

Calm Parent

Pregnancy Food Cravings Chart & How to Satisfy Them!

Pregnancy craving	Possible deficiency	What to eat	Comments
Caffeine	Iron Phosphorus Sulfur	Iron - leafy greens, red meat and other meats Phosphorus – seafood, full fat dairy if tolerated (prefer plain/unsweetened organic) Sulfur - broccoli, garlic, onions, cauliflower, grass-fed red meat	If you're having dairy, preferably full fat, plain/unsweetened and organic. Grass-fed red meat and organic meats are also preferable. Ensure seafood and meats are fully cooked before eating. Note: listeria may be present in uncooked meats, unpasteurized dairy and processed foods.
Carbohydrates	Protein Nitrogen	Fish, nuts, red peppers and meat (Fish oil can also help stabilize your blood sugar and curb carb cravings)	It's important to ensure fish is ethically caught and lower on the food chain to avoid mercury contamination.
Chocolate	Magnesium	Nuts, seeds, fish and cucumber	Coconut milk is a great nutrient dense base for ice cream and chocolate sauces.
Fast Food	Healthy fats	Fish oil, avocado, nuts/seeds, coconut/olive oil	Fast food
Meat	Iron Fat Vitamin B12	Olive oil, avocado, nuts and meats (preferably grass-fed and organic meat)	Meat
Pickles & Ice Cream	Protein Calcium	Canned salmon and sardines (with bones), dark leafy greens (collards, spinach, turnip, bok choy), dried seaweed, sesame seeds, nopales (edible cactus), scallops and home-made bone broth	These indicate very similar deficiencies, namely calcium and calcium absorption: ice cream, the need for more protein and calcium, and pickles have vinegar which helps release calcium into the bloodstream. The foods listed satisfy both criteria (most non-dairy sources of calcium come ready packaged by nature with everything needed to assist the body in its absorption). They are often craved together for this reason.
Salt	Manganese Vitamin C Vitamin E Vitamins B1 & B5 Electrolytes (salt)	Leafy greens and berries	You could also try Himalayan sea salt in water.
Sugar	Sulfur Chromium Tryptophan	Broccoli, eggs, fruit, nuts, spinach and full fat dairy, if tolerated (preferably plain/unsweetened and organic)	Protein generally should help stabilize blood sugar.