

Recovery Bites

ALCOHOL AND DRUG RECOVERY SERVICE

Thiamine

What is thiamine?

Thiamine is one of many vitamins that help keep your body healthy. There are two types of vitamins: fat soluble vitamins and water soluble vitamins.

Fat soluble vitamins such as vitamins A,D,E and K are stored in your liver and body fat and therefore do not need to be consumed daily.

Water soluble vitamins such as vitamins B and C need to be consumed more regularly as your body is unable to store enough for future use and any excess is passed out in your urine.

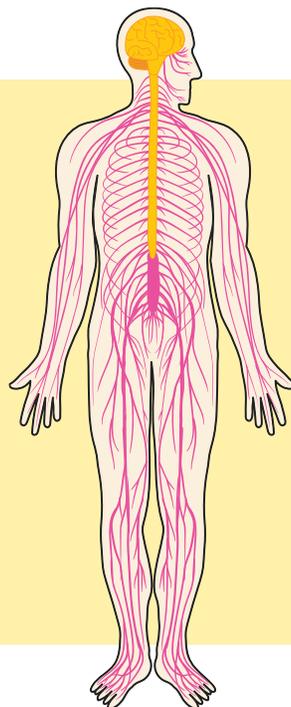
Thiamine is one of your B Vitamins (B1) and therefore needs to be consumed regularly.



Why do I need thiamine?

Thiamine is required for cell repair and keeps your nerves healthy. It also helps you release energy from your food.

A deficiency in thiamine can result in: loss of appetite, fatigue (tiredness) and nerve damage.



Thiamine deficiency can cause pins and needles or numbness in your hands and feet (peripheral neuropathy).

It could also result in Alcohol Related Brain Damage (ARBD), causing memory problems (Wernickes Encephalopathy and Korsakoff Syndrome).

Am I at risk of thiamine deficiency?

Drinking alcohol in excess can increase your risk of becoming thiamine deficient by:

- Reducing your dietary intake of thiamine.
- Increasing your losses of dietary thiamine from vomiting.
- Affecting how we absorb thiamine.

How can I increase my thiamine intake?

As your body is unable to make thiamine you need to get it from your diet or from supplements. You may be prescribed thiamine to take in several doses throughout the day. It is important that you take your thiamine as prescribed to help increase its absorption.

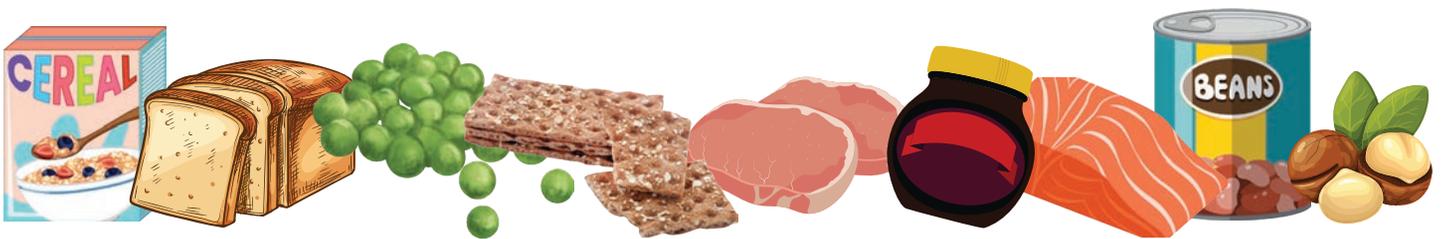
If you find it difficult to remember to take your thiamine you might find it helpful to use a dosette box, put a reminder note on the wall or fridge, set an alarm or ask someone to remind you.

Thiamine is found in a variety of foods and therefore eating regularly will increase your intake of thiamine. Try to include thiamine rich foods into your diet regularly.



What are good dietary sources of thiamine?

- Nuts and seeds
- Peas
- Pork products (bacon, gammon, ham)
- Fortified breakfast cereals*
- Malt based hot drinks
- Bread
- Beans and lentils
- Baked potato
- Salmon
- Oatcakes
- Yeast extract (Bovril, Marmite or supermarket own brands)
- Rye crackers



*Many breakfast cereals are fortified (have had thiamine added to them). Check the food labels and look for thiamine or B1 on the nutrition label.



Visit our website for more nutrition leaflets.

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

NHS
Greater Glasgow
and Clyde

mi • 368525 v1.0