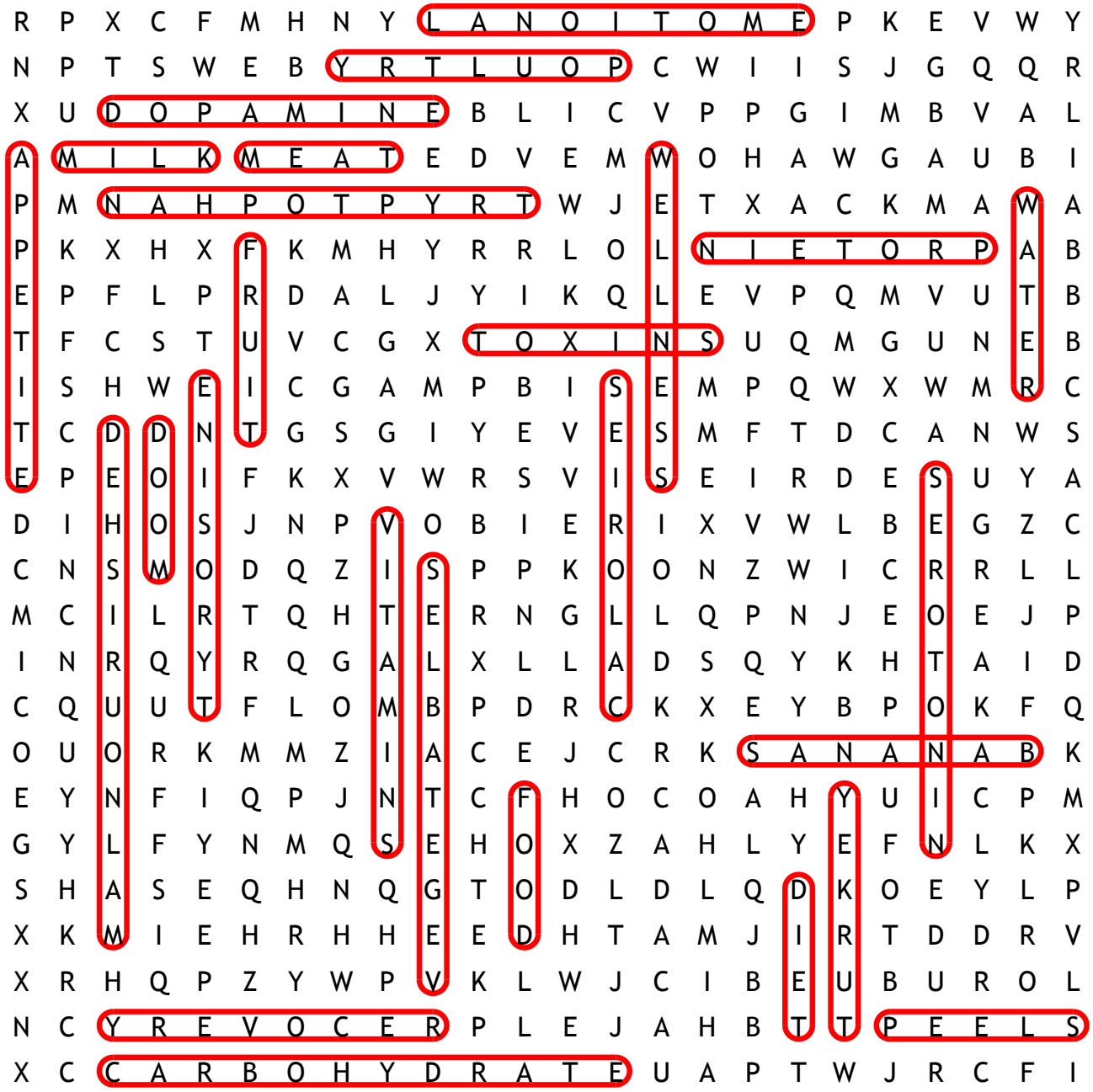
Name: _____ Date: _____

Diet and Nutrition in Recovery



CARBOHYDRATE
EMOTIONAL
VITAMINS
WELLNESS
TURKEY
WATER
MEAT

MALNOURISHED
SEROTONIN
RECOVERY
POULTRY
TOXINS
MOOD
DIET

TRYPTOPHAN
APPETITE
TYROSINE
BANANAS
SLEEP
FOOD

VEGETABLES
DOPAMINE
CALORIES
PROTEIN
FRUIT
MILK