

Nutrition for Recovery

with special considerations for substance use and eating disorders

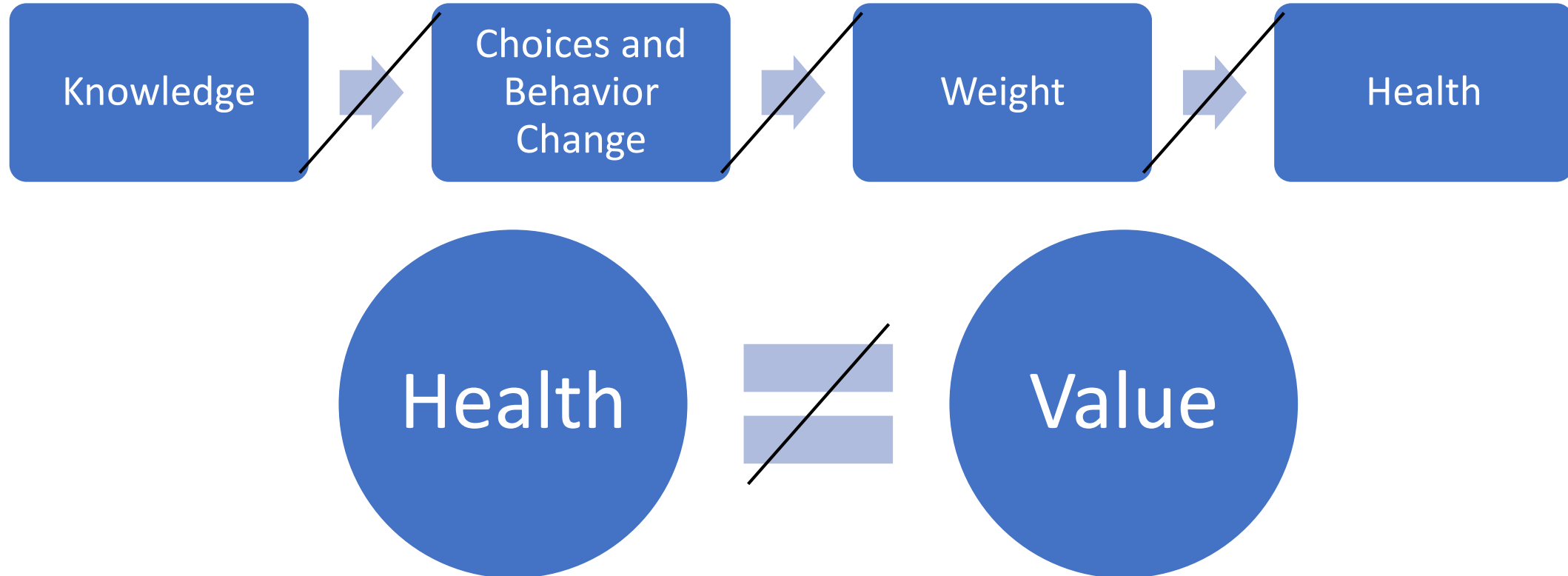
Dr. Anna Flores DCN, MScN, CNSc
Clinical Nutritionist- Clinical Liaison
Sanford Behavioral Health



