

## Basic Eating Rules for Good Health After Substance Misuse

### Foods That May Help Curb Cravings

Small amounts of protein - meat, cheese, fish, fowl, nuts and seeds every couple of hours keeps blood sugar at a comfortable level.

Vegetable juice - especially carrot juice.

### Protein Foods

Things to remember every day..... One Meat-Based meal    One Meatless meal    One Less-Meat meal

*\*Serving size equals approximately the palm of your hand*

Meat            Concentrate on more fish and fowl; eat less beef and pork

Eggs            Two every other day

Milk            2 - 3 Glasses every day

Cheese        Unprocessed, low-fat, soft cheeses are best

### FATS

Things to remember every day....

Choose leaner cuts of meat    Trim off meat fat    Drink 2% milk or less    Skin chicken    Use cooking oils

### Carbohydrates

Things to remember every day....    Complex are better    i.e. fruit for a snack rather than a donut

*\* Serving size is approximately ½ cup*

Fruits            4 - 5 Servings per day, including juices (unsweetened)

Vegetables        5 - 6 servings per day, using an assortment of deep-green leafy and yellow, cooked and raw

Grains & Cereals    Use whole grains, whole grain products. Use sugar-free brands if possible

Sugar            Eliminate sweets if possible

## B - Vitamin Deficiency - A Serious Problem for Heavy Drinkers and Cocaine Users

Alcohol destroys the body's ability to absorb this family of vitamins

B complex are also affected by birth control pills. This can result in depression and mood swings.

### Some Sources of B vitamins

|                  |   |
|------------------|---|
| B 1              | Brewer's yeast, wheat germ, barley germ, whole wheat grain, oatmeal, brown rice, nuts, pork, kidney, most vegetables.       |
| B 2              | Milk, cheese, beans, broccoli, mushrooms, yogurt, spinach, asparagus.   |
| B 3              | Lean meats, poultry, fish, peanuts (peanuts are classed as a legume, not a nut), whole grain breads, pastas, cereals, eggs. |
| B 6              | Whole grains, beet greens, cauliflower, broccoli, asparagus, legumes  |
| B 12             | Milk products (except butter), liver, fish, oysters, eggs.  |
| Folic Acid       | Green leafy vegetables, dried peas and beans, liver, oranges.   |
| Pantothenic Acid | Yeast, liver, kidneys, milk, egg yolks, vegetables.   |

## Nutritional Disorders Induced by Alcohol Misuse

| System                 | Associated Nutrients   | Symptoms   |
|------------------------|--|--|
| Central Nervous System | B Vitamins, Calcium, Magnesium<br>Zinc, Neurotransmitters (fatty parts of brain) | Depression; Anxiety; Insomnia; Mental Confusion; Irritability; Personality Disturbance; Convulsions. |
| Respiratory            | Vitamins A & C   | Colds; Infections; Pneumonia   |
| Cardiovascular         | Vitamin B -1, Magnesium, Potassium   | High Blood Pressure; Heart Failure; Irregular Heart Rate   |
| Digestive              | B vitamins, Minerals   | Diarrhea   |
| Skeletal/Muscular      | Calcium, Magnesium   | Muscle Inflammation; Decreased Bone Density; Bones Easily Broken                                     |
| Blood                  | Folic Acid, Iron, B - 6, B - 12,   | Anaemia; Lowered White Count; Fewer Platelets  |
| Skin                   | Zinc, Vitamins A, C and E.   | Infections; Skin Rashes; Poor Healing; Rough Skin  |
| Endocrine              | B Vitamins, Vitamins C and E, Pantothenic Acid                                   | Reduced Sexual Function; Malfunction of the Pancreas; Adrenals and Thyroid                           |