

# 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 problem<sup>1</sup>
- ✓ Can help regulate harms such as inflammation & liver damage<sup>2,3</sup>
- ✓ Can lower initial response to alcohol<sup>4</sup>
- ✓ Can decrease stress and anxiety for those choosing abstinence<sup>1</sup>
- ✓ Can reduce risk of relapse<sup>1</sup>
- ✓ Can regulate effects of neurodegenerative disease & cognitive impairment<sup>2</sup>

1. Aliev et al., Genes regulating levels of  $\omega$ -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.bbr.2019.112022>

4. Edwards et al., Long-Chain  $\omega$ -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](http://www.cauds.org)