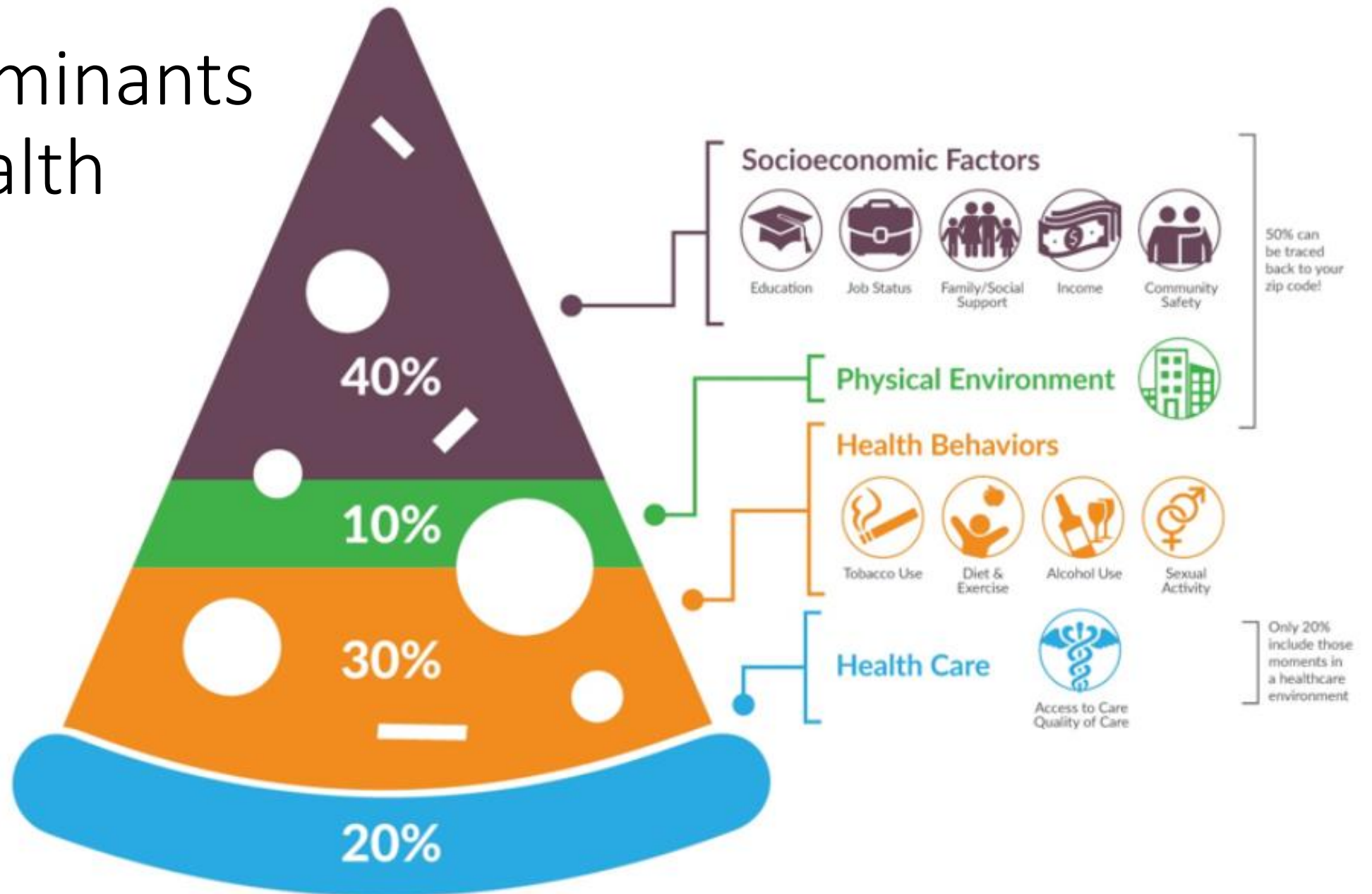
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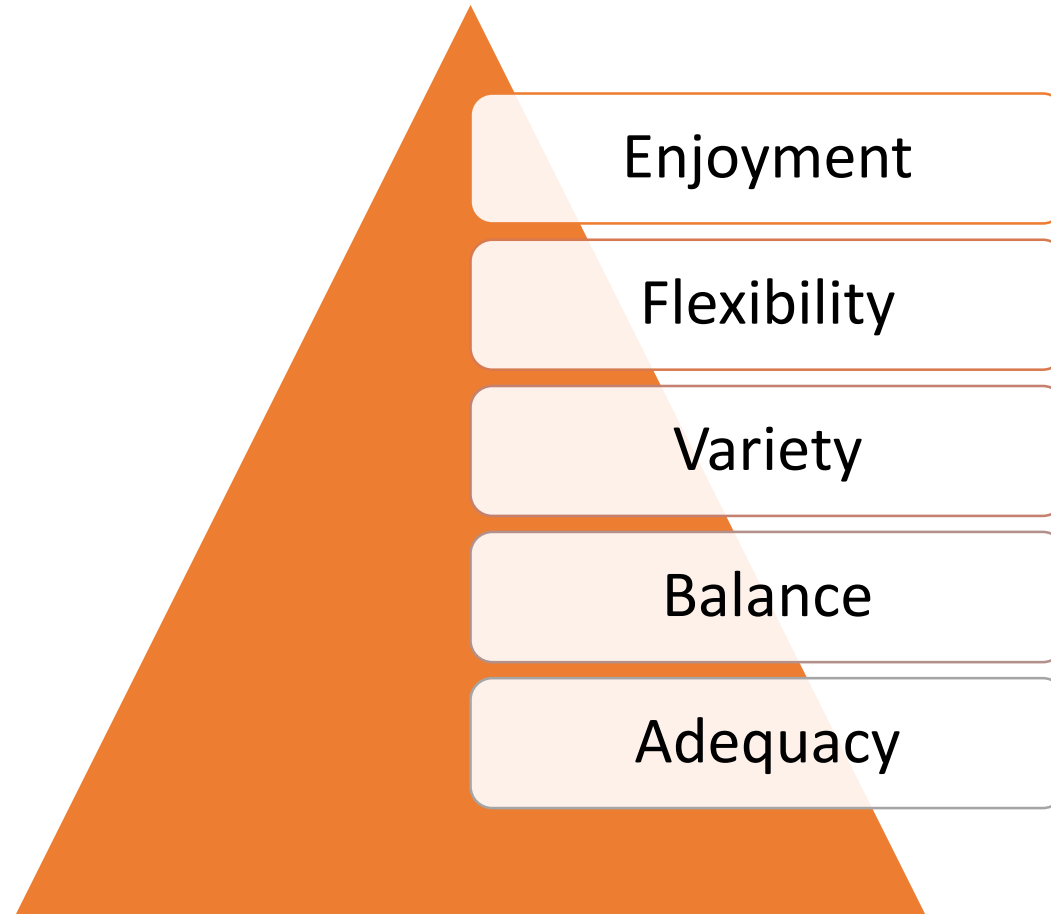
What We're Taught vs What I've Learned



Determinants of Health



Nutritional Priorities



The makings of an adequate and balanced meal

Protein + Fat + Carbohydrates

What are carbs and what do they do?

- Provide fast or slow energy for every organ system, also stored in muscles for endurance, protein sparing
- Provides fast or slow energy

What is fiber and what does it do?

- Promotes regularity in the gastrointestinal system, regulates cholesterol levels, supports detoxification and elimination
- Helps us feel full in the moment, helps balance blood sugar

