



Welcome to Healthy Eating and the Pathway to Wellness

- Please take this opportunity to complete your pre-quiz and your attendance form.
- Fax them both to your Community Nutrition Advisor at 780-495-7338 or email them to hc.abnutrition.sc@canada.ca
- We will begin soon!





Healthy Eating and the Pathway to Wellness



Aftercare and Treatment Centre
Resource Training Session





Welcome!

- Today's training will be about 60 minutes long.
- It will include:
 - An introduction to the Alberta Nutrition Advisory Team
 - An overview of the Treatment Centre Resource
 - Practice using the resource
 - A mock session with the Aftercare Resource
 - Discussion
 - Evaluation and post-quiz
- Feel free to ask questions at any time.



The Alberta Nutrition Advisory Team

- About us
 - We are Registered Dietitians that can help you with your nutrition priorities.
 - We can work with health centres, child-care facilities, schools, treatment centres, and other community-based programs.
- How we can help
 - Teach you about nutrition and how to include it in your programs
 - Assist with menu planning and managing client food allergies
 - Train workers to use resources like this one
- Team Members
 - Regional Nutritionist, Laura White
 - Community Nutrition Advisors
 - Laurina Eskow
 - Kathleen Gibson
 - Erin Bligh
 - Audrey Inouye



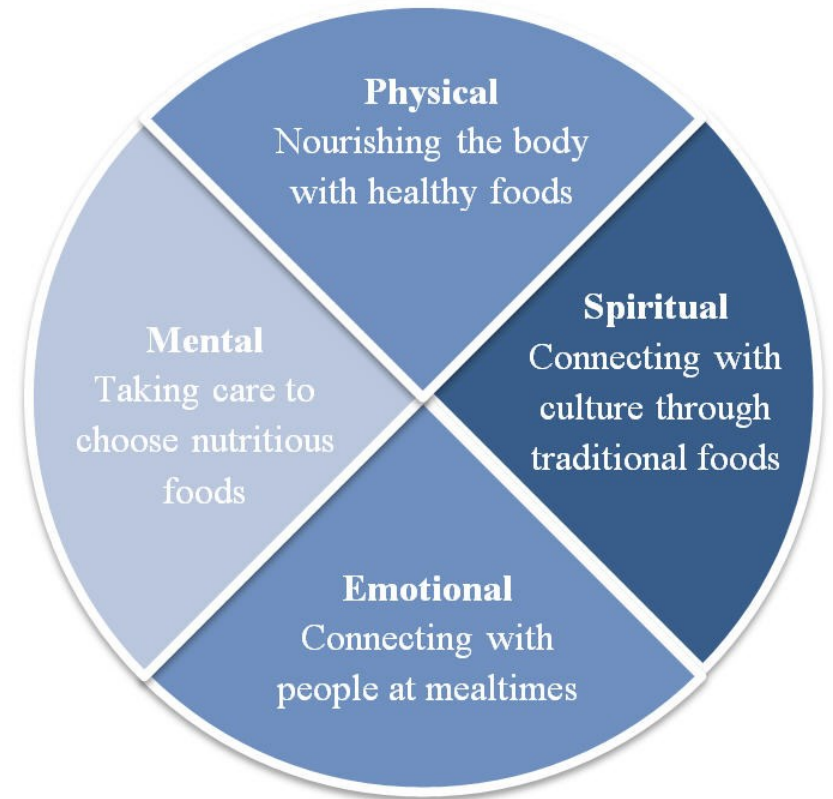
Why were these resources developed?

- The directors of Alberta NNADAP treatment centres expressed a need for a nutrition resource for workers and clients.
- Two resources were created
 - Treatment Centre (TC) Resource about using food to manage symptoms clients may be experiencing
 - Aftercare Resource about healthy eating in recovery and in the community
- Together, these resources promote the role of nutrition in the pathway to wellness from managing symptoms to improving overall wellbeing.



Nutrition is Important

- Healthy food is important for a successful journey.
- Healthy food helps the body heal, and a healthy body helps a healthy mind.
- Healthy eating is part of holistic wellness. It involves all four aspects of wellness.





