

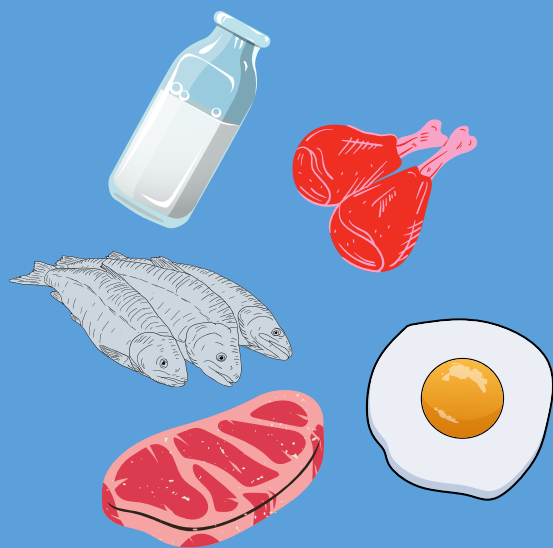
FOOD FOR RECOVERY

Let food be the medicine ,
and medicine be the food.

EAT WHOLE FOODS

PROTEIN

Helps the body repair muscles and gives a steady supply of energy. Eat a palm sized amount 3-4 times a day.



Full of nutrients, vitamins and minerals important for the body to function.

Eat 2-3 fruit and 4-5 vegetable fist sized amounts during the day.

VEGETABLES AND FRUITS



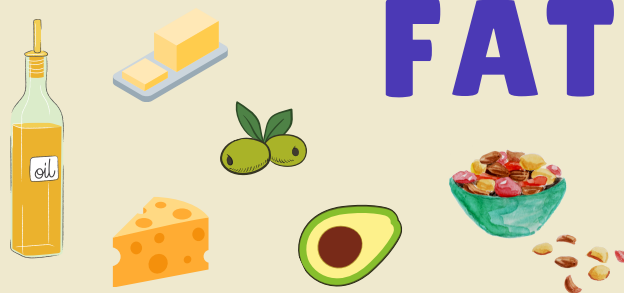
COMPLEX CARBS



Full of fiber, vitamins and minerals. They help to improve digestion. Eat 3-5 fist sized servings during the day.

Fats are important for cellular structure and the brain. Eat 2-4 thumb sized servings each day.

HEALTHY FATS



For more information contact:
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