Glucose/Sugar



Simple Molecule



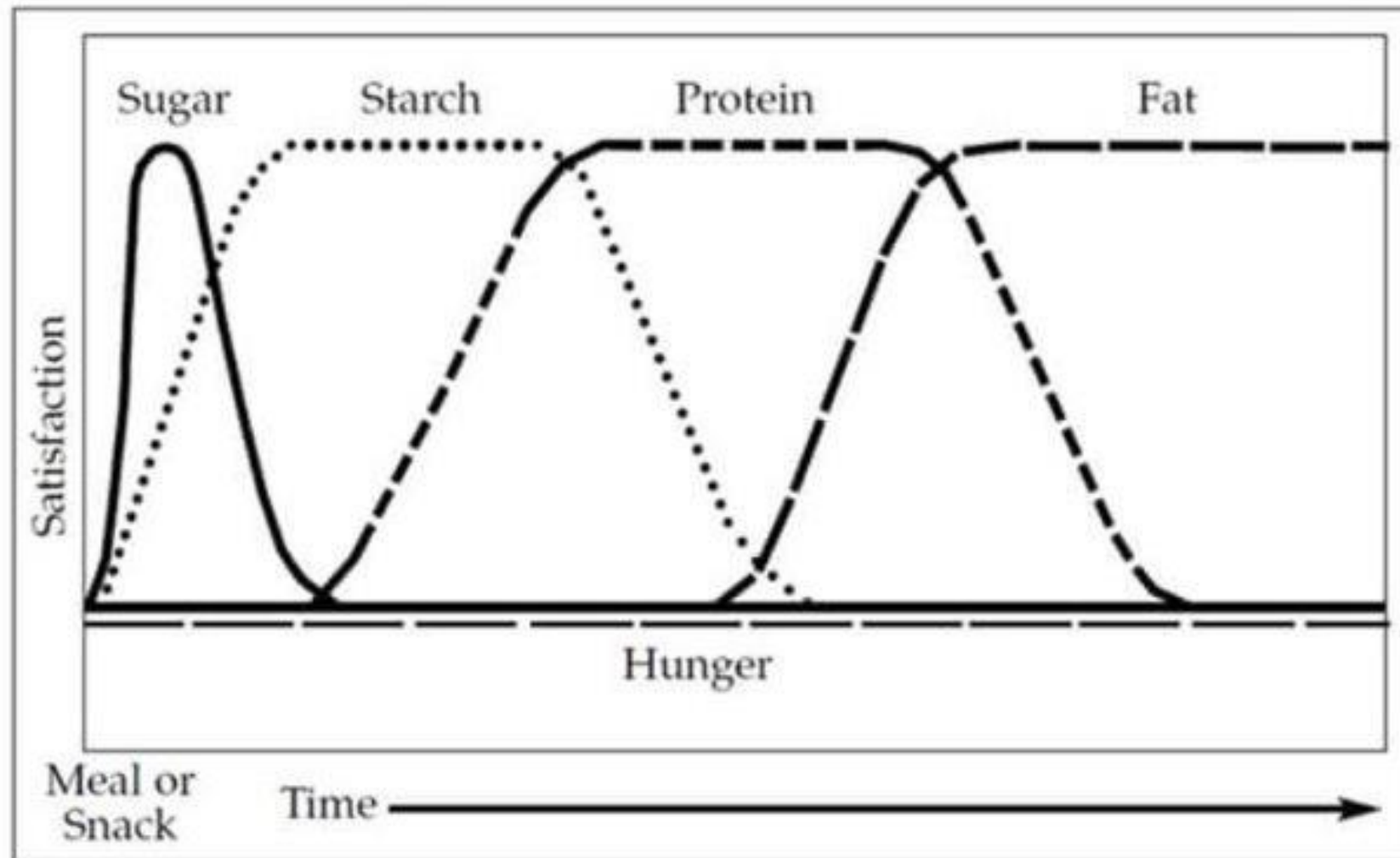
Starch



Complex Molecule

FIGURE G.5 SATIETY FROM CONSUMING SUGAR, STARCH, PROTEIN, AND FAT

SATISFACTION FROM CONSUMING SUGAR, STARCH, PROTEIN AND FAT

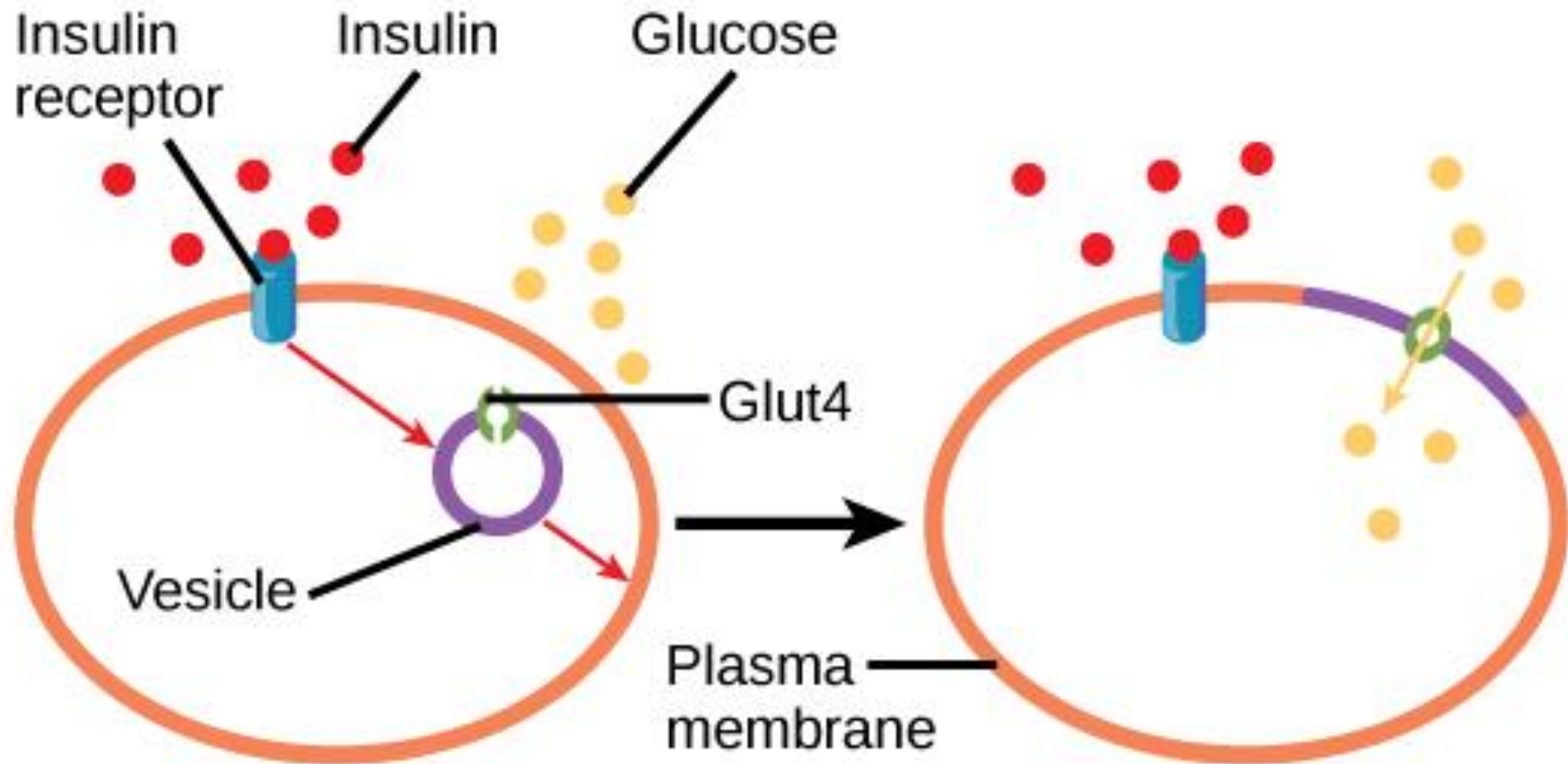


The makings of an adequate and balanced meal

Protein + Fat + Carbohydrates

What is a protein and what does it do?