Who are the resources for?

- The **TC Resource** is for workers at NNADAP Treatment Centres in Alberta.
- It is available as a PDF.

Headaches

Key points:

- Drink plenty of fluids.

	Foods that Help:	Foods that Don't Help:
Vegetables & Fruit	Foods in this category have little or no effect on headaches.	
Grains & Starches	✓ Whole-grain bread, bannock, pasta, and rice	✗ White bread
Proteins	Low fat/ Low sodium protein: ✓ Baked chicken, fish ✓ Boiled or poached eggs ✓ Beans, lentils	✗ Smoked fish*, chicken liver*, bacon, hot dogs, and salami ✗ Nuts* ✗ Dairy products* and aged cheese*
Snacks	Low fat/ Low sodium snacks	✗ Pastries, doughnuts ✗ Chocolate
Drinks	✓ Healthy drinks	

*These foods can be introduced when the headaches go away.

Low Appetite

Key points:

- Choose foods that are full of nutrition.
- Drink fluids at least 30 minutes before or after meals.

	Foods that Help:	Foods that Don't Help:
Vegetables & Fruit	✓ Dried fruit	No need to avoid specific foods in this category.
Grains & Starches	✓ Pasta salad, potato salad	✗ White bread ✗ Fried and greasy foods
Proteins	✓ Tuna, chicken, egg, and bean salads ✓ Cheese, cottage cheese ✓ Nuts, nut butters	✗ Sausage, hot dogs, deli meats, bacon
Snacks	✓ Crackers, muffins ✓ Trail mix, nuts, seeds	✗ Pastries and doughnuts ✗ Potato chips, greasy snacks
Drinks	✓ Healthy drinks ✓ Smoothies ✓ 100% fruit juice	✗ Drinks with caffeine ✗ Soft drinks ✗ Broth-based soups*

*These foods can be introduced when the client's appetite comes back.



Who are the resources for?

- The **Aftercare Resource** is for NNADAP workers and clients.
- It is available as a PDF and meant to be given out with a copy of Canada's Food Guide.



Healthy Eating and Your Pathway to Wellness

A resource for NNADAP clients and workers

Why is Healthy Eating Important?

Healthy eating feeds your mind, body and spirit.

Your body uses the food you eat to help you heal. This means that choosing healthy foods will help you during your pathway to wellness.

Overall, healthy eating habits can:

- Help your organs heal
- Increase your energy levels
- Reduce your risk of relapse
- Help you maintain a healthy weight

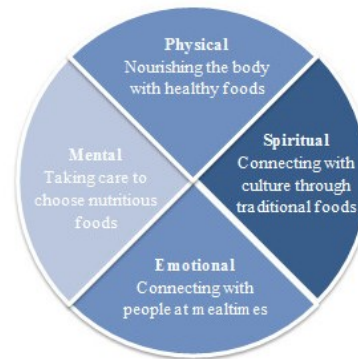
The Pathway to Healthy Eating

- **Enjoy foods from the land.** These foods give your body more nutrition than processed foods.
- **Eat regular meals.** Eat a small meal within the first hour of waking up. Eat a snack or small meal every 2–3 hours after that.
- **Eat balanced meals.** Choose foods from all 4 food groups from [Eating Well with Canada's Food Guide](#) at each meal to give your body the nutrients it needs to heal and stay well.
- **Drink plenty of fluids.** Choose water instead of juice or pop to satisfy your thirst.

Enjoy Foods from the Land

Foods from the land are foods that are close to their natural state. They often have more nutrition than foods that are processed. Processed foods include foods like canned soups, packaged meals and snacks, and fast food. These foods are often high in fat, sugar, and sodium. Eating processed foods has been linked to increased risk of diabetes, heart disease, and cancer.

Foods from the land are important because they help connect your body to nature.





