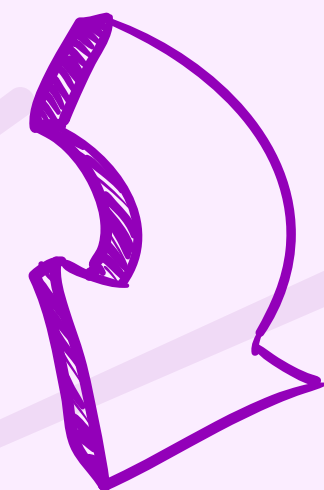




Nearly 60 % of the human brain is fat

Build Your Brain With Healthy Fats that



Reduce drug and alcohol cravings

Rebuild the brain

REDUCE INFLAMMATION

Improve sleep

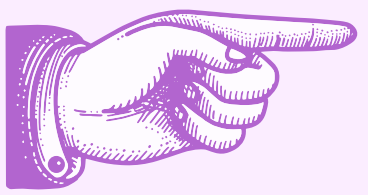
IMPROVE MOOD



“Brain-gains” start with healthy fats



Where Can I Get Healthy Fats?



Omega 3

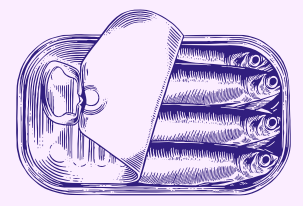
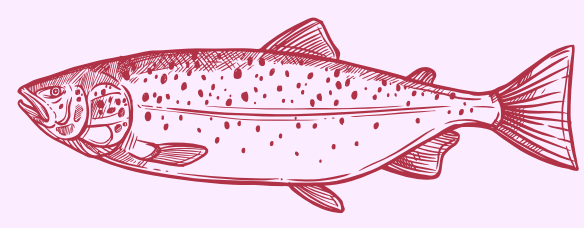


Other healthy fat sources



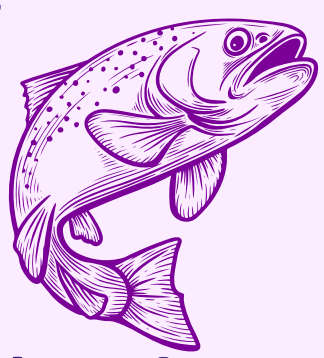
Fatty Fish (highest in omega-3s)

Salmon



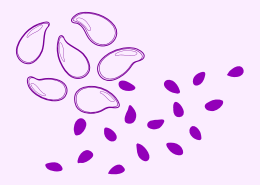
Sardines

Trout



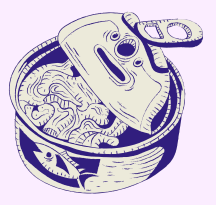
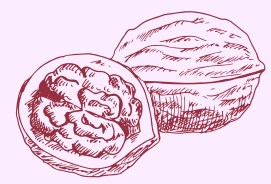
Oysters and mussels

Mackerel



Flaxseed and chia seeds

Walnuts

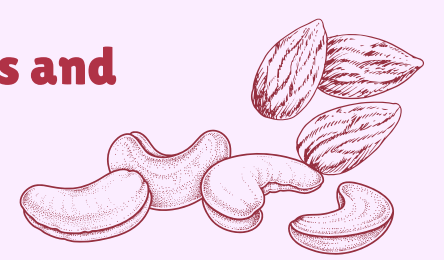


Albacore Tuna



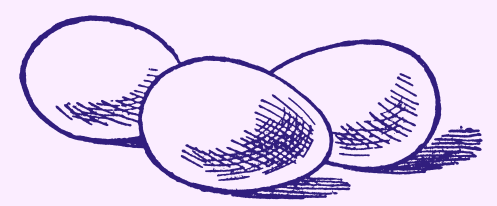
Canola oil, olive oil and fish oil

Pine nuts, almonds and cashews



Sunflower seeds, pumpkin seeds, sesame seeds

Eggs



During recovery, it's common to experience mood swings, feelings of depression, or anxiety

Improve Your Mood

Eating healthy fats, like omega-3s, may help support a balanced mood



Healthy fats improve brain communication

Healthy fats support better focus, clearer thinking and sharper memory

Healthy fats help support better mood

Helps your brain use "feel good" chemicals like serotonin and dopamine and helps build emotional stability