- Structure and function of the body
 - Building block for nearly all organ systems
 - Makes up muscles, bones, hormones, and enzymes, part of virtually every body tissue
 - Carrier for essential compounds in nearly all organ systems
 - Carry O₂ in blood, antibodies for immunity, shuttle energy into cells
- Balances blood sugar, helps meals and snacks fuel us for longer/"stick with us"

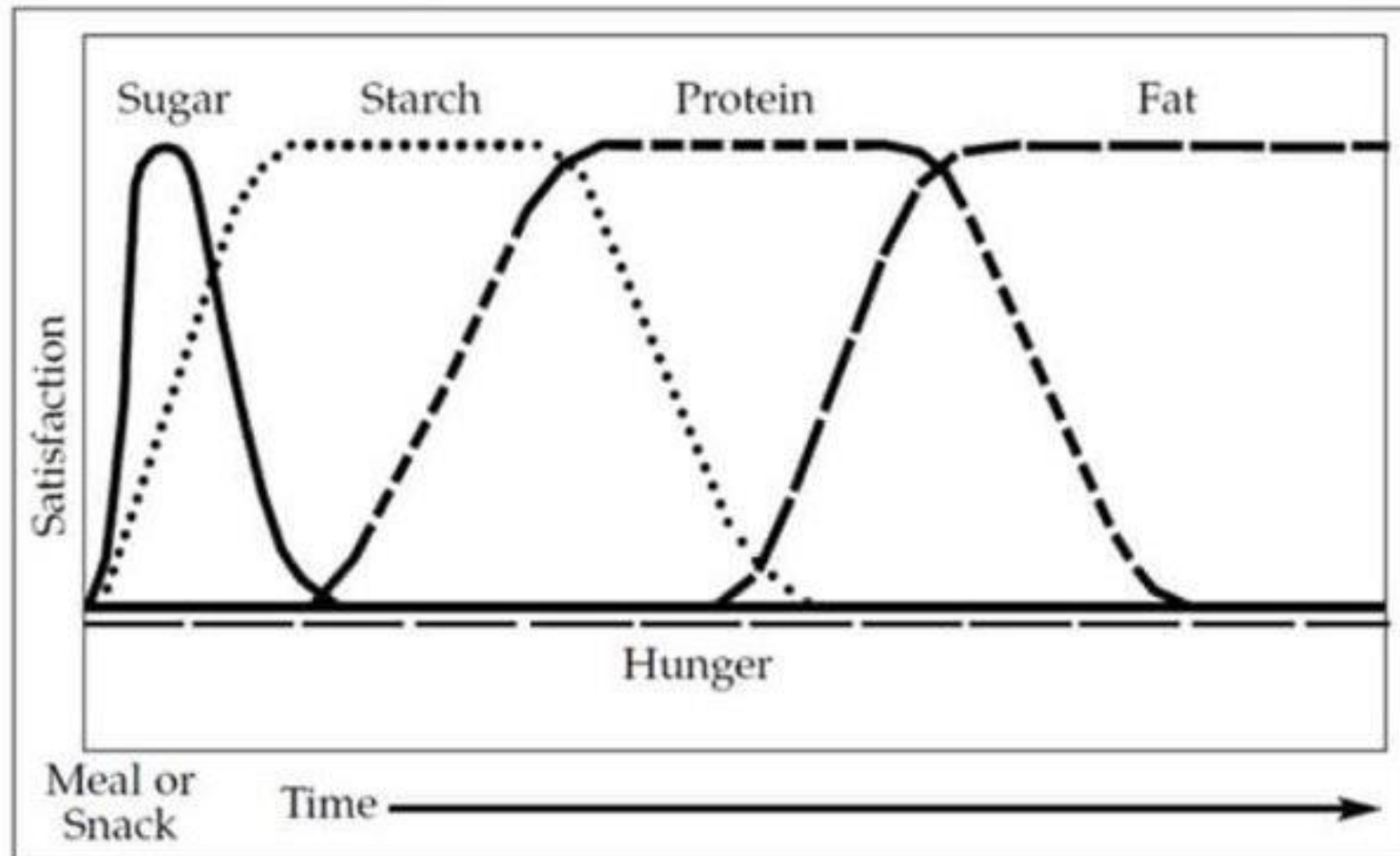


In the presence of insulin, Glut4 vesicles fuse with the plasma membrane.

Glut4 allows glucose to enter the cell.

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The makings of an adequate and balanced meal

Protein + Fat + Carbohydrates

What is a Fat and what does it do?

- Structure and function of the body
 - Insulation and protection, building block for hormones and other tissues, cell membrane integrity, structural support
- Fuel/Energy and nutrient absorption
 - Brain is 60% fats- dietary fatty acids are crucial in integrity and function of brain
 - Dietary intake of fats increases absorption of fat-soluble vitamins
- Helps us feel satisfied after meals and snacks- aids in satiety hormone rise