Treatment Centre Resource

- Includes information on
 - The importance of nutrition on the Pathway to Wellness
 - Fluid needs for adults and teens
 - Foods that help, and foods that don't help with:
 - Nausea, vomiting, and/or diarrhea
 - Headaches
 - Low appetite



The Role of Nutrition in the Pathway to Wellness

A resource for NNADAP treatment centres

Nutrition links the social, emotional, spiritual, and physical dimensions of health.

You can help your client heal their mind, body, and spirit by helping them eat healthy. Substance use damages the body. This damage can cause withdrawal symptoms when someone stops using the substance. Some of these symptoms make it difficult to eat. It's important that your client eats enough so their body can heal the damage.



Some foods can make withdrawal symptoms better or worse. This handout has information about foods and drinks that may help when a client is having withdrawal symptoms. You can use this handout to help you make changes to your menu for clients who have these symptoms.

Some foods can make symptoms worse even though they are healthy choices. These foods

are marked with a star (*). They can be served once the client feels better.

Offer Healthy Fluids

Your client needs fluids to heal. Vomiting and diarrhea cause their bodies to lose fluids. Dehydration and headaches can be caused by not getting enough fluids.

How much fluid does my client need?

Adults need 9–12 cups (2.2-3 L) per day.
Teens need 7–10 cups (1.8-2.6 L) per day.

Here are examples of healthy drinks:

- ✓ Water
- ✓ Herbal tea
- ✓ Broth-based soup
- ✓ Milk (1%, 2%, or chocolate)

Drinks with caffeine include coffee, black tea, cola, energy drinks. **Sugary drinks** include 100% fruit juice, soft drinks, sports drinks, and punch. These drinks should be limited.

For more information, please contact:

Laura White, RD
 Regional Nutritionist
 Indigenous Services Canada – Alberta Region
 Phone: 780-495-5418
 Fax: 780-495-7338
 Email: laura.white@canada.ca



Using the Tables

Nausea, Vomiting, and/or Diarrhea

Help your client:

- Drink plenty of fluids.
- Choose foods that are easy to digest. Starchy, plain foods (e.g. bannock, rice) are easy to digest.
- Avoid spicy, smelly, or greasy foods.

	Foods that Help:	Foods that <u>Don't</u> Help:
Vegetables & Fruit	<ul style="list-style-type: none"> ✓ Boiled carrots, green beans, squash ✓ Apple sauce, bananas, canned fruit (in juice) 	<ul style="list-style-type: none"> ✗ High fibre foods* (peas, berries, broccoli, cabbage)
Grains & Starches	<ul style="list-style-type: none"> ✓ White bread, English muffins, cereal, bannock ✓ Peeled potatoes, pasta, white rice 	<ul style="list-style-type: none"> ✗ Fried and greasy foods ✗ High fibre foods* (shredded wheat, bran cereals)
Proteins	<ul style="list-style-type: none"> ✓ Baked chicken and fish, cooked eggs (not fried) ✓ Yogurt with probiotics 	<ul style="list-style-type: none"> ✗ Sausage, hot dogs, deli meats, bacon ✗ Spicy foods ✗ Beans*, lentils*
Snacks	<ul style="list-style-type: none"> ✓ Crackers, digestive cookies, rice cakes 	<ul style="list-style-type: none"> ✗ Pastries, doughnuts ✗ Potato chips, greasy snacks
Drinks	<ul style="list-style-type: none"> ✓ Healthy drinks** ✓ Ginger ale (nausea only) 	<ul style="list-style-type: none"> ✗ Drinks with caffeine ✗ Sugary drinks

* These foods can be introduced when nausea, vomiting, and/or diarrhea go away.

** Do not offer milk to someone with severe diarrhea



Using the Tables

Headaches

Key points:

- Drink plenty of fluids.

Foods that Help:

Foods that Don't Help:

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Let's practice!

