



Food and nutrition with naturopath **SOPHIE ATKIN**

North East Natural Health Centre

MASTER YOUR CRAVINGS	
CARBOHYDRATES	Low B vitamins, low protein, too much stress. ■ Eat more nuts, seeds, wholegrains, red meat and legumes.
SUGAR	Often due to dehydration, skipping meals, or long periods of time between meals. Not enough protein (snacking on a handful of nuts and fruit regularly can help). Not enough good fats (omega 3s) in the diet. Low B vitamins and low magnesium. ■ Eat more fish, yoghurt, nuts, seeds, avocado, olive oil and eggs.
CHOCOLATE	Low magnesium. ■ Eat more wholegrains, lima beans, green leafy vegetables, muesli, almonds,cashews, all legumes and buckwheat.
SALT	Stress and exhaustion, low zinc. ■ Eat more oysters, shellfish and fish, red meat, popcorn, sesame seeds, sunflower seeds, pepitas, walnuts, almonds, muesli, dahl, wheatgerm, tomato sauce and paste, ginger root, pecans, wholegrains, sardines and split peas.
FATS AND FATTY FOODS	Low Omega 3. ■ Eat more Vitamin E — wheatgerm and wheatgerm oil, soybean oil, almonds, sunflower seeds, walnuts, cashews, avocado and brown rice, essential fatty acids — oils, nuts, seeds, fish and avocado.
ALCOHOL	Low zinc. ■ Eat more oysters, shellfish and fish, red meat, popcorn, sesame seeds, sunflower seeds, pepitas, walnuts, almonds, muesli, dahl, wheatgerm, tomato sauce and paste, ginger root, pecans, wholegrains, sardines and split peas.
ICE	Low iron. ■ Eat more liver and organ meats, red meats, oysters, mussels, enriched cereals, molasses, green leafy vegetables, tomato paste, dahl, dried apricots, prune juice, baked beans, Jerusalem artichokes, sardines, beef, almonds, walnuts, sesame seeds, pecans and lentils.
CAFFEINE	Low vitamin C, stress and exhaustion, low protein. ■ Eat more red chilli, guava, red capsicum, brussels sprouts, citrus juice concentrate, papayas, kale, parsley, collards, kiwifruit, blackcurrants, mango, cabbage, broccoli, strawberries, lychees, oranges, sprouts, lemons, tangerines, honeydew melon, spinach and tomatoes.
<small>* Note: If you are having severe cravings or they are not being managed by diet, it is always best to talk to your health-care practitioner before self-administering supplements.</small>	



Ditch your cravings

Is there a food that you just have to have? A food that sits in the front of your mind, calling out to you, distracting you until you eat it? Perhaps it is sugar or coffee or even something slightly weird, like ice? Maybe you have a specific daily craving, or you get it when you feel tired, sick or when you are pregnant? Cravings are defined as an intense desire for a particular thing. Most of the time food cravings are infrequent and, once they have been indulged, they disappear for a time. However, sometimes they can initiate addictive patterns of eating. This is often the case with caffeine — coke or coffee — and a person feels like they cannot function without a frequent dose.



The most common times that people admit to having cravings are:

- **Children during growth spurts and teenagers.**
- **Pregnant women.**
- **Afternoon – 3 pm.**
- **Premenstrual.**
- **Stress.**

The most common foods that people crave at these times are sugar, chocolate, alcohol, caffeine or fried takeaway foods. Interestingly, these food cravings are not always due to a lack of willpower. In the above examples the cravings coincide with periods of growth (which require a larger intake of energy

and nutrients) or with a time of day (getting too hungry or leaving a long period of time between meals). Otherwise, cravings can be a sign of a certain nutritional deficiency. For these reasons it is not always easy to control food cravings just with willpower. However by identifying the cause of

the craving, you can correct the nutritional imbalance, or put in place some food rules that will make it easier for you to resist the cravings. Instead of a recipe, I have included a quick reference to help you identify the reasons for your food cravings and some suggested foods to eat to correct the imbalance.