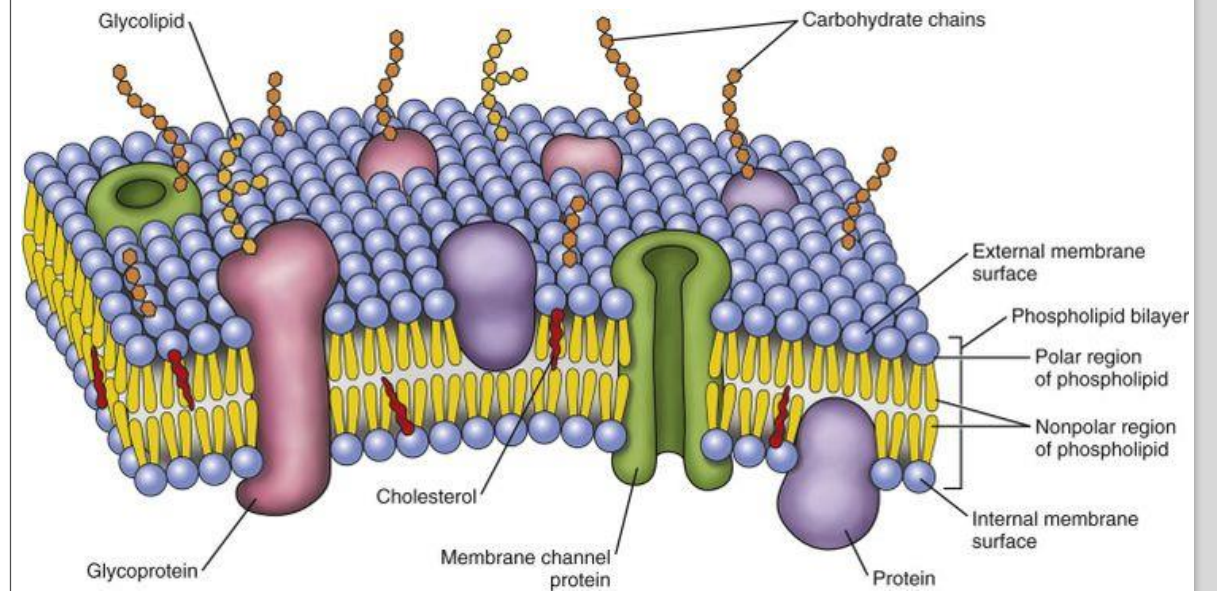
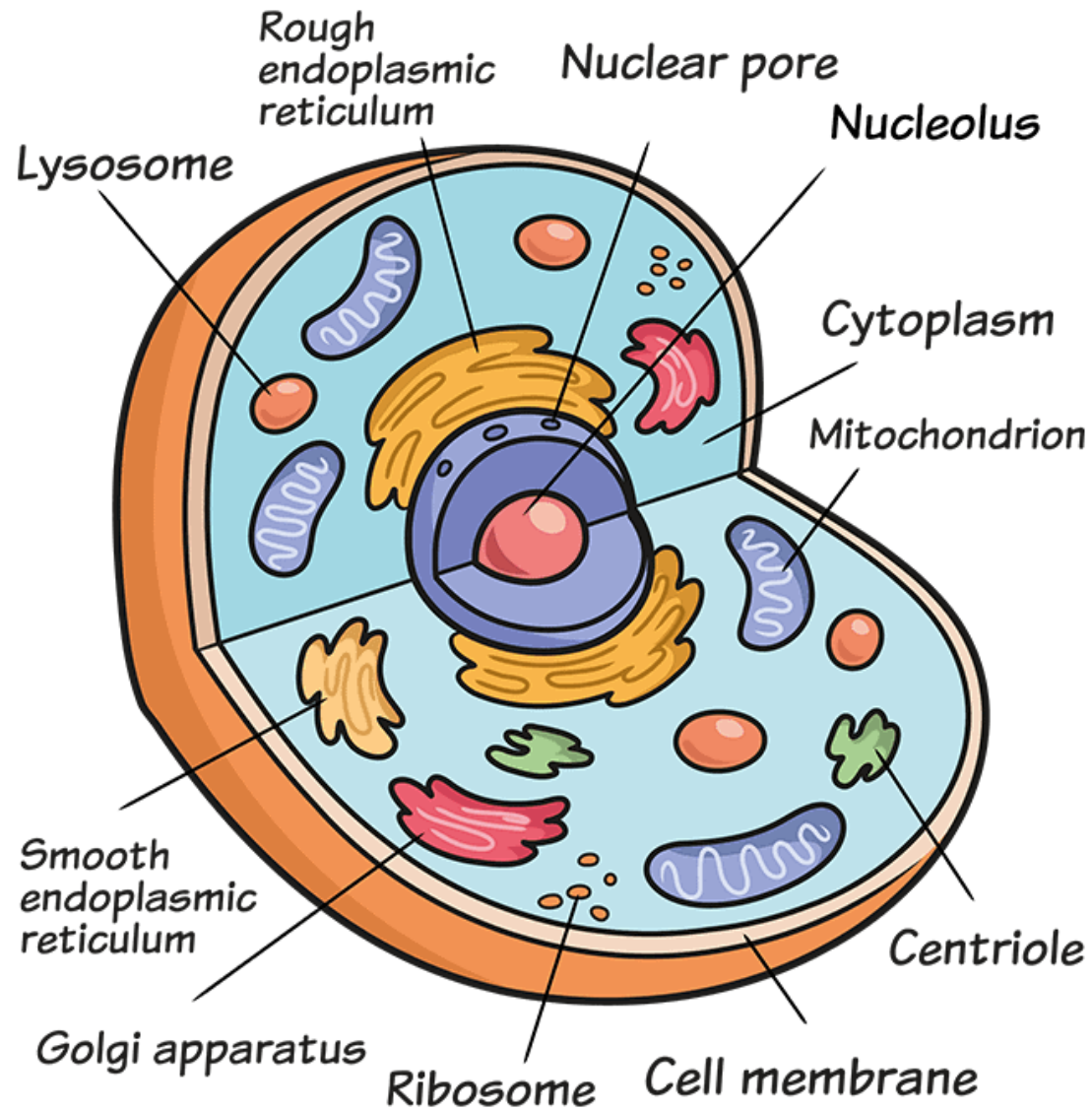