- Imagine a client is eating this for lunch:

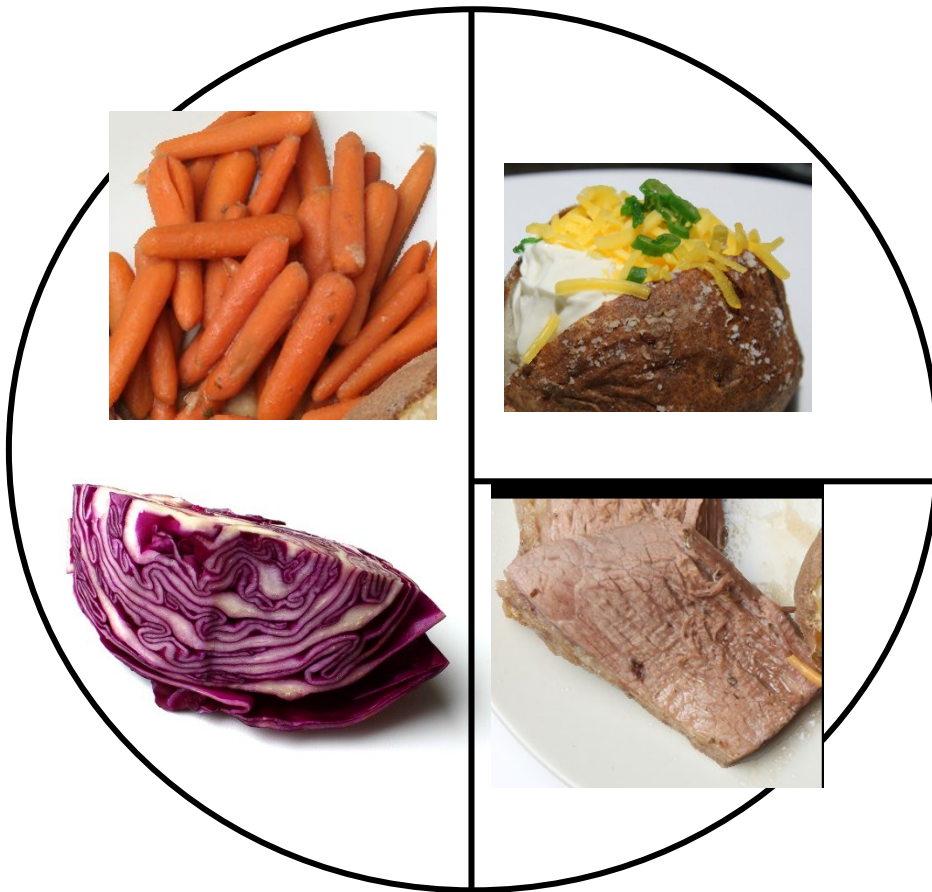


- What changes could you make for a client that
 - is nauseous?
 - has headaches?
 - has low appetite?



A harder example

- Imagine a client is eating this for supper:





Questions about TC Resource?





Aftercare resource



Healthy Eating and Your Pathway to Wellness

A resource for NNADAP clients and workers

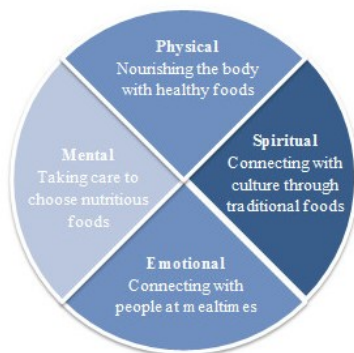
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Overall, healthy eating habits can:

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- Increase your energy levels
- Reduce your risk of relapse
- Help you maintain a healthy weight



The Pathway to Healthy Eating

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Foods from the land are important because they help connect your body to nature.



Mock Session – Aftercare Resource

- Pretend I am a NNADAP worker.
- I will demonstrate how I would use the Facilitator Guide to share the resource with a 25 year old male.
- Please have your copy of the resource and Canada's Food Guide in front of you to follow along.



