



The Ultimate Diet Guide to Planning Your MAT Menu

While experiencing any withdrawal symptoms, good food can help.

WATER WATER WATER!!!

You may get diarrhea or constipation; headaches and muscle cramps; or vomiting. All of these symptoms can be improved with high water intake of 2-3 liters per day. Gatorade or power drinks are great too as they replace electrolytes lost with vomiting or diarrhea.

Sweet foods might feel comforting in the moment, but your body will feel better overall if you're eating food full of nourishment.

Why Junk Food Won't Work

Your body needs nutrients to heal.

Addiction masks some pretty serious dietary needs. Providing your body with those missing nutrients is going to be very important to helping it cope with withdrawals and getting you back on track. Plus, when you're feeling better, it's much easier to ignore cravings.

Your body needs fiber

While a multivitamin does help replace some nutrients if you've been eating poorly for a while, it can't help you long-term. Make sure you're getting lots of vegetables, fruits, and whole grains. Not only will the fiber keep your digestive system happy, but it also regulates your blood sugar. That means fewer mood swings, and an easier time staying on course.

What Your Body Needs

Opiates such as Oxycontin and heroin affect the digestive system, and individuals addicted to these substances will often deal with constipation, nausea, diarrhea, and vomiting. Because of this, people with opiate addictions often have an electrolyte imbalance problem. Focusing on a high-fiber diet will help sort out the gastrointestinal problems. Think vegetables, whole grains, and beans.

Meal Planning: The Basics

Deciding to get treatment is a difficult step for many people. Now that you've made that first step, there are things you can do to make it go easier. Here's what to remember when you're planning your meals.

Water

Nothing more to it. Drink lots of water, and avoid sugary drinks like pop and fruit juice.

Eat your fruits and veggies

Aim for 5 to 9 servings every day. And don't be afraid to have fun with this! There are tons of different types of fruits and vegetables out there. Not big on apples? Try mangos. Hate celery? A spinach salad with strawberries, chopped walnuts, and a light vinaigrette is easy to make and delicious.

Protein

Protein is a building block of a healthy body. You don't need much—WebMD suggests 46 grams of protein for women and 56 grams for men each day. And protein isn't just in meat, fish and poultry. A small container of yogurt has about 11 grams, and a cup of dry beans has 16 grams.

Multivitamins

A multivitamin can be extremely beneficial to kick-start your detox. Many people in recovery can benefit from a multivitamin with zinc, Vitamin A, Vitamin C, and B-complex. You may even want to look into supplements like turmeric, milk thistle, and green tea. However, be sure to talk to your doctor before trying adding vitamins to your diet. Every person's body is different, and you may need more of one nutrient than another. Also, certain vitamins can be harmful depending on what else you've been taking.

It's not drug cravings--you're hungry!

Many people who have been using drugs for a long time have forgotten how hunger feels. When your body has a chance to recover, those feelings may come back in full force. If you're craving something, it's likely not drugs, but just food. Stick to regular mealtimes. This will teach your body when to expect food and help keep the hunger under control.