

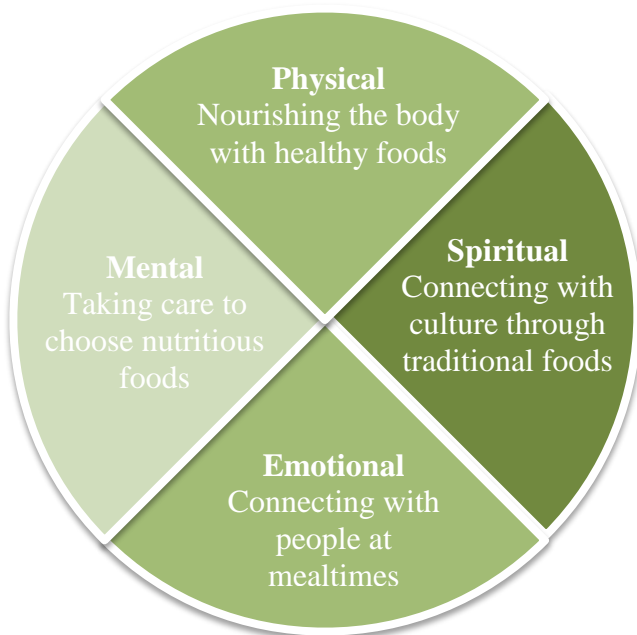


The Role of Nutrition in the Pathway to Wellness

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

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 <u>Help</u>:	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

Remember:

- ✓ **Healthy drinks** include water, herbal tea, broth-based soup, and milk (1%, 2%, and chocolate).
- ✗ **Drinks with caffeine** include coffee, black tea, cola, and energy drinks.
- ✗ **Sugary drinks** include 100% fruit juice, soft drinks, sports drinks, and punch.

Headaches

Key points:

- Drink plenty of fluids.

	Foods that <u>Help</u> :	Foods that <u>Don't Help</u> :
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: <ul style="list-style-type: none"> ✓ Baked chicken, fish ✓ Boiled or poached eggs ✓ Beans, lentils 	<ul style="list-style-type: none"> ✗ Smoked fish*, chicken liver*, bacon, hot dogs, and salami ✗ Nuts* ✗ Dairy products* and aged cheese*
Snacks	Low fat/ Low sodium snacks	<ul style="list-style-type: none"> ✗ 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 <u>Help</u> :	Foods that <u>Don't Help</u> :
Vegetables & Fruit	✓ Dried fruit	No need to avoid specific foods in this category.
Grains & Starches	✓ Pasta salad, potato salad	<ul style="list-style-type: none"> ✗ White bread ✗ Fried and greasy foods
Proteins	<ul style="list-style-type: none"> ✓ Tuna, chicken, egg, and bean salads ✓ Cheese, cottage cheese ✓ Nuts, nut butters 	✗ Sausage, hot dogs, deli meats, bacon
Snacks	<ul style="list-style-type: none"> ✓ Crackers, muffins ✓ Trail mix, nuts, seeds 	<ul style="list-style-type: none"> ✗ Pastries and doughnuts ✗ Potato chips, greasy snacks
Drinks	<ul style="list-style-type: none"> ✓ Healthy drinks ✓ Smoothies ✓ 100% fruit juice 	<ul style="list-style-type: none"> ✗ Drinks with caffeine ✗ Soft drinks ✗ Broth-based soups*

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