

# NUTRITION IN RECOVERY IS

## ESSENTIAL

**EAT A VARIETY OF FOODS TO GET THE 6 ESSENTIAL NUTRIENTS**

✓ **PROTEIN**

✓ **FATS**

✓ **CARBOHYDRATES**

✓ **VITAMINS**

✓ **MINERALS**

✓ **WATER**





# *Energy packed* **CARBOHYDRATES:**

***Carbohydrates give your brain steady energy, which can help improve mood, focus, and sleep during recovery***

***Eating enough carbohydrates helps keep your blood sugar stable, which can lower cravings and reduce risk of relapse***

***Carbohydrates support your body's healing process by providing energy so your muscles, organs, and liver can repair themselves***

***Having regular carbohydrates in your meals can help your body handle stress better, which is important because stress can trigger cravings***

# *Focus on healthy* **FATS**

***Eating healthy fats helps provide energy and control hunger, which can reduce cravings that may trigger relapse***

***Healthy fats, especially omega-3s, can help improve mood and reduce depression and anxiety, which are common in recovery***

***Healthy fats help repair and protect the brain, supporting memory, focus, and emotional control during recovery***

***Healthy fats support hormone balance and stress regulation, helping the body cope with daily stress during recovery***

***Eating protein with meals helps keep blood sugar steady, which can reduce hunger and cravings that may trigger relapse***

***Protein supports the immune system, helping the body fight illness***

# *Look for lean* **PROTEIN**

***Protein supplies the building blocks for brain chemicals that support mood, focus, and motivation during recovery***

***Protein helps repair muscles, organs and tissues, supporting physical healing after substance use***



# *Eat a variety of* **VITAMINS**

***Vitamins support your immune system and healing, helping your body recover from the physical effects of substance use***

***Vitamins help your body manage stress and improve sleep, which are important for staying healthy in recovery***

***Vitamins help your body turn food into energy, which can reduce tiredness and help you feel more alert during the day***

***Vitamins help support brain health and mood, which can improve focus, memory, and emotional balance during recovery***





# *Wonderful* **WATER**

***Water supports brain function and mood, helping with focus, memory, and emotional balance in recovery***

***Staying hydrated can help reduce withdrawal symptoms such as headaches, nausea, fatigue, and dizziness***

***Proper hydration improves energy and physical comfort, helping prevent muscle cramps, constipation, and extreme tiredness***

***Drinking enough water helps your body flush out waste and toxins, supporting healing in recovery***