

NUTRITION IN RECOVERY

Let food be your medicine.
-Hippocrates



Recovery from substance abuse can be noticeably improved through good nutrition.

Benefits of Good Nutrition:

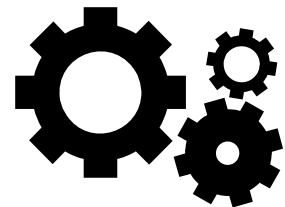
- Reduce withdraw symptoms and cravings
- Detoxify the body from harmful affects of substance abuse
- Decrease stress
- Increase energy and mental clarity
- Stabilize and improve moods

Fueling the
Mind-body
Machine

Like an engine our body and mind run on fuel.

Eat good, natural fuel - we feel good and our engine is humming along.

Eat artificial, processed fuel - we feel bad and our engine runs choppy and slow.



High-octane Recovery Foods

Tip: Shop the outside aisles of the grocery store

This will help you find foods in their natural form for your weekly menu.

These include:

- Recovery Fruits- 2-3 servings a day

- | | | | |
|--------------------------------------|--------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Apricots | <input type="checkbox"/> Bananas | <input type="checkbox"/> Blackberries |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Dates | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Kiwis | <input type="checkbox"/> Lemons | <input type="checkbox"/> Mangoes | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Papayas | <input type="checkbox"/> Peaches | <input type="checkbox"/> Pears | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Raisins | <input type="checkbox"/> Raspberries | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Watermelon |

- Recovery Vegetables- 4- 7 servings a day

- | | | | |
|--|---|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Avocados | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Brussel Sprouts | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Chicory | <input type="checkbox"/> Corn | <input type="checkbox"/> Cucumbers |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Kale | <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Onions | <input type="checkbox"/> Parsley | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Romaine Lettuce | <input type="checkbox"/> Potatoes in skin | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Sweet Peppers | <input type="checkbox"/> Sweet Potatoes | <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Squash |

Disclaimer- I am not a medical doctor, dietician or nutritionist. You should consult with your doctor or nutritionist before making any changes in diet, especially if you have a health condition or are taking medications.



- Recovery Proteins- 1 small serving with each meal

- Lean Poultry
- Walnuts
- Sunflower seeds
- Almonds
- Hazelnuts
- Cashews
- Organic eggs
- Beans/Legume (Black, Pinto, Lentil, peas, etc.)
- Protein Powder (Hemp, Brown Rice, Whey)
- Wild Salmon or other wild caught fish

- Recovery Fats- In small amounts



- Avocados
- Extra-Virgin Olive Oil
- Coconut oil
- Walnuts
- Organic Butter
- Flax seeds or Oil
- Hemp Seeds or Oil
- Macadamia Oil
- Safflower Oil



- Recovery Whole Grains- 1-2 serving per day

- Oatmeal
- Brown Rice
- Quinoa
- Barley
- Amaranth
- Millet
- Rye
- Flax
- Buck Wheat
- Spelt
- Whole Wheat

This information can be found in **Eating for Recovery** by Molly Siple, MS, RD. This book is also a great source of recipes.

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TIPS- FOR FUELING UP

1. Eat Breakfast every day.

Eggs with veggies (kale, spinach, broccoli, sweet peppers, asparagus,

etc.), Oatmeal with fruit, Protein shake, Fresh fruit



2. Eat one small serving of healthy protein with each meal.



3. Use your Blender!

Protein shakes, and fruit smoothie are fast and easy to make. Try rice milk instead of cow's milk or yogurt.

4. Start drinking filtered or spring water and other healthy fluids throughout the day.

It helps to remember to drink water when you have your own water bottle. Other good drinks are decaffeinated green and herbal teas, a couple ounces of fruit juice mixed with sparkling water, and green veggie juices. Reduce or avoid drinks with caffeine, sugar and artificial sweeteners.



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5. Eat three meals a day.

This will help to keep you blood sugar stable. When we skip meals our blood sugar drops we get irritable, experience brain fog and are more vulnerable to relapses.

6. Add more Fruits and Vegetables.

“Make salad the main dish.” This is what Dr. Fuhrman recommends to help us get all our serving of vegetables each day.



King of nutritious foods - dark green leafy vegetables. Kale, spinach and other green leafy vegetables have the most vitamins and minerals. One way to get more spinach is to throw one or two handfuls into you smoothie or protein shake

Fruit smoothies and juicing vegetables are a great way to add in more fruits and veggies each day.

7. Take a high-potency multivitamin.

Jack Challem in his book The Food-Mood Solution writes that high-potency multivitamins are good all-round mood and mind enhancers. A good brand is Source Naturals- Life Force Multiple. It is best to buy your multivitamins at a natural health store or at www.vitacost.com



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Nutrition in Recovery Resources

Books:

Eating for Recovery by Molly Siple, MS, RD

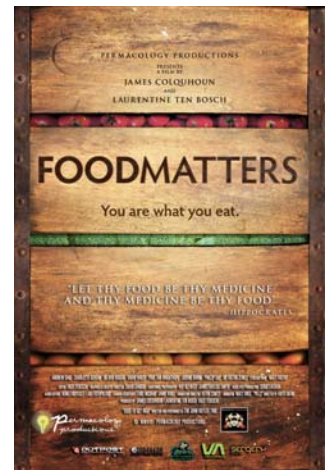
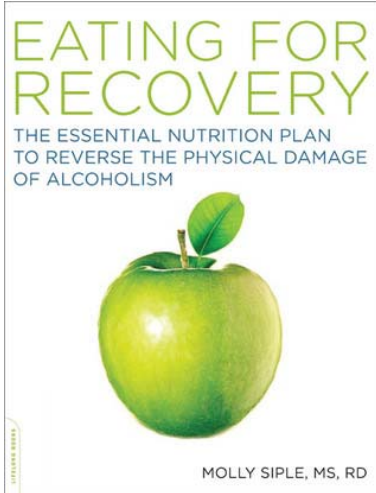
The Food-Mood Solution by Jack Challem

Potatoes not Prozac by Kathleen DesMaisson, Ph.D.

Eat to Live by Joel Fuhrman, M.D.

Eating Well for Optimum Health by Andrew Weil, M.D.

Superfoods by David Wolfe



Video

Food Matters- on Netflix

Local Natural Health Stores

Community Pharmacy- 341 State St. (at Gorham)

Green Earth- 6333 University Ave.

Apple Wellness- 6313 McKee Road, Suite 100
Fitchburg, Wisconsin 53719

Local Natural Food Grocers

Willy Street Co-op

Farmer's Markets

Trader Joe's

Whole Foods