Mock Session – Aftercare Resource

- This session will help you
 - Learn more about nutrition on the Pathway to Wellness
 - Learn ways to personalize the resource for your clients
 - See an example of how the resource can be shared
 - Hopefully be inspired with your own ideas



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Here are some examples to help you choose foods from the land:

Choose More of:

- ✓ Whole fruits and vegetables (fresh, canned, or frozen)
- ✓ Whole wheat bread, bannock, rice, and pasta
- ✓ Low fat milk, soy beverage, yogurt, and cheese
- ✓ Nuts, beans, fish, chicken, wild game meat
- ✓ Water, herbal tea

Choose Less of:

- ✗ Potato chips, fried foods, and salty snacks
- ✗ Pastries, cookies, and doughnuts
- ✗ Ice cream, chocolate bars, and milk shakes
- ✗ Sausage, bacon, deli meat
- ✗ Coffee, pop, energy drinks, juices and fruit drinks

Eat Regular Meals and Snacks



Eat healthy food **every 2–3 hours** to keep your energy levels up, reduce mood swings, and reduce cravings. This will also help you gain back your appetite.

If you have a poor appetite, here are some things you can try:

- Eat smaller portions at meal times.
- Eat small snacks between meals.
- Eat a variety of foods.
- Avoid drinks with caffeine before meals.
- Wait 20 minutes after eating to drink fluids.

Enjoy Colourful Foods



Eat a variety of different coloured vegetables and fruits every day. Nature gives these foods different colours to nourish your body in different ways.

If vegetables, fruits, and whole grains are new to you, they may upset your stomach. These foods are high in fibre. Fibre is a nutrient from plant foods that your body cannot digest. Fibre is good for your health, but it takes time for your body to adjust to it. Here are some ways to help:

- Introduce new foods slowly. Give your body several days to get used to new foods.
- Rinse canned beans under running water.
- Drink plenty of water (See Page 4).



Eat Balanced Meals

The “Eat Well Plate” model can help you balance your meals.

- Try to fill half your plate with **vegetables**, like green beans, salad, or veggie sticks.
- Fill one quarter with **grain products**, like, bannock, pasta, or rice. Starchy vegetables, like boiled potatoes, also fit here on your plate.
- Fill the other quarter with **meat & alternatives**, like fish, game meats, or chicken.
- Add a glass of **milk, water, or herbal tea** for a balanced meal.

If you cannot drink milk, eat yogurt or cheese every day for healthy bones and teeth.

Balanced Snack Ideas

Choose foods from 2 out of the 4 food groups in [Eating Well with Canada's Food Guide](#) at each snack. Here are some examples:

- Yogurt and berries
- Bannock and a glass of milk
- Canned tuna and crackers
- Applesauce and cheese

Write down some of your own ideas:



Source: www.healthy Canadians.gc.ca





Drink Plenty of Fluids

Water gives us life. In your journey, water helps your body heal and flush away toxins. Drinking water is important for healthy skin and hair. It will also help keep your energy levels up.

You get fluids from plain or flavoured water, milk, fruit juice, broth, soup, and tea. Plain water is best to keep you hydrated. Try adding fresh or frozen fruit to your water for added taste.

How much fluid do I need?

The amount of fluid you need to drink depends on your age, sex, and activity level. Drink more on hot days, if you are exercising, or if you're sick.



Males need about¹:

- o 9–13 years old: 8 cups (1.8 litres)
- o 14–18 years old: 10 cups (2.6 litres)
- o 19 years and older: 12 cups (3 litres)

Females need about¹:

- o 9–13 years old: 6 cups (1.6 litres)
- o 14–18 years old: 7 cups (1.8 litres)
- o 19 years and older: 9 cups (2.2 litres)

Your urine should be clear or the colour of light lemonade. If it is dark coloured or strong-smelling, you may be dehydrated, so drink more water.

Be Active



Physical activity makes your body strong. Be active for at least 30 minutes per day, 5 days per week. Here are some examples of ways to stay active:

- Walking
- Snowshoeing
- Dancing
- Shoveling snow

Resources

Find more information about healthy living at:
www.canada.ca/en/health-canada/services/healthy-living

Find tips for healthy eating at:
www.canada.ca/en/health-canada/services/tips-healthy-eating

Find more information about physical activity at:
www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity



Using the Aftercare Resource

- How will you use this resource with your clients?
 - Please share some ideas!

