



Protect Your Recovery

You are a human being and you will get sick with colds, flus and viruses. The symptoms of many illnesses can often mirror those of eating disorder behaviors including lack of appetite, reduced food intake, weight loss, vomiting and diarrhea. This can be triggering for many in recovery. The following are gentle tips for feeding and caring for yourself during an illness to minimize the impact on your recovery.

- Create your sick day plan in advance of getting sick. Stock your kitchen with the foods and drinks you need.
- Call your medical provider early to help you manage your symptoms. Early guidance can help you minimize the impact on your body and health.

Food and Drink Ideas:

Fluids with nutrition, Smoothies, Fruit juice, Electrolyte replacement drinks, Popsicles, Broth (vegetable, chicken, beef,) and Soups

- Eat and drink as much of your nutrition plan as you can tolerate.
- Take a break from all physical activities during this time.
- Be aware that if you have a fever, your body will use more energy and fluid than usual.
- Rest. Stay home from work and all other commitments. Expect to stay home as long as you need to in order to not be contagious and to recover your strength and energy.
- Consult your medical provider about when it is safe for you to return to work, school and physical activity.
- Return to your regular nutrition plan as soon as you can tolerate. This can sometimes be difficult if you have lost weight or have been triggered by your illness symptoms. You may need to practice mechanical eating and drinking for a short time.
- Communicate with your support team remotely to get extra support in your transition back to health.

Your sick day plan including foods and drinks to buy: