

# What Do Food Cravings Mean? 21 Common Food Cravings And What You Can Do About Them.

<https://bengreenfieldfitness.com/article/fat-loss-articles/what-do-food-cravings-mean/>

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**Have you ever wanted dark chocolate so much that you didn't catch a single word during that meeting just salivating over the thought of it?**

**Or a burger so desperately that you were willing to drive an hour just to make sure you got it?**

**Have you ever left everything you were doing, and at the most inconvenient time, and during the worst weather conditions, to get to a coffee shop no matter how far, just to get a cup of coffee?**

**If so, then you are probably familiar with food cravings.**

Cravings are not quite the same as hunger...and in fact they couldn't be more different. [Hunger is controlled by the stomach](#), but cravings are controlled by the brain. Hunger is all about your survival mechanism, but cravings are all about your body communicating with you.

For example, the next time you have a craving – let’s say for something sweet – you can ask yourself: *“Is it just sugar I am craving? Will I be satisfied by sucking on a sugar cube? Or is it something more specific? Perhaps chocolate?”*

If the answer is indeed chocolate, it is your body’s way of letting you know you may be deficient in magnesium (raw cacao is one of the highest natural sources of magnesium). If you know this, you can then find all the foods that have high content of magnesium and slowly add them to your diet, which then gets rid of your sweet food cravings.

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Of course, the list goes far beyond sugar cravings, chocolate and magnesium. Below is a chart of all the common food cravings, flavor cravings and eating habits you may experience, the reason behind each craving and all the foods you can eat to fix the craving!

**Feel free to leave your questions, comments and feedback below the chart.**

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

### **COMMON FOOD**

#### Cheese

- Essential Fatty Acids deficiency [Omega 3's \(EPA and DHA\)](#)– Flax oil, ground flaxseeds, chia seeds, walnuts
- Calcium deficiency 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

#### 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](#)

## 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

## 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
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#### Alcohol, recreational drugs

- Calcium deficiency Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens
- Glutamine deficiency Cabbage, beetroot, beans, spinach, parsley, vegetable juice, [bone broth](#)
- 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

#### 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 Aztecan 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](#), veges
- 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