



## Nourishing the Pathway to Wellness

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Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

# What we will cover today:



Understand how  
**Nutrition** is  
impacted by  
Substance Use

How **Nutrition** is a  
part of wholistic  
healing

**Nutrition** Goals for  
clients

Understand  
**Nutrition** tips to  
manage withdrawal  
symptoms

Nutrition topics to  
discuss with clients

# Nutrition Impacts of Substance Use



**Nutrient Losses:** Poor eating habits often lead to low levels of vitamins and minerals. Vitamin deficiencies can make withdrawal symptoms worse.



**Digestive Issues:** Substances can damage the gut making it hard to absorb nutrients causing inflammation



**Metabolism Changes:** many drugs speed up or slow down how the body uses energy



**Blood Sugar Swings:** Alcohol and other drugs can make it hard for your body to control blood sugars = energy crashes, cravings and mood swings.

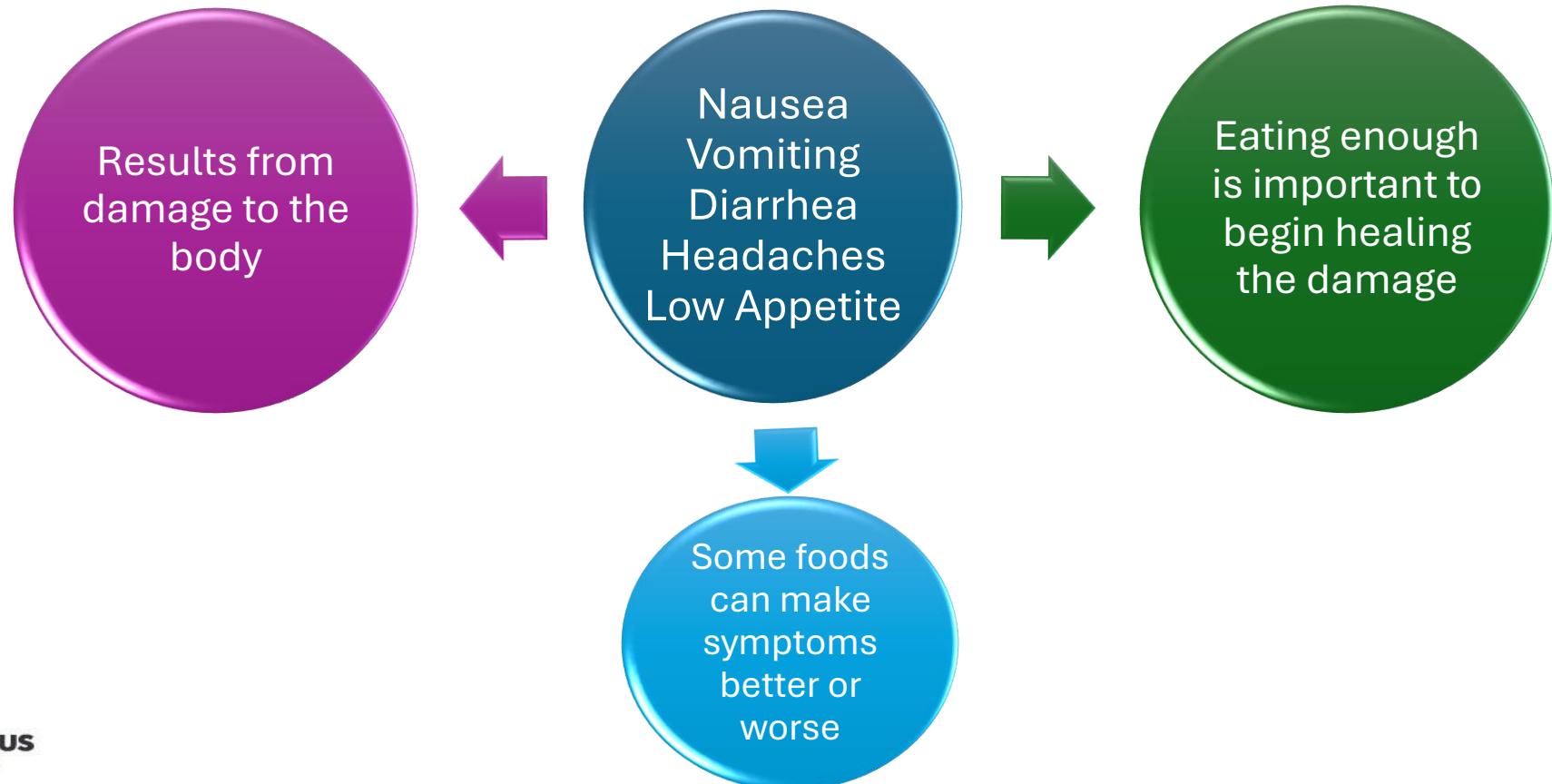


**Dehydration:** Substance use often causes dehydration and can strain the kidneys and liver

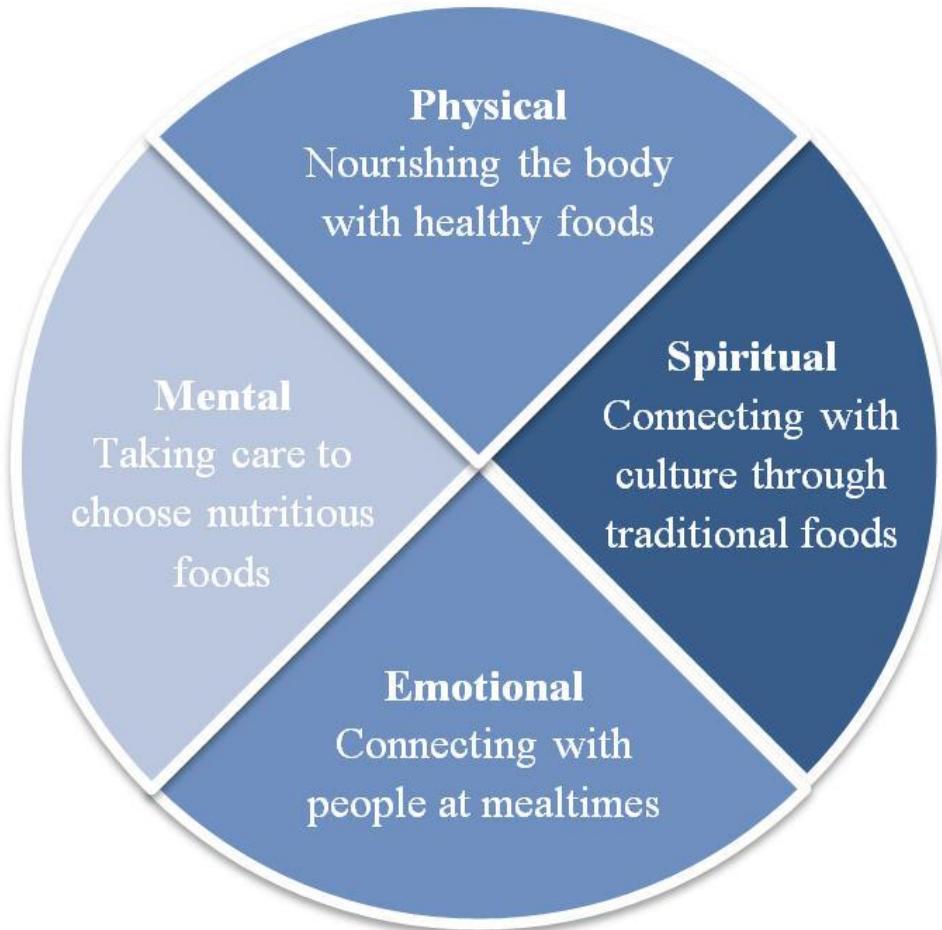


**Protein Problems:** The body may struggle to use protein properly and slows down healing and repair.

# Withdrawal Symptoms



# Good Food is Part of Wholistic Healing



- Healthy eating is essential in helping the body to heal during recovery, as well as managing symptoms and preventing relapse.
- Healthy eating nourishes the mind, body and spirit
- Food is Medicine

# Nutrition Goals



Increase nutrient dense foods and slowly remove processed foods



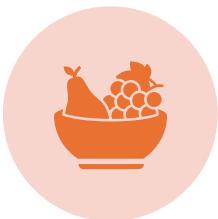
Eat regular meals and snacks. Timing of food matters.



Choose suitable portion sizes



Drink plenty of fluids. Limit caffeine

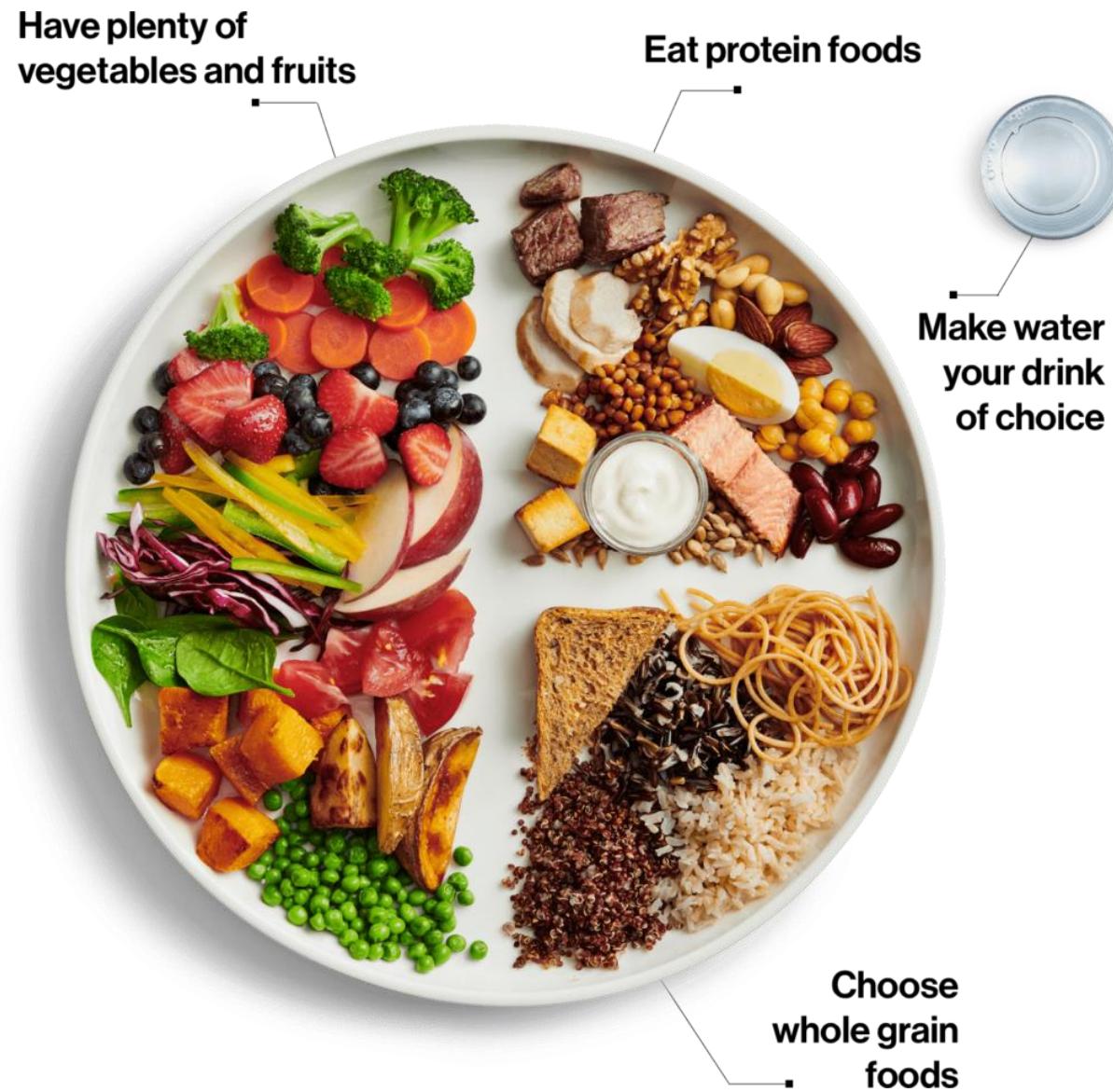


Eat colourful vegetables and fruit along with foods high in omega 3 fatty acids to help lower inflammation.



Use nutrition to help manage withdrawal symptoms

# Split Plate



# Fluids



Adults need 9-12 cups/day

Teens need 7-10 cups/day

Healthy Drinks include:

- Water (includes sparkling water, flavored water)
- Herbal Tea
- Broth Based Soups
- Milk 1% or 2%

Avoid drinks with caffeine

# Healthy Eating is more than the foods you eat

**It is also about where, when, why and how you eat**

- Be mindful of your eating habits
- Take time to eat
- Notice when you are hungry and when you are full
- Cook more often
- Plan what you eat
- Involve others in planning and preparing meals
- Culture and food traditions are a part of healthy eating
- Enjoy meals with others



# Mindful Eating

**Developing awareness of experiences, physical cues and feelings about food**

- Eating slowly without distraction
- Listening to physical hunger cues, eating only until full
- Distinguishing between true hunger and non-hunger triggers for eating
- Engaging senses by noticing colors, smells, sounds, textures and tastes
- Eating for overall health and well-being
- Noticing effects food has on feelings
- Appreciating your food



# Distracted Eating

- Eating while:
  - Watching TV
  - On Computer
  - Driving
  - Looking at phone or tablet

**Distracted Eating =  
Mindless Eating**





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## Nutrition and **Mental Wellness**

Presented by the First Nations Inuit Health Branch Nutrition Advisory Team.



#02 - Nutrition and Mental Wellness



#01 - Healthy Eating and the Pathway to Wellness Training

**1.888.999.3356**

For Videoconference Support or Session Information call us at **1.888.999.3356** or email us at **vchelp@fntn.ca**

# 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

# Aftercare Resource

Indigenous Services Canada Services aux Autochtones Canada

## 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.

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

**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.

**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:

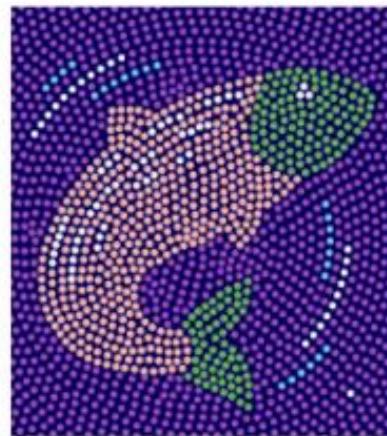
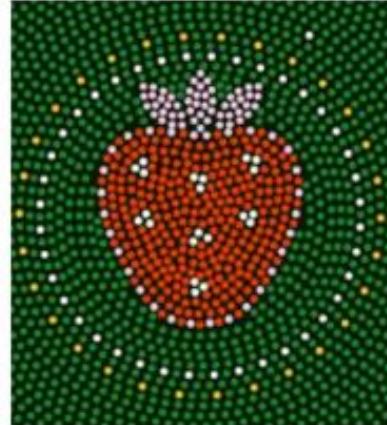
- Eat smaller portions at meal times.
- Eat small snacks between meals.
- Eat a variety of foods.
- Avoid drinks with caffeine before meals.
- Wait 20 minutes after eating to drink fluids.

# Food Supports

- Contact your local Social, Health Centre or Band office
- Provincial resources: 211
- [Free Food in Alberta | Alberta Health Services](#)



# More questions?



Graphics by Mariah Meawasige, Illustrator

- Team of Dietitians with Indigenous Services Canada to support Treatment Centre Staff
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