seeds, brazil nuts, lentils

Craving this:**Reason is:****Restore with this:****STIMULANTS****Coffee or black tea**

Sulphur deficiency

Cruciferous vege (kale, cabbage, etc), cranberries, horseradish, asparagus, carob powder, garlic, onion

Iron deficiency

Beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption

NaCl (salt) deficiency

Himalayan or Aztecan sea salt, Apple Cider vinegar, kombucha

Phosphorous deficiency

Whole grains, pinto beans, pumpkin seeds, brazil nuts, lentils

Alcohol, recreational drugs

Calcium deficiency

Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens

Glutamine deficiency

Cabbage, beetroot, beans, spinach, parsley, vegetable juice

Protein deficiency

Green leafy vegetable, nuts, seeds, legumes, grains, beans

Potassium deficiency

Citrus fruits, bitter green leafy veg, banana, tomato, pineapple, black olives, seaweeds

Avenin deficiency

Oatmeal, granola, cereals, whole grains

Craving this:**Reason is:****Restore with this:****Tobacco**

Silicon deficiency

Horsetail herb, nuts, seeds, oats, millet, barley, onions, whole wheat, beetroot.

Avoid refined starches

Tyrosine deficiency

Fruits (esp. avocado and banana), whole grains, oats, legumes, beans, nuts, seeds, Vitamin C, vegetables

EATING HABITS**Lack of appetite**

Chloride deficiency

Celery, olives, tomato, kelp, Himalayan or Aztec sea salt

Thiamine (Vitamin B1) deficiency

Whole grains, peanuts, seeds, beans, green and yellow vegetables

Niacin (Vitamin B3) deficiency

Peanuts, sunflower seeds, wheat bran and wheat germ

Manganese deficiency

Walnuts, almonds, pecans, whole grains, green leafy veges, pineapple, blueberries

Often overeating

Tryptophan deficiency

Spirulina, pumpkin/sesame/sunflower seeds, raw cacao, oatmeal, sweet potato, spinach, raisins

Tyrosine deficiency

Fruits (esp. Avocado and banana), whole grains, oats, legumes, beans, nuts, seeds, Vitamin C,

Silicon deficiency

Horsetail herb, nuts, seeds, oats, millet, barley, onions, whole wheat, beetroot.

Avoid refined starches

Often snacky

No balanced diet, missing nutrients

Do a detox, substitute junk food for healthy meals

MORE BIZARRE

Crunching on ice

Iron deficiency

Beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption

Laundry starch

Iron deficiency

Beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption

Cigarette butts

Iron deficiency

Beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption



Wow, there you have it! If you ever have any questions, please feel free to give me a call or drop me an email.

- Dr. Jeff Banas

For information on one-on-one exclusive coaching with Dr. Banas visit www.DrJeffBanas.com

For information on Dr. Jeff's pre-written weight loss, triathlon and running [training plans go](#)

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