

Recovery Bites

ALCOHOL AND DRUG RECOVERY SERVICE

Alcohol Related Brain Damage (ARBD)

Long term alcohol use and a diet low in thiamine can result in changes to the brain structure and result in ARBD. Having a nourishing diet and not drinking alcohol can help recovery and quality of life.

Why is eating important when you have ARBD?

Having a regular, varied diet can help with:

- Energy for healthy brain function and mental health.
- Developing a healthy sleep routine.
- Nourishment for muscles to feel strong and keep you mobile.
- Providing vitamins and minerals to help fight off infections, heal well and have strong bones and teeth.

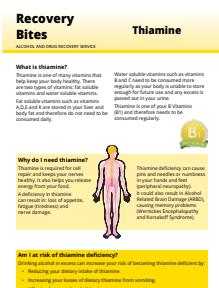


Why is thiamine important?

Thiamine (vitamin B1) is an important vitamin in ARBD for memory and healthy nerve endings so you can touch and feel. It is important to take thiamine tablets that have been prescribed and include dietary sources of thiamine regularly in your diet.

See the "Thiamine" nutrition leaflet for more information.

You can access this via our website link at the bottom of this leaflet.



Having difficulties completing tasks?

If you have been diagnosed with ARBD you may have noticed difficulties with:

Meal planning



Remembering to eat



Shopping



Cooking



Help with meal planning and remembering to eat

- Make a weekly meal plan and place it somewhere easy to see, such as on the wall or fridge. This can help you budget, organise and prepare for the week ahead.
- Make a shopping list from the meal plan. This helps use up food you already have and shows the foods you need to buy.
- Set alarms to remind you to eat.
- Use your white board or add sticky notes to doors as a reminder to eat.
- Put food where you can see it. For example: fruit bowl or snack box next to where you sit.

Shopping tips

- Ask a carer or relative to help support you with your food shop.
- Consider online food shopping or meal delivery services.



Help with cooking

- Make a list of meals you enjoy or look at recipe books for more ideas.
- Set small goals and start with easy to prepare meals.
- Have a look at the recipe book "Cooking Made Easy" and "Quick and Easy Meal Ideas" nutrition leaflet for easy to prepare meals. These can be accessed via the link at the bottom of this leaflet.
- Cooking appliances with timers may be helpful for example a slow cooker, air fryer or microwave.
- If you feel able to cook, try making larger portions and freeze leftovers for another day.



Help with eating

- Aim for 3 meals each day. For example: breakfast, lunch and evening meal.
- Include carbohydrates with every meal.
For example: porridge, breakfast cereal, bread, rice, pasta, potatoes, noodles, wraps, couscous, bagels.
- Include a protein rich food with at least 2 of your meals.
For example: chicken, fish, meat, eggs, beans, lentils, Quorn, tofu.
- Include fruit and vegetables as a snack or with meals, aiming for at least 5 portions each day.
- Include calcium rich foods or drinks 2-3 times each day. For example: cows milk, cheese, yoghurt or calcium fortified milk alternatives (for example: oat, soya, rice milk).
- Aim for 6-8 glasses of fluid each day or try filling up a re-usable water bottle.



If your appetite is poor:

- Try to eat little and often every 2-3 hours.
- Have nourishing drinks such as milky coffee, hot chocolate, malt based drinks (for example: Horlicks, Ovaltine, supermarket own brands), milkshakes, smoothies or fortified milk.
- Have regular snacks such as cheese and crackers, a flapjack, cereal bar, bowl of cereal, scone, pancake, handful of nuts or milky puddings (yoghurt, custard, rice pudding and ice cream).



Visit our website for more nutrition leaflets.

www.nhsggc.scot/your-health/right-care-right-place/addictions/adrs-nutrition-leaflets

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