



Basic Principles of Health & Nutrition

- Water is not often thought of as a nutrient but it is essential to all bodily functions and processes. Without water you would die. It is important to drink plenty of water throughout the day. The amount of water you need will depend on your body size, body fat percentage, activity level, climate and more.

Water

Once you know what the basics are, it is up to you to use that knowledge in your everyday eating habits.

- **1.** Every meal divide your plate into thirds.
 - One of the thirds should be a **Carbohydrate** source,
 - One third **Fruits & Veggies**
 - One third should be split between a **Protein** source and **Dairy**.
- **2.** Eat foods that are unprocessed as much as possible. When foods are processed they lose nutritional value. Eating foods close to their natural state will give you the most benefits.

The Basics of Nutrition

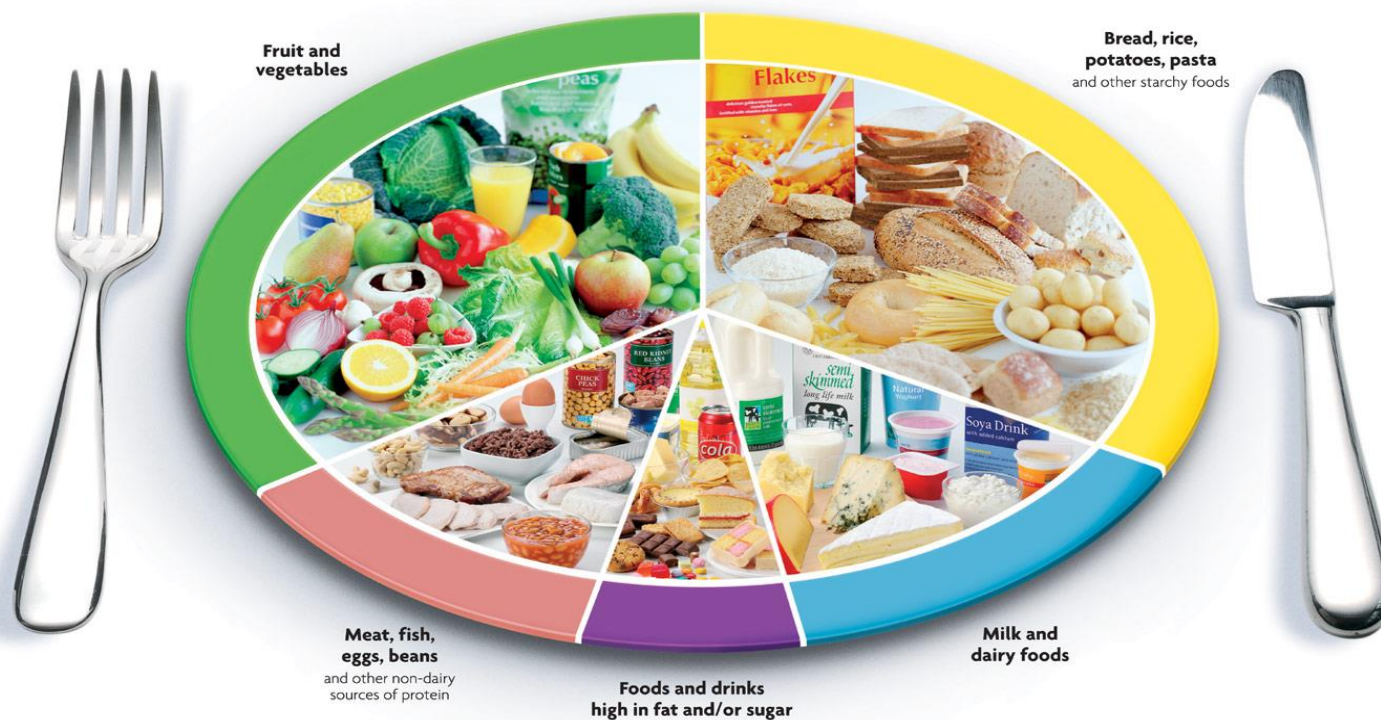
- **3.** Eat small, frequent meals throughout the day and drink plenty of water.
- **4.** Breakfast should be your largest meal of the day. This gives your body the whole day to burn those calories. Dinner should be the smallest meal.
- **5.** Eat protein. This is not to recommend that you go and eat a steak everyday but be aware of your protein intake. Your muscles live on protein and muscles are where the majority of your calories are burned.

