What to eat instead

WHEN YOU HAVE CRAVINGS!

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When you crave this…	*What your body wants...*	*Healthy choices of foods rich in what your body wants:*
Chocolate	Magnesium	Raw nuts, seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, toast	Nitrogen	High protein foods: fish, meat, nuts, beans
Greasy snacks, fatty foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or tea	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish and poultry, seaweed, greens, black cherries
Chewing ice	Iron	Meat, fish, poultry, seaweed, greens, black cherries
Carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Acid foods	Magnesium	Raw nuts and seeds, legumes, fruits

This chart adapted from “CHOOSE YOUR FOODS: Like Your Life Depends on Them” by Colleen Huber, NMD 2007

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Eat a Rainbow Every Day!

Phytonutrient Checklist for Kids

✓ Get 2 or more servings of each color each day!

Red
Apples
Cherries
Kidney Beans
Pomegranate
Radishes
Strawberries
Sweet red bell peppers
Tomato

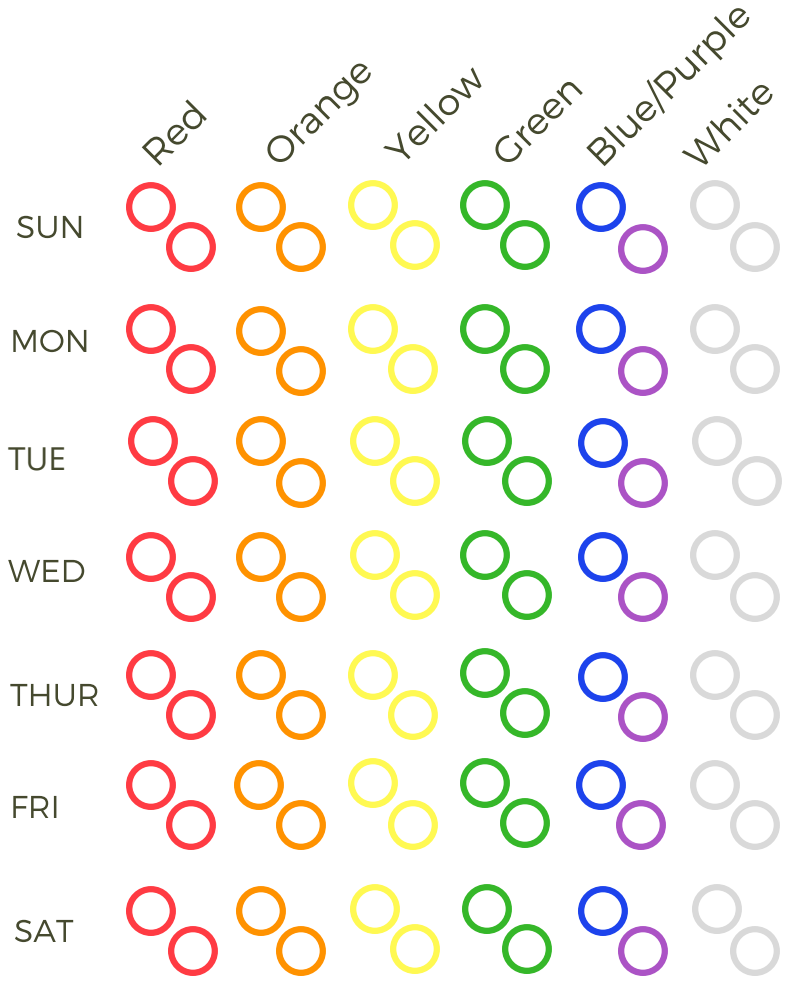
Orange
Apricot
Bell peppers
Butternut squash
Cantaloupe
Mango
Nectarine
Sweet potato
Carrot
Orange

Yellow
Bell peppers
Lemon
Corn
Spaghetti squash
Starfruit
Succotash
Yellow squash

Green
Asparagus
Avocado
Bean sprouts
Bell peppers
Broccoli
Brussels sprouts
Cabbage
Celery
Chard
Cucumbers
Greens
Green beans
Green peas
Olives
Snow peas
Kale

Blue/Purple
Blackberries
Blueberries
Cabbage(purple)
Dates
Eggplant
Grapes
Kale(purple)
Plums
Raisins

White
Bean dips
Garlic
Hummus
Legumes
Nuts/Seeds
Onions
Shallots
Tahini



How many servings did you get today? ____ ____ ____ ____ ____ ____

Did you get all of the colors today? ____ ____ ____ ____ ____ ____

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THE FUNCTIONAL PERSPECTIVE QUICK STRATEGY GUIDE

DAILY FOOD & LIFESTYLE JOURNAL

TIME	TYPE OF FOODS / ACTIVITY	MACRONUTRIENTS / PHYTOCHEMICALS
Waking		
Breakfast		_____ P _____ F _____ C ☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR
Snack		_____ P _____ F _____ C ☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR
Lunch		_____ P _____ F _____ C ☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR
Snack		_____ P _____ F _____ C ☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR
Dinner		_____ P _____ F _____ C ☐ R ☐ O ☐ Y ☐ G ☐ B/P/BL ☐ W/T/BR
Bedtime		

P: Proteins; F: Fats; C: Carbohydrates; R: Red; O: Orange; Y: Yellow; G: Green; B/P/BL: Blue/Purple/Black; W/T/BR: White/Tan/Brown

Sleep & Relaxation	Exercise & Movement	Stress	Relationships
Amount of Sleep: Quality of Sleep: (poor, fair, good) Relaxation (Yes/No) Type:	Type of activity: Duration:	Stress Reduction: Stressors:	Supportive: Non-Supportive:

Mental	Emotional	Spiritual

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OPPORTUNITIES FOR REGAINING HEALTH

NOTES

- [ ] Quality of Sleep
- [ ] Quantity of Sleep
- [ ] Quality of Food
- [ ] Quantity of Food
- [ ] Activity Balanced
- [ ] "Self" time
- [ ] Toxic Exposures
- [ ] Chemicals?
- [ ] Molds?
- [ ] Pathogens?
- [ ] Relationships/Emotional?
- [ ] Laughter
- [ ] Permission to make mistakes?

