

Recovery Diet – Healthy Eating Tips for Recovering Addicts

***Eat regularly.** You are less likely to experience the cravings and low blood sugar that can lead to relapse if you eat three regular meals and two in-between snacks each day.

***Drink plenty of water.** Dehydration can be a problem during recovery so be sure to drink lots of water—filtered, if possible.

***Eat protein rich foods** such as lean meats, poultry, seafood, beans, nuts, seeds and tofu. You need protein to produce the chemicals in your brain that make you feel good, as well as to replace tissues damaged by the substance abuse.

***Eat a variety of fresh fruits and vegetables** either raw or lightly cooked. They are loaded with the vitamins and minerals you need to recover and feel good.

***Eat fiber foods**, including whole grains and beans to help restore health and tone to your digestive tract that may have been damaged by substance abuse.

***Eat healthy fats** for flavor, satiety and good health. This includes foods such as olive oil, avocados, nuts and seeds. Fats are important for the health of your cell membranes, which is basic to how you feel, and thus to your recovery.

***Enjoy a small piece of good quality dark chocolate.** It can enhance your mood as well as please your taste buds. Just don't overdo!

***Take a good quality vitamin/mineral supplement** with particular emphasis on Vitamin C, B vitamins and zinc to restore the levels of these vitamins in your body. Although, it's always better to get your vitamins and minerals from foods, a supplement can help fill in the gaps until your nutrient status is reestablished.

***Limit saturated fat** by choosing lean meats and dairy products.

***Limit processed and packaged foods.** These are generally loaded with sugar, salt, trans fats and other chemicals that may slow your physical recovery. They will also fill the place in your diet and food budget that should be taken by the nutrient dense foods that are necessary for good health.

*** Limit or avoid caffeine.** It can affect your mood and irritate already inflamed digestive tissues.

Some other tips that are not food related:

Get enough sleep.

Stay physically active, preferably doing activities that you enjoy.

Stop smoking if it will not inhibit your recovery.

Get support from a group who can understand and encourage you.

Nurture your spirit with prayer and by helping others.