

Nutrition Tips for Alcohol Recovery

Eating well helps protect and heal your body and brain from the damaging effects of alcohol.

EATING OMEGA-3S



Fatty acids found in fish, nuts, seeds and plant oils

- ✓ Can lower the risk of developing a drinking problem¹
- ✓ Can help regulate harms such as inflammation & liver damage^{2,3}
- ✓ Can lower initial response to alcohol⁴
- ✓ Can decrease stress and anxiety for those choosing abstinence¹
- ✓ Can reduce risk of relapse¹
- ✓ Can regulate effects of neurodegenerative disease & cognitive impairment²



1. Aliev et al., Genes regulating levels of ω -3 long-chain polyunsaturated fatty acids are associated with alcohol use disorder and consumption, and broader externalizing behavior in humans (2022). <https://doi.org/10.1111/acer.14916>

2. Serrano et al., The effect of omega-3 fatty acids on alcohol-induced damage (2023). <https://doi.org/10.3389/fnut.2023.1068343>

3. Balaszczuk et al., Hyperlocomotion and anxiety-like behavior induced by binge ethanol exposure in rat neonates. Possible ameliorative effects of Omega 3 (2019). <https://doi.org/10.1016/j.jbbr.2019.112022>

4. Edwards et al., Long-Chain ω -3 Levels Are Associated With Increased Alcohol Sensitivity in a Population-Based Sample of Adolescents (2019). <https://doi.org/10.1111/acer.14212>

For more info:
Talk to your primary care provider or visit:

Canadian Alcohol Use Disorder Society



www.cauds.org