- [ ] Put together a timeline
- [ ] Compile history and symptoms
- [ ] Identify patterns

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OPPORTUNITIES FOR REGAINING HEALTH

SLEEP STRATEGY

FOOD STRATEGY

ACTIVITY STRATEGY

TOXIN STRATEGY

STRESS STRATEGY

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Do the Prescriptions You Take Deplete Your Nutritional Status?

SOURCE: DRUG-INDUCED NUTRIENT DEPLETION HANDBOOK, 2nd EDITION

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTACIDS/ULCER MEDICATIONS	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Folic Acid	Birth defects, cervical dysplasia, anemia, heart disease, cancer risk
Pepcid, Tagamet, Zantac, Prevacid,	Vitamin D	Osteoporosis, muscle weakness, hearing loss
Prilosec, Magnesium & Aluminum	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
antacids	Iron	Anemia, weakness, fatigue, hair loss, brittle nails
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
ANTIBIOTICS	B Vitamins	Short term depletion effects are minimal, but failure to re-inoculate the
Gentamycin, neomycin, streptomycin,	Vitamin K	GI tract with beneficial bacteria (probiotics) often results in dysbiosis which
cephalosporins, penicillins		causes gas, bloating, decreases digestion & absorption of nutrients, and may
		also lead to a variety of other health problems.
Tetracyclines	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Iron	Slow wound healing, fatigue, anemia
	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
CHOLESTEROL DRUGS	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Lipitor, Crestor, Zocor and others		
ANTI-DEPRESSANTS	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Adapin, Aventyl, Elavil, Pamelor,	Vitamin B2	Problems with skin, eyes, mucous membranes and nerves
& others		
Major Tranquilizers (Thorazine,		
Mellaril, Prolixin, Serentil & others)		
FEMALE HORMONES	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
Estrogen/Hormone Replacement	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Oral Contraceptives	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
	Vitamin B2	Problems with skin, eyes, mucous membranes and nerves
	Vitamin B3	Cracked, scaly skin, swollen tongue, diarrhea
	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Vitamin C	Lowered immune system, easy bruising, poor wound healing
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Selenium	Lower immunity, reduced antioxidant protection
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
ANTICONVULSANTS	Vitamin D	Osteoporosis, muscle weakness, hearing loss
Phenobarbital & barbituates	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Dilatin, Tegretol, Mysoline	Biotin	Hair loss, depression, cardiac irregularities, dermatitis
Depakane/Depacon	Carnitine	Various cardiovascular problems, weak immune system, low energy
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
	Vitamin K	Blood coagulation, skeletal problems
	Copper	Anemia, fatigue, cardiovascular and connective tissue problems
	Selenium	Lower immunity, reduced antioxidant protection
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction

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DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTI-INFLAMMATORIES	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
Steroids: Prednisone, Medrol,	Vitamin D	Osteoporosis, muscle weakness, hearing loss
Aristocort, Decadron	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
	Vitamin C	Lowered immunity, easy bruising, poor wound healing
	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Selenium	Lower immunity, reduced antioxidant protection
	Chromium	Elevated blood sugar, cholesterol & triglycerides, diabetes risk
NSAIDS (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene, Naprosyn and others)	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Aspirin & Salicylates	Vitamin C	Lowered immune system, easy bruising, poor wound healing
	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Iron	Anemia, weakness, fatigue, hair loss, brittle nails
	Vitamin B5	Fatigue, listlessness, and possible problems with skin, liver and nerves
DIURETICS	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
Loop Diuretics (Lasix, Bumex,	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
Edecrin)	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
Thiazide Diuretics (HCTZ, Enduron,	Vitamin B6	Depression, sleep disturbances, increased heart disease risk
Diuril, Lozol, Zaroxolyn, Hygroton	Vitamin C	Lowered immunity, easy bruising, poor wound healing
and others)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
	Potassium	Irregular heartbeat, muscle weakness, fatigue, edema
	Sodium	Muscle weakness, dehydration, memory problems, loss of appetite
Potassium Sparing Diuretics	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
CARDIOVASCULAR DRUGS	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Antihypertensives (Catapres,	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
Aldomet)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
ACE Inhibitors (Capoten, Vasotec, Monopril & others)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Beta Blockers (Inderal, Corgard, Lopressor and others)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
DIABETIC DRUGS	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Metformin	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Folic Acid	Birth defects, cervical dysplasia, anemia, heart disease, cancer risk
Sulfonylureas (Tolinase, Micronase/Glynase/DiaBeta)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
ANTIVIRAL AGENTS	Carnitine	Increased blood lipids, abnormal liver function and glucose control
Zidovudine (Retrovir, AZT & other	Copper	Anemia, fatigue, cardiovascular and connective tissue problems
related drugs)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
Foscarnet	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Potassium	Irregular heartbeat, muscle weakness, fatigue, edema