

Nutrition and Recovery

Fueling Your Recovery Journey

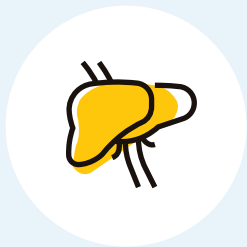
Recovery isn't just about breaking habits—it's about **rebuilding your foundation**. Nutrition is a cornerstone of physical and mental health, giving your body and mind the tools they need to heal, grow, and thrive.

Why Nutrition is Essential in Recovery



Balances Brain Chemistry

Substances can disrupt your brain's ability to produce and regulate chemicals like serotonin, dopamine, and endorphins. **Proper nutrition replenishes the building blocks for these chemicals**, helping to restore emotional stability and mental clarity.



Strengthens Your Body

The recovery process requires energy and resilience. **Eating nutrient-dense foods** can help repair tissue and organs, provide vital nutrients, and combat fatigue.



Builds Healthy Habits

Incorporating **mindful eating** into your daily routine fosters discipline and self-awareness—skills that are essential in your recovery journey.

Things to Avoid in High Amounts

- 1 Sugary Snacks and Drinks
- 2 Excessive Caffeine
- 3 Processed Foods
- 4 Skipping Meals
- 5 Alcohol and Other Substances



To get help for you or a loved one, call:

844-535-7291



Or visit:

[BHGRECOVERY.COM](https://bhgrecovery.com)



Key Nutrients for Recovery

- 1 Protein:** Promotes brain function and improves strength. Protein can be found in foods like lean meats, eggs, legumes, and tofu.
- 2 Omega-3 Fatty Acids:** Reduce inflammation and support brain health. Found in fish, flaxseeds, and walnuts.
- 3 Complex Carbohydrates:** Stabilizes blood sugar and improves mood. Found in whole grains, sweet potatoes, and quinoa.
- 4 Vitamins and Minerals:** Boost immunity and energy. Focus on foods rich in vitamins B, C, D, and magnesium, like leafy greens, citrus fruits, and fortified cereals.
- 5 Probiotics:** Improve gut health, which is closely linked to mental health. Found in yogurt, and fermented foods like kimchi.

Practical Nutrition Tips for Recovery

-  **Start Small:** Begin by making one positive change, like adding an extra **serving of vegetables** to your meals. Small wins build momentum!
-  **Batch Cook Your Meals:** Preparing meals in advance helps ensure you have **healthy options** on hand, even on busy days.
-  **Keep Healthy Snacks Accessible:** Stock up on easy, nutrient-packed snacks like **nuts, seeds, or fruit** to curb cravings and keep your energy stable.
-  **Practice Gratitude at Mealtimes:** Reflect on the nourishment you're giving your body as you eat—it's a simple way to stay mindful and motivated.
-  **Incorporate Variety:** Trying new foods and recipes not only **keeps things interesting** but also ensures you're getting a wide range of nutrients.
-  **Honor Your Hunger:** Listen to your **body's signals** and eat when you're hungry, rather than ignoring it or waiting until you're ravenous.

Conclusion

Recovery is a journey that demands care and intention, and nutrition is one of the most powerful tools you have to support your progress. By fueling your body with the right nutrients and adopting healthier habits, you're not just rebuilding what was lost—you're creating a stronger, more resilient version of yourself. Every step you take toward better nutrition is a step toward a brighter, healthier future. ■

