

STAYING HYDRATED AND NOURISHED: Natural Approaches for Recovery



Hydration Tips

-  Drink lots of water. Carry a refillable bottle if you can.
-  Flavor water naturally. Add a squeeze of lemon, non-caffeinated drink mixes, cut up fruit, or cucumber for taste.
-  Eat foods with water. Fresh fruit and vegetables as well as pantry-friendly foods like canned fruit in juice (not syrup), soups, and frozen vegetables add hydration.

Nourishment Tips

-  Protein on a budget: peanut butter, canned beans, eggs, canned tuna or chicken, and lentils.
-  Whole grains: oatmeal, brown rice, pasta, and whole-grain bread
-  Fruits and vegetables: fresh when possible, but canned or frozen are just as healthy. Choose options packed in water or juice rather than syrup.
-  Healthy fats: sunflower seeds, peanut butter, or low-cost vegetable oils like canola or olive oil.
-  Plan small, steady meals: Even a simple peanut butter sandwich or a bowl of oatmeal counts. Eating every 3–4 hours keeps energy stable.



Self-Care Reminders

-  Prepare easy snacks to carry with you: a banana, granola bar, or bag of trail mix.
-  Notice signals of dehydration—fatigue, headache, irritability, or cravings.
-  Caring for your body is part of recovery. Practicing ‘self-parenting’—nourishing yourself as you would care for a child or a close friend—builds strength, self-worth, and resilience.



RESOURCES

- [National Institute on Drug Abuse \(2020\). The science of drug use and addiction: The basics.](#)
- [National Institute of Diabetes and Digestive and Kidney Diseases \(2021\). Healthy eating & nutrition. U.S. Department of Health and Human Services.](#)
- [National Academies of Sciences, Engineering, and Medicine \(2020\). Dietary reference intakes for water, potassium, sodium, chloride, and sulfate. Washington, DC: The National Academies Press.](#)
- [World Health Organization \(2019\). Healthy diet.](#)

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