

Recovery Bites

Feeling Better With Food

ALCOHOL AND DRUG RECOVERY SERVICE



This information is not a replacement for seeking medical advice.

When people use alcohol or drugs, they can get symptoms that make them feel ill or uncomfortable.

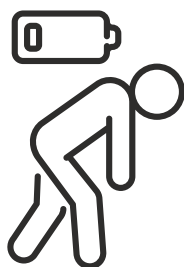
Alcohol and drugs can:

- Make it difficult for our bodies to absorb the nutrients and energy from our food.
- Affect our appetite which can result in periods of over or under eating.
- Take the place of good nutrition so we end up consuming less quality food.

Common Symptoms and How Food Can Help



Are you low in energy?

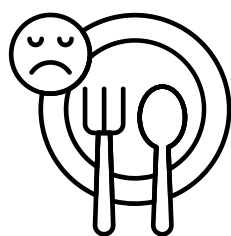


Have something to eat every few hours.

Good snacks include:

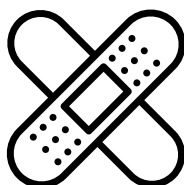
- Toast
- Sandwich
- Beans on toast
- Cereal
- Fruit
- Yogurt

Do you have a poor appetite?



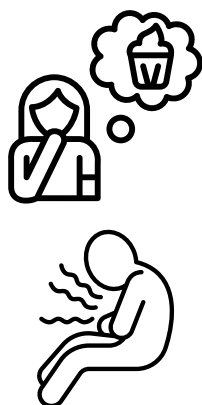
- Eat little and often.
- Try nourishing drinks such as milk, fruit juice or over the counter “build up” drinks.
- Make every bite count by adding cheese, butter, spreads and sauces to foods.
- Try bland foods if feeling sick.
- Check out the NHS GGC Malnutrition web page linked at the bottom of this leaflet.

Are you not recovering well from illness, wounds, infections?



- Focus on protein foods. For example: eggs, meat, fish, dairy, nuts and beans.
- Aim for 5 fruit and vegetables a day – frozen, tinned and dried count too.

Do you have extreme hunger or cravings?



- Protein and carbohydrates together are filling. For example: chicken and chips, cheese on toast, tuna pasta.
- Having foods high in fibre can help fill us up. For example: fruit, vegetables, wholegrain bread and high fibre breakfast cereals.
- Have snacks available when out and about and at home.
- Plan for 3 meals and 3 snacks per day. Add desserts such as yogurt and fruit.

Are you suffering from poor sleep?



- Avoid caffeine (coffee, chocolate, tea, energy drinks) in the afternoon or evening.
- Try milk or other protein snacks before bed.
- Exercising early evening can help too.

Do you have dental / mouth symptoms?



- For some people, softer foods can feel more comfortable to eat.
- Foods like mashed potatoes, cooked vegetables, soups, yoghurt and pasta can be easier to chew than harder foods.
- Adding butter and milk can also help soften foods.

Additional Resources



ADRS Nutrition Leaflets:

Contains all our nutrition leaflets specific to addiction.

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



NHSGGC Malnutrition web page: Contains recipes for high calorie drinks, over the counter nutritional supplements, snack lists and ways to increase the nutrition in meals.

www.nhsggc.scot/hospitals-services/services-a-to-z/dietetics/malnutrition



BDA food facts: Contain a range of fact sheets on a variety of nutrition topics.

www.bda.uk.com/food-health/food-facts.html



To be referred to a dietitian: People within Glasgow City ADRS can be referred to an ADRS dietitian via their ADRS worker. Anyone not under Glasgow City ADRS, can be referred to their local community dietitian via their GP.