

FOOD CRAVINGS & SOURCES

Food cravings are often our body's way of signaling nutrient deficiencies.

Understanding these cravings and addressing the underlying nutritional needs can help maintain a balanced diet and a healthier lifestyle. This guide provides insights into common cravings, the nutrients you might need, and healthy Indian food sources to fulfill those requirements. By focusing on these nutrient-dense options, you can better manage cravings, improve overall health, and make informed food choices tailored to your needs.

Indian Food Sources for Nutrient Needs

If You Crave/Experience	You Might Need	Indian food that includes it
Pre-menstrual cravings	Zinc	Lentils, chickpeas, pumpkin seeds, cashews, spinach, sesame seeds
General overeating (Tryptophan)	Tryptophan	Cottage cheese (paneer), lentils, almonds, sweet potato
General overeating (Tyrosine)	Tyrosine	Oranges, carrots, tomatoes, beetroot, guavas
Chocolate (Magnesium)	Magnesium	Pumpkin seeds, sunflower seeds, green leafy vegetables, dark chocolate
Chocolate (Chromium)	Chromium	Broccoli, jaggery, cashews, chicken
Chocolate (Carbon)	Carbon	Fresh fruits like guavas, apples, pears
Sweets (Phosphorus)	Phosphorus	Lentils, paneer, eggs, dairy products, whole grains

If You Crave/Experience	You Might Need	Indian food that includes it
Sweets (Sulfur)	Sulfur	Garlic, onions, radishes, cruciferous vegetables like cauliflower
Sweets (Tryptophan)	Tryptophan	Cottage cheese, moong dal, spinach, bananas
Bread or toast (Nitrogen)	Nitrogen	Lentils, kidney beans, chana dal, lean meats (chicken, fish)
Fatty foods (Calcium)	Calcium	Ragi, sesame seeds, paneer, almonds, green leafy vegetables
Fatty foods (Phosphorus)	Phosphorus	Rajma, lentils, peanuts, chicken, eggs
Coffee or tea (Sodium)	Sodium (Salt)	Pink Himalayan salt, coconut water, chaas (buttermilk)
Coffee or tea (Iron)	Iron	Dates, jaggery, drumstick leaves (moringa), bajra

If You Crave/Experience	You Might Need	Indian food that includes it
Alcohol or recreational drugs (Avenin)	Avenin	Oats and millets
Alcohol or recreational drugs (Calcium)	Calcium	Ragi, sesame seeds, paneer
Alcohol or recreational drugs (Glutamine)	Glutamine	Cabbage, pumpkin seeds, raw banana flour
Salty foods (Chloride)	Chloride	Rock salt, lemon pickle, fermented foods like idli and dosa
Cool drinks (Manganese)	Manganese	Walnuts, pecans, pineapple, jackfruit
Cool drinks (Silicon)	Silicon	Bananas, cucumbers, sesame seeds

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