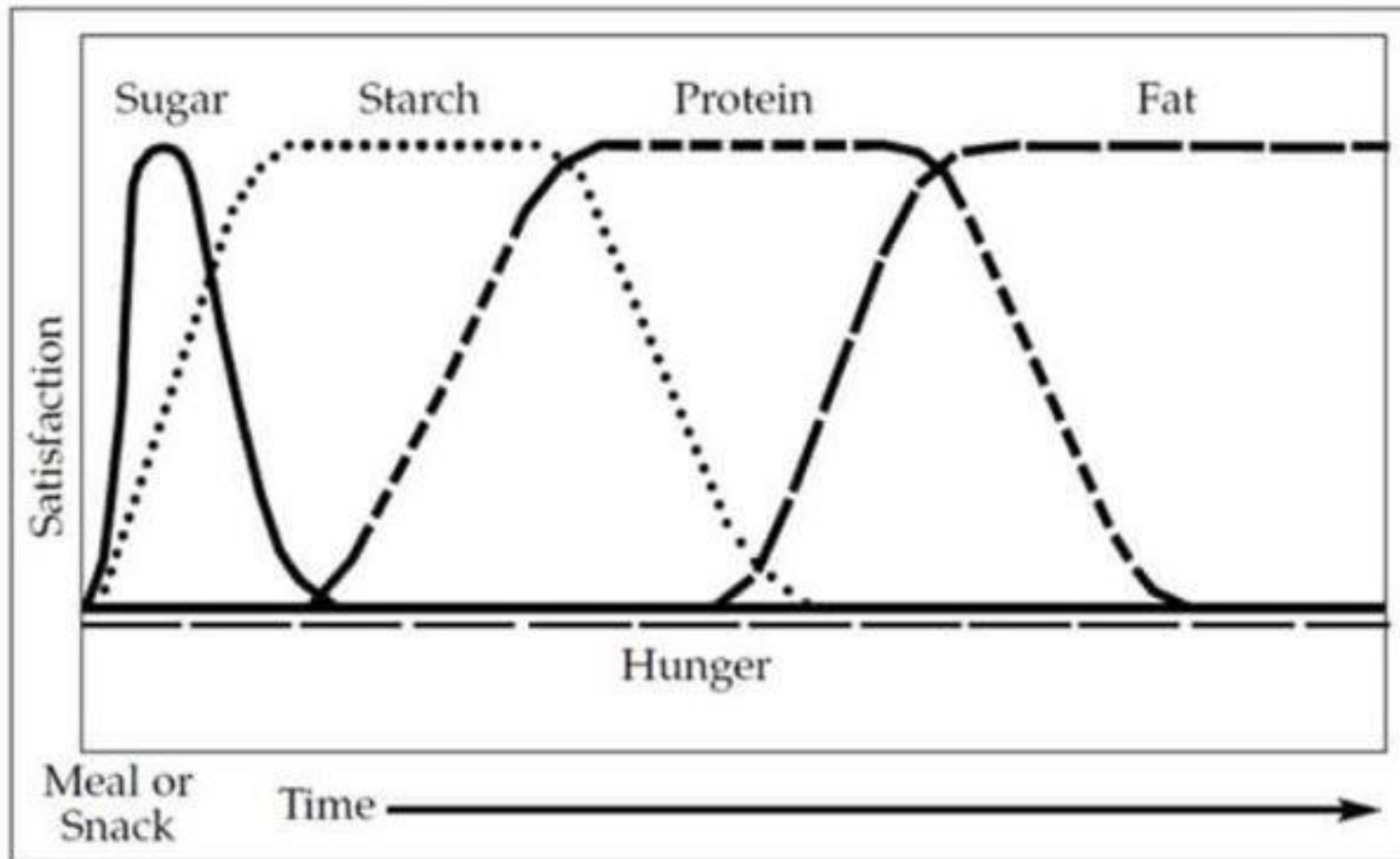


