

Food tips for Harm Reduction

If you're using drugs or alcohol, eating the right foods before, during and after you use can decrease the negative impacts to your body and brain.



STONEWALL PROJECT

TRY THESE

Power foods

High protein foods give long-lasting energy to keep you going!

- Meat, fish, eggs, beans
- Protein drinks or sports bars
- Fruits, veggies & smoothies
- Burgers, sandwiches, pizza & burritos
add vegetables when you can
- Whole grain foods like oatmeal and grainy bread
- Yogurt, cheese & crackers, peanut butter



QUICK

Energy boost!



Peanut butter



Banana



Ice cream

TOP TIPS

- **Eat!** Even if you're not hungry
- Prepare food in advance
- Eat small, frequent snacks
- Add veggies to a meal
- Eat before you get high and as you come down

FOODS TO SKIP

- White bread
- Cookies
- Candy
- High-sugar foods
(sugar can make you crash)

Talk to your counselor about how nutrition can benefit your substance use goals.

415-487-3100 | stonewallsf.org

Hydration tips for Harm Reduction

Staying hydrated when you're using drugs and alcohol can help your body and brain bounce back.



STONEWALL PROJECT

STOCK Your fridge

Keep plenty of non-alcoholic drinks at home for when you get high.

Your body needs to be hydrated to handle the stress of being high.

BEST BEVERAGES



Cool drinks to make them more refreshing

- Pedialyte
- Sports drinks
- Sparkling water
- 100% fruit juice

Water

Drink 8 glasses of water every day, and **more** when you get high.



TOP TIPS

- Add ice to your drinks, they'll be more refreshing
- Use a straw: suck it down gurl!
- On the go? Carry and drink from a water bottle

DRINKING ALCOHOL OR CAFFEINE?

These drinks **don't** hydrate you. Have an extra glass of water per beverage.

- Going to the bar? Order club soda or juice. **Add a lime to make it look fancy**
- Save money! Buy a bottle of water and refill it at a water station

DRINK MORE WATER IF

- Your urine is dark yellow
- You have cotton mouth
- You pinch the skin on the back of your hand and it doesn't snap back

Talk to your counselor about how nutrition can benefit your substance use goals.

415-487-3100 | stonewallsf.org