Calms inflammation that affects mood and helps reduce depression and anxiety

Helps reduce mood swings and stress



Improve Your Sleep

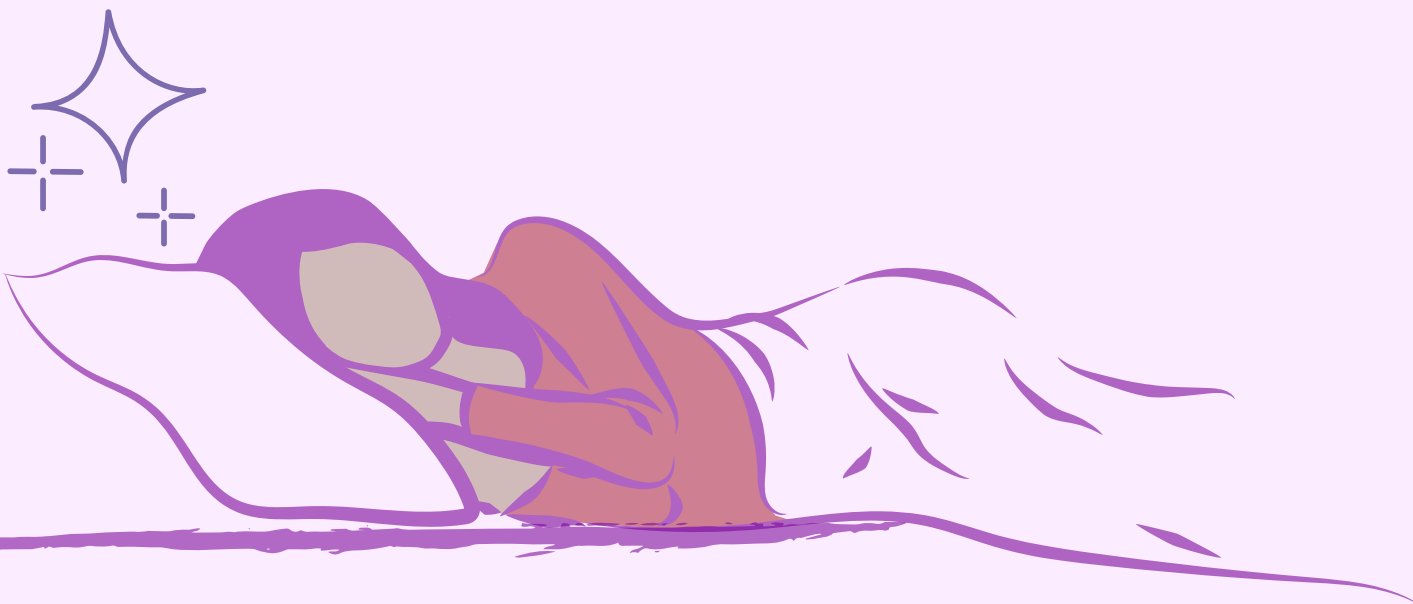
Poor sleep is a major relapse trigger

Healthy fats:

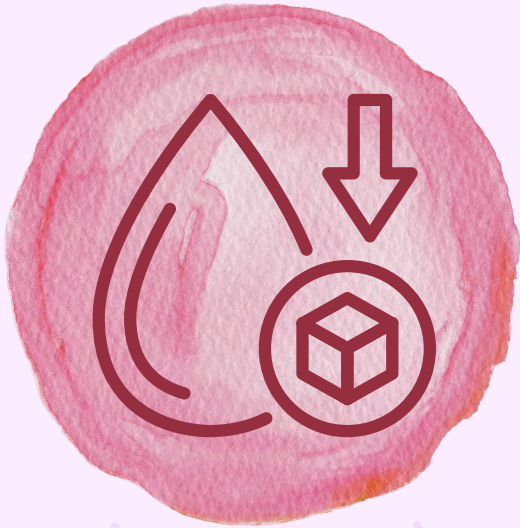
**Help regulate
sleep patterns**

**Support the body's
natural sleep hormone
(melatonin)**

**Reduce anxiety
that can make it hard to fall or
stay asleep**



Reduce Cravings



Healthy fats stabilize blood sugar which can reduce sudden cravings

Healthy fats help balance mood, which may lower the urge to use substances to cope



Omega-3s support brain health, helping improve focus and decision-making

Omega-3s may help reduce stress and anxiety, which are common triggers for cravings





Tasty Tuna Salad

Makes 4 servings

Ingredients:

- 3 (5-ounce) cans tuna packed in water, drained and flaked
- 1/3 cup mayonnaise
- 1/3 cup non-fat plain Greek-style yogurt
- 1/4 cup finely chopped red onion
- 1/4 cup finely chopped celery
- 2 tablespoons sweet pickle relish
- 1 tablespoon lemon juice
- Salt and pepper to taste



Directions:

1. In a medium bowl, combine tuna, mayonnaise, yogurt, red onion, celery, relish and lemon juice.
2. Season to taste with salt and pepper. Serve immediately or cover and chill until serving.



Tasty Tip: Serve on whole wheat bread or rolls, on whole grain crackers, or over mixed lettuce greens!