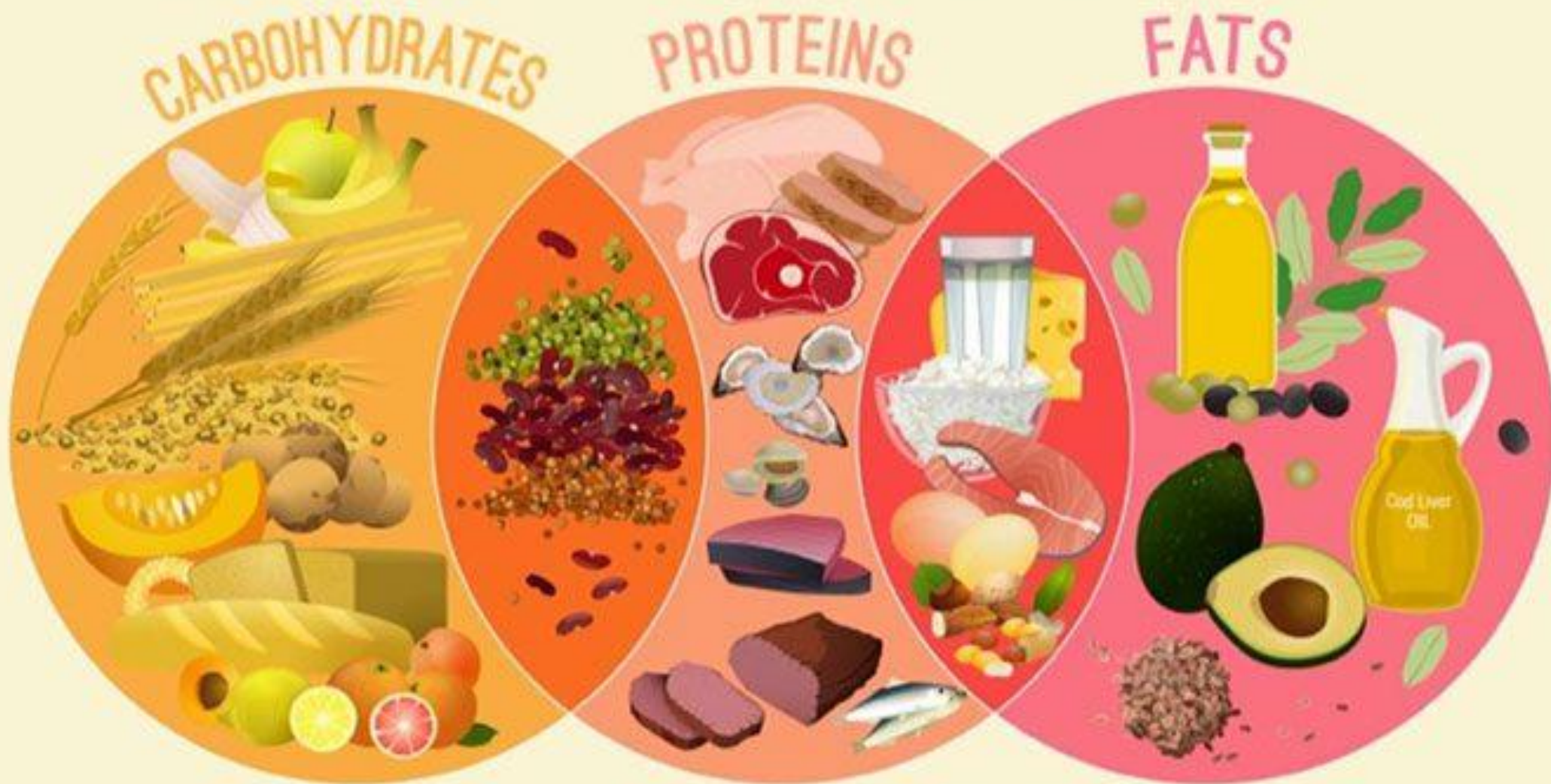
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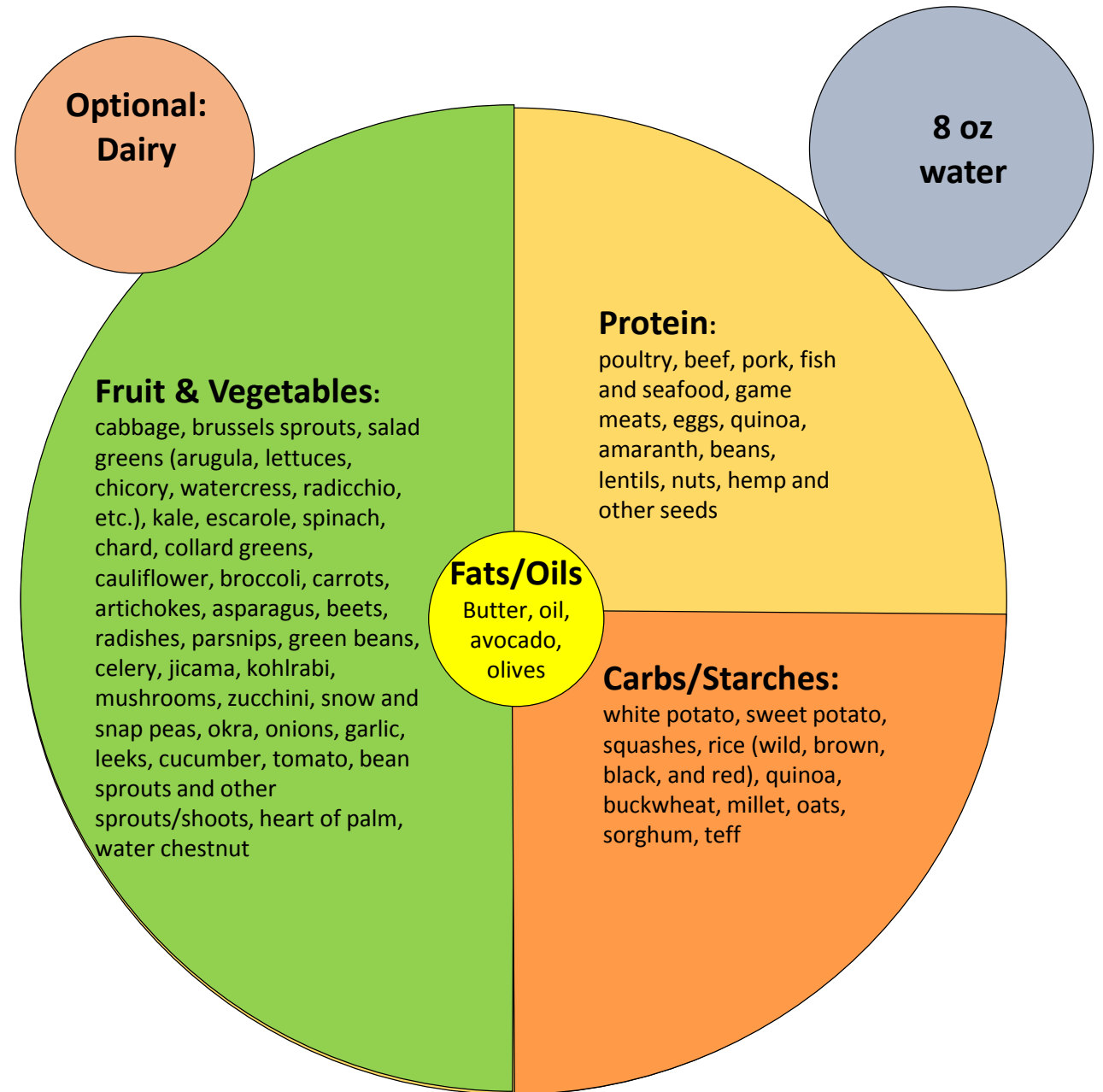


