



Folic Acid

Food	Amount	Micrograms
Pinto beans, boiled	1 cup	294
Black beans, boiled	1 cup	256
Lima beans, boiled	1 cup	256
Kidney beans, boiled	1 cup	229
Great Northern beans, boiled	1 cup	181
Spinach, boiled	1/2 cup	131
Blackeye peas, boiled	1 cup	123
Orange juice, frozen conc.	1 cup	109



Zinc

Food	Amount	Milligrams
Sesame Seeds	1 cup	15.38
Cashews, raw	1 cup	7.67
Pumpkin seeds	1 cup	6.59
Peanuts	1 cup	6.47
Brazil nuts	1 cup	5.1
Walnuts, dried	1 cup	4
Endive	1 head	4
Eggs, scrambled	1 cup	2.2

(RDA's: Men - 15 mg, Women - 15 mg.)



Alcohol

People who drink alcohol eat poorly. Alcohol impairs nutrient absorption by damaging the cells lining the stomach and intestine. Excessive drinking can permanently damage the brain, nervous system, heart and pancreas. It also affects the immune system increasing a smoker's risk of cancer especially the mouth, throat, liver and bladder. Women who are alcoholics have a greater risk of breast cancer.

Alcohol inhibits the absorption of fat soluble vitamins A, D, and E. Heavy drinkers often deficient in these vitamins as well as C and K and the B vitamins.

25 % of American adults smoke. Each puff they inhale over 4,000 chemical compounds. Cigarettes contain over 40 cancer-causing chemicals.

Nicotine (Smoking)

The many poisons in tobacco and cigarette smoke, like tar and carbon monoxide are extremely harmful to the lungs and air passages. Tobacco also contains nicotine, an addictive drug.

Smoking a pack of cigarettes cuts the amount of Vitamin C in the body to 50%. It also leaches calcium from the bones and smokers also need more folic acid and B vitamins than non smokers.

Some people quit alcohol and tobacco on their own. There are also support groups that have proven successful. Alcoholics Anonymous (AA) is used worldwide. AA also has been adapted to help people to stop smoking. There are also one on one counseling that works for some people too.

The bottom line is to make sure you eat healthy on your way to a speedy recovery!

Food Fitness First™



Top Nutritional Recovery Foods

Overcoming Alcohol and Tobacco With Good Nutrition

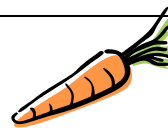
Dietary Guidelines

One way to speed recovery from overindulgence and addiction of alcohol and tobacco is to focus on eating a healthy and balanced diet. Use the food pyramid for your starting point. Try not to over do it on any one food; go for variety and balance. Stay away from fried, greasy foods and go for fresh foods.

Let fruits and vegetables scream at you. Antioxidants include vitamins A, C, and E and some enzymes with specific minerals. These vitamins and minerals help to get rid of toxins that build up in the body.

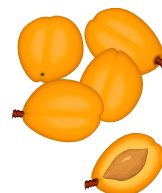
For those ending an addiction a high complex-carbohydrate diet is best. Adequate calcium is the biggest problem for those coming off an addiction, especially women.

Vitamin A



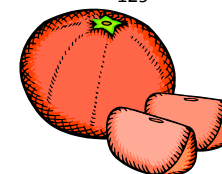
Food	Amount	International Units
Sweet Potato, baked w/ skin	1 medium	24878
Carrot	1 medium	20254
Spinach, boiled	1/2 cup	8060
Cantaloupe	1/2 cup	5158
Kale, boiled	1/2 cup	4810
Turnip Greens	1/2 cup	3960
Winter Squash	1/2 cup	3628
Apricot	3 medium	2770

(RDA's: Men - 1000 IU, Women - 800 IU)



Potassium

Food	Amount	Milligrams
Potato, baked w/ skin	1 medium	844
Banana	1 medium	451
Raw Tomato	1 medium	273
Navel Orange	1 medium	250
Strawberries	1 cup	247
Raspberries	1 cup	187
Grapefruit	1 medium	160
Blackberries	1 cup	141
Tangerine	1 medium	132
Blueberries	1 cup	129



Calcium



Food	Amount	Milligrams
Yogurt, low fat	1 cup	416
Skim milk	1 cup	302
Buttermilk	1 cup	258
Great Northern Beans	1 cup	122

(RDA's: Men - 800mg, Women - 800 mg.)

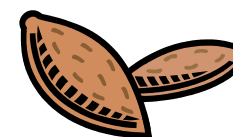


Vitamin C



Food	Amount	Milligrams
Orange Juice, frozen conc.	1 cup	97
Strawberry	1 cup	85
Grapefruit Juice frozen conc.	1 cup	84
Navel Orange	1 medium	80
Kiwi	1 medium	75
Cantaloupe	1 cup	68
Grapefruit	1/2 medium	47
Bell Pepper	1/2 cup	44

(RDA's: Men - 60 mg. Women - 60 mg.)



Iron

Food	Amount	Milligrams
Spinach, boiled	1 cup	3.21
Raisins	2/3 cup	2.08
Prunes	10 dried	2.08
Sunflower seeds	1 ounce	1.98
Cashews, dry roasted	1 ounce	1.70
Apricots, dried	10 halves	1.65
Almonds, raw	1 ounce	1.30
Dates	10 dried	.96
Peanuts, dry roasted	1 ounce	.63
Peanut butter, crunchy	2 Tablesoopns	.61

(RDA's: Men - 10 mg. Women - 18 mg.)

