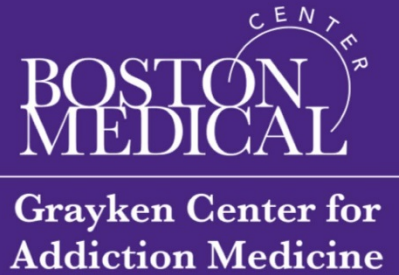


BMC CELEBRATES RECOVERY!



Cooking for Recovery!

Evidence shows that good nutrition plays a role in supporting recovery from a substance use disorder. Come to the BMC Teaching Kitchen for **FREE** cooking classes focused around the nutritional needs of people in recovery. This class will be focused on making foods that kick addictive cravings and help to heal - body and mind. No need to register. All are invited to attend!

FREE Cooking Class at BMC

For complete class schedules and recipes, visit

<https://www.bmc.org/programs/the-teaching-kitchen>

Next Scheduled Class: _____

*Classes are held the 3rd THURSDAY of every month
11:00 a.m. – 12:00 p.m.
Demonstration Kitchen
(Outside Yawkey Cafeteria)
850 Harrison Ave, Boston, MA*



In memory of Spencer Streetman

Chef, friend, brother and son

Spencer's passion for cooking inspired the Cooking in Recovery class at BMC

Sample Meal Plan

Breakfast: oatmeal with berries, or a smoothie with banana, pineapple, spinach, yogurt, and almond milk

AM Snack: walnuts, dried fruit

Lunch: tuna, chicken, or beans with a mixed vegetable salad

PM Snack: A piece of fruit, string cheese, whole grain crackers

Dinner: lean protein (such as fish, chicken, or tofu), cooked vegetables (such as broccoli or carrots), and a whole grain (such as brown rice, barley, or pasta)

Additional Tips

- Incorporate exercise to boost your mood and energy, promote weight regulation, and reduce cravings.
- Eat smaller, more regular meals to stay satisfied.
- If accessing fresh fruits and vegetables is a challenge to you and your family, consider speaking to your doctor about utilizing the BMC Food Pantry



Boston Medical Center Teaching Kitchen

Yawkey Center
2nd Floor, Cafeteria
850 Harrison Ave.
Boston, MA 02118

(617)-414-3840

www.bmc.org
Teaching Kitchen

Eating for Recovery

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Why is Nutrition Important for Recovery?

People with substance use disorders often suffer from nutrition-related complications such as malnourishment, organ damage, immune system damage, and digestive disorders, as a result of their disease. Adequate nutrition is an important tool to repair damage done to the body, replenish vitamin and nutrient stores, manage withdrawal symptoms, and prevent further damage and disease.

This guide is geared to help you choose food items that will help curb and reduce cravings, stabilize mood, regulate energy levels, and repair damage.

Healthy Hydration

It is important to drink water regularly to keep you hydrated, enhance organ function, promote good mood and other mental activities, regulate weight, and help with the absorption of nutrients. A good goal is 6 to 8 cups of plain water per day.

Foods to Avoid

Over time, repeated substance use damages the reward systems in the brain, requiring higher amounts of an addictive substance in order to produce the desired reaction. In the same way that drugs and alcohol trigger these reward centers, so too do sweet, salty, and high fat foods. It is important to regulate the intake of these foods, in order to maintain blood sugar, hormones, stress, and cravings.

1. **Caffeine:** This will cause a spike in energy followed by a crash, which can cause sleep problems, stress, and increased cravings.
2. **Sugar from Simple Carbohydrates:** Similarly to caffeine, sugary food will cause a spike in blood sugar followed by a drop that can cause bad mood, low energy, and cravings. These addictive sugars often come from highly processed foods, such as pastries, candy, and sugar sweetened beverages, like soda.
3. **High Fat Food:** Highly processed or fried food is often high in fat, which can make you feel sluggish and promote weight gain. Specifically, monitor intake of saturated and trans fats, as these can negatively impact cholesterol and blood circulation.
4. **Salty Food:** Salty food can cause dehydration and promote high blood pressure. Check food labels for sodium content, keeping in mind the recommended intake of sodium is 2,300 milligrams per day.

Good Food, Good Mood: Superfoods for Recovery

1. **Fruits and Vegetables:** Vitamins and minerals repair damage to cells and block oxidation to promote healthy development. **Eat Leafy Greens, Berries, Orange and Yellow Vegetables, Green Tea**
2. **Protein:** Serve as building blocks for healthy brain function, increase 'feel-good' brain chemicals, help with anxiety and stress, and curb cravings. **Eat: Eggs, Beans, Soy (such as tofu), Lean Meat, Poultry, Nuts and Seeds**
3. **Whole Grains:** Provide long-lasting energy, essential nutrients, fiber for optimal digestion, and help to regulate blood pressure and weight. **Eat: Whole Grain and Whole Wheat Products**
4. **Healthy Fats:** These fatty acids help repair damaged brain structure and cell membranes, and reduce inflammation. **Eat: Vegetable Oil, Avocado, Nuts and Seeds, and Whole Grains**
5. **Vitamin and Mineral Supplements:** Protect against common nutrient deficiencies that result from substance use disorder by taking a multivitamin daily. **Common Deficiencies: Thiamin, Folic Acid, Vitamins B and D**

HEALTHY LIFESTYLE