MACRONUTRIENTS

A SIMPLE GUIDE TO MACROS



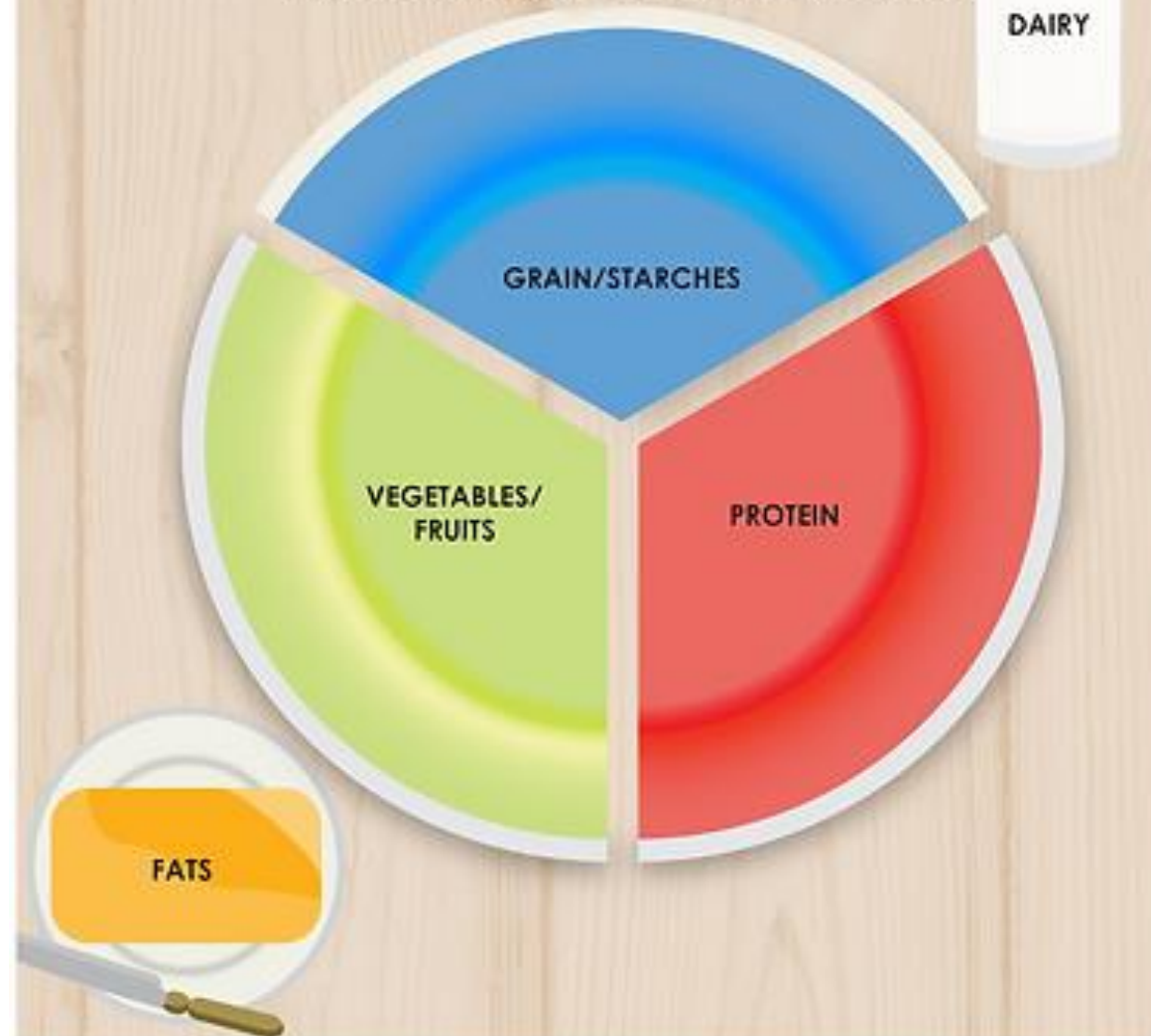
The Plate Approach



The Plate-by-Plate Approach[®]



The Plate-by-Plate Approach[®]



Additional Considerations for SUD & ED

- Frequent meals (3-4 meals daily) and snacks (1-3 daily)
 - To support renourishment and healing
 - #1 factor in recurrence: Cravings (cravings can also be triggered by chronic/unmanaged stress and/or poor sleep)
 - Brain cells are fueled by glucose, or blood sugar, which your body makes from the carbohydrates in the foods you eat.
 - Neurons can't store glucose, so they need a constant supply to function properly. In other words, your brain can't work properly without balanced blood sugar—which is imperative for everything!
 - Chronic/prolonged substance abuse and/or eating disorder behaviors wreak havoc on your blood sugar biology, and gradually make it incredibly difficult if not near-impossible for your brain to talk properly to itself, to your body, and to others

Additional Considerations for SUD

Emphasize fruits and vegetables, whole grains, nuts, seeds, and meat

Lactose intolerance development?

- Substance use causes down-regulation of lactase production. Because lactase is essential in digesting lactose found in dairy, some find they have become lactose intolerant due to chronic substance use. This may or may not reverse over time.

Cook for yourself and/or with others

- promotes creativity, satisfaction and self esteem while also creating opportunities to be social

Additional Considerations for ED

Eat Regularly and Consistently

- Supports healing and bodily reconditioning
- Your meal plan is prescriptive. Do not adjust your dosages without speaking with a professional
- Your meal plan is a tool. It is your saving grace in recovery.

All Foods Fit

- Initially, focus on adequacy, then build in balance. Mindfully challenge fear foods to increase variety and practice flexibility. Remind yourself that you deserve to enjoy food and explore what that looks like for you.
- You have permission to eat. Your body deserves food and nourishment.

Cook for yourself and/or with others

- promotes creativity, satisfaction and self esteem while also creating opportunities to be social

Additional Considerations for SUD

- Limit caffeine
 - Recurrence prevention
 - Habit-forming, inviting withdrawal symptoms
 - Swapping one dependency for another activates the same neural circuits (reflect: crutch or solution?)
 - Reduces blood sugar balance which may increase substance use urges
 - Clinical concern: When life's stressors inevitably return, at you at greater risk of recurrence because core dysfunction hasn't been addressed?
 - If this isn't realistic, try to hold out until after breakfast as caffeine sets you up for a blood sugar crash. This crash is what sounds alarm bells in your brain's addiction centers and can lead to cravings
 - Having food in your belly first will help slow caffeine absorption
 - Or try a bulletproof coffee
 - Simplest recipe, coffee blended with butter or coconut oil

Functional Foods for Recovery: SUD

Specific nutritional considerations:

- thiamine, riboflavin, B5, pyridoxine, folic acid, B12, vitamin A, vitamin C, vitamin D, vitamin E, vitamin K, magnesium, selenium, and zinc

Dark leafy greens: spinach, collards, romaine lettuce

- B vitamins support nutritional deficiencies
- Support liver and cellular detoxification, GI health

Seeds: Sunflower, pumpkin

- B1 and other B vitamins, **zinc**
- Supports liver and detoxification, supports brain, hormones, and reproductive system

Eggs:

- Synergistic food, supports multiple cellular processes and organ systems

Beans:

- B1 and other B vitamins, fiber, other vitamins and minerals
- Supports GI health, heart, and muscles

Functional Foods for Recovery

- Chocolate:
 - Brain health
 - Protective recurrence factor for subset of sufferers of SUD
 - Pts who consumed more dark chocolate after detox had higher rates of abstinence at 1, 6, and 8 months (84% compared to controls).
 - This association did not hold for other types of sweets
 - No longer rewarding their brain with drugs and alcohol, those in recovery turn to a more socially acceptable addiction—things such as sugar and caffeine (which activate the same “pleasure” or “motivation” centres in the brain that drugs and alcohol do).
 - Other candies have one primary ingredient whereas chocolate is a complex food with many bioactive molecules with mood modulating effects, and this result particularly may point to the importance of this complexity/synergy over simply ‘sweets’ in recovery.



Functional Foods for Recovery: ED

Specific nutritional considerations:

- Protein, fat, and/or carb malnutrition
- B vitamins, vitamin A, vitamin C, vitamin D, vitamin E, vitamin K, Iron, magnesium, selenium, and zinc deficiencies

Grains

- Provide carbohydrates and fiber
- Support carbohydrate deficiency and cellular energy
- Micronutrients to support nutritional deficiencies
- Supports liver, gastrointestinal system, brain, and muscles

Fruits & Vegetables

- Provide carbohydrates and fiber
- Provide micronutrients and hydration
- Support repleting deficient nutrients
- Support healing
- Supports liver, gastrointestinal system, and cellular processes

Meats & Vegetarian Proteins:

- Provides protein
- Supports protein deficiency
- Supports growth and repair
- Supports healing
- Supports bones, muscles, hormones, immune system, cardiovascular system

Fats & Dairy:

- Provide essential and non-essential fatty acids
- Supports fat-soluble vitamin absorption, utilization, and storage
- Supports brain and nervous system, gastrointestinal system, body temperature regulation, reproductive system and hormones



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Email:

admissions@sanfordhouse.com

Website:

sanfordbehavioralhealth.com

Phone: 844-448-7700