- Eating a variety of foods from each food group. This helps to develop acceptance and enjoyment of different foods. This develops healthy food habits that last a lifetime.
- Having the right amount of nutrients to grow properly, be active and feel good.
- Limiting foods that are high in sugar, fat and salt and empty of vitamins, minerals and building nutrients.

Healthy eating means:

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



- **Best Buys include:**

- Plain rice, pasta, oatmeal
- Potatoes
- Bulk grains
- Stock up when on sale
- Day old products

- **Portion Size = Size of your fist**

Grain Products (Starches)

- **Best Buys include:**

- Fresh, seasonal
- Root vegetables
- “Harder” vegetables
- Frozen vegetables
- Plain vs. with sauce
- Whole vs. pre-cut & washed
- Buy in bulk from local growers in season & preserve

- **Portion Size = 1-2 handfuls**

Vegetables

- **Best buys include:**
- Look at cost per serving
 - Beans, eggs or tofu
- **Portion size = Size of your palm**

Protein

Calcium Rich foods

- **Portion Size = Size of your fist for milk**
- **Best buys include:**
 - Milk, cheese & yoghurt in largest size you can use
 - Powdered milk
 - **Other sources: Soy milk, salmon w bones, sardines, nuts, seeds, tofu, kale**

Dairy

- Majority from carbohydrate & protein
- Less than 30% of calories should come from fat.
- For example: no more than 65 grams of fat if you need 2000 calories a day.
- Estimated that 50% of calories young adults fill up on is from fat + sugar.
- Fat = “dirty fuel” & Sugar = short term energy

Which calories are recommended?

- Read it before you eat it!
- 5 g of Fat = 1 teaspoon
- 4 g of Sugar = 1 teaspoon
- Look for lower amounts of calories, fat, salt, sugar
- Look for higher amounts of fiber and nutrients

Read The Label

Nutrition Facts			
Serving Size 1 ounce		Servings in bag 4	
Amount Per Serving			
Calories 155		Calories from Fat 93	
		% Daily Value*	
Total Fat	11g		16%
Saturated Fat	3g		15%
Trans Fat			
Cholesterol	0mg		0%
Sodium	148mg		6%
Total Carbohydrate	14g		5%
Dietary Fiber	1g		5%
Sugars	1g		
Protein	2g		
Vitamin A	0%	• Vitamin C	9%
Calcium	1%	• Iron	3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- Substance use and poor health and nutrition often go hand-in-hand, one intensifying the other. Dietary imbalances, in particular those related to **vitamins, healthy fats, good carbs and proteins**.
- This puts someone at risk of developing a wide variety of medical problems, including heart disease or diabetes.
- **Because of drug and alcohol use**, often people have neglected their diet and experience gastrointestinal disorders such as diarrhea, constipation (*an inability to digest foods properly*) along with a poor appetite.
- Recovery from substance use results in additional demands on the body, including metabolism (*processing energy*), organ function, and mental well-being.

Nutrition Is The Science of, Diet And Health

- Nutrients supply the body with energy and substances to build and maintain healthy organs and fight off infection.
- The three basic nutritional components found in food that are used for energy are: **carbohydrates, proteins, and fats.** Some people who are dependent on alcohol ingest as much as **50 percent** of their total daily calories from alcohol, often neglecting important foods.

Proper health and nutrition helps the healing process

- Nutrients are essential for proper body function; proteins, vitamins, and minerals provide the tools that the body needs to perform properly. Drugs and alcohol can disrupt body function by causing nutrient deficiencies.

Impairment of Nutrient Digestion- Health And Nutrition

- Research indicates that many people who use substances who are hospitalized for medical complications experience severe malnutrition.
- When people are using they often tend to eat poorly, eating less than the amounts of food necessary to provide sufficient carbohydrates, protein, fat, vitamins A and C, the B vitamins, and minerals such as calcium and iron.

Nutrition Impacts Cravings For Drugs And Alcohol

Newly abstinent people sometimes struggle with craving to use alcohol and drugs. Research has shown that a diet with the right types of high protein and high carbohydrate-rich foods can make a big difference.

Malnutrition