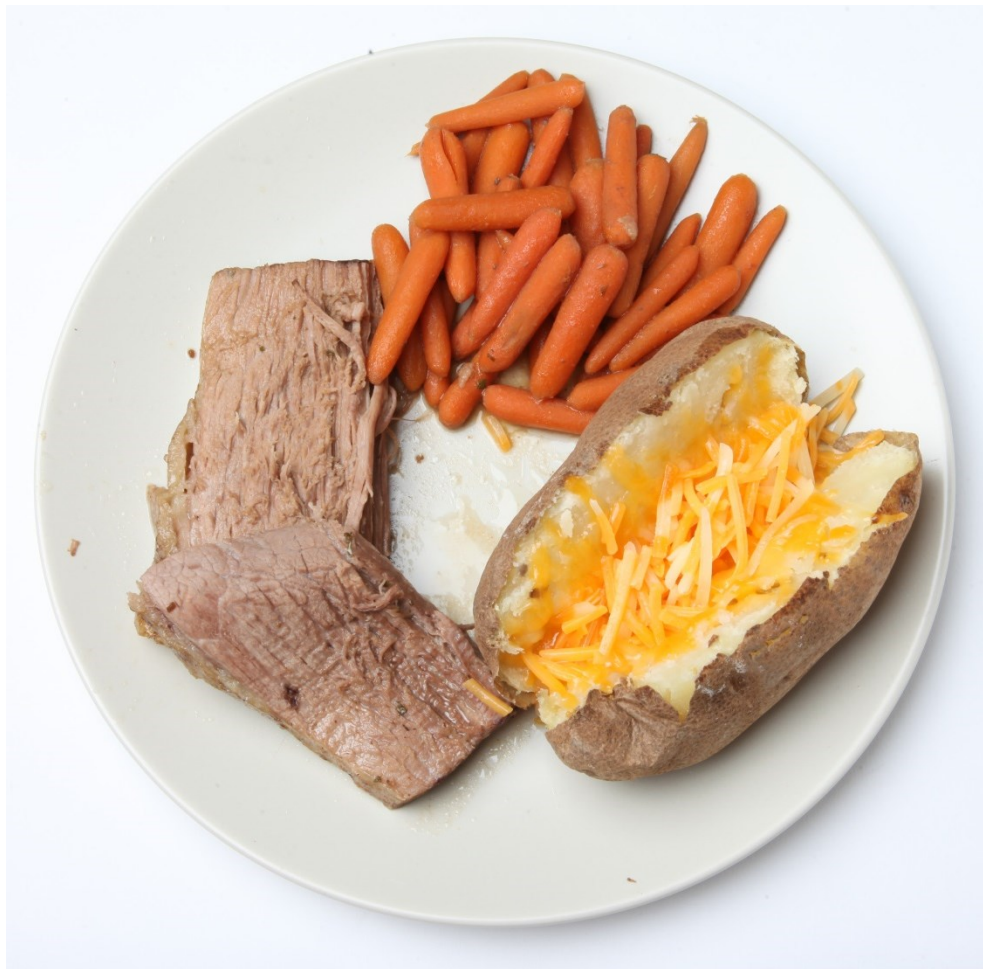


Using the Aftercare Resource - Tips

- Focus on what your client is most interested in
- If short on time
 - Talk about first page with client
 - Encourage them to review the rest at home
 - Follow up
- Focus on what is most important from each section
- Do you have any tips or ideas to share?



How can we make this a healthy plate?





Questions

- Any questions or comments?





Aftercare Resource – Wrap-up

- Share this resource with your clients to teach them
 - how important healthy eating is on their pathway to wellness
 - what foods are good for their journey
 - how they can include healthy eating in their lives





Evaluation and Post-Quiz

- Please fill out the evaluation form for this training
- Please complete the Post-Quiz now
- Fax the evaluation and quiz to your Community Nutrition Advisor (Fax 780-495-7338) or email them to hc.abnutrition.sc@canada.ca.
- Once we get your completed evaluation and quiz we will send you a Training Certificate.