



The Recovery Kitchen: July 4th Menu Makeover

July 4th is here and that means fireworks, BBQs and (usually) heavy foods rich in fat, salt and sugar – the three so-called “hyperpalatables” that drive us to eat more and more of these foods. A body in recovery, though, needs key vitamins and minerals that rebuild damage done by substance use and simply neglecting good health. So use this Independence Day as one more opportunity to free yourself from empty calories and processed foods that are full of ingredients you just don’t need. Instead, choose our healthier options that are nutrient-dense and delicious. Happy Fourth of July!

Instead of...



Hot dog on a white bun



Hamburger on a white bun



Baked beans



Potato chips



Coleslaw (mayonnaise-based)



Cake, ice cream

Try...



Chicken salad with Greek yogurt



4-ounce turkey burger on a whole-wheat bun



Grilled veggies, quinoa salad with vegetables



Edamame hummus and vegetables



Coleslaw (substitute plain, non-fat Greek yogurt for half the mayonnaise in most recipes)



Zucchini muffins with chocolate chips

Seven BBQ Foods to Break Free From



Hot dogs are full of sodium and nitrates. The preservatives and curing agents in the dogs, plus the bun, often add up to more than half the recommended daily limit for sodium (salt), and that’s before you add on the mustard, relish and sauerkraut! The nitrates found in most hot dogs have also been shown to increase the risk of cancer.



Hamburgers have that special combination of fat, salt and sugar (from the bun and ketchup) that can ignite the brain's reward center in a similar way to what happens with alcohol or another drug, or an addictive behavior.



Baked beans may appear to be healthy, but there's a huge amount of sugar baked with nearly all canned beans! As noted above, sugar is one of the so-called "hyperpalatables," which have been proven to be similarly addictive to a number of drugs, including cocaine and meth.



Potato chips are nothing more than empty calories – a simple "vehicle" for transporting fat, sodium and calories.



Coleslaw, when it's made with mayonnaise, is typically full of artery-clogging saturated fat. Why not swap out half the mayonnaise for non-fat plain Greek yogurt? You'll lower the calories and saturated fat and add a tangy flavor to the coleslaw.



Cake and ice cream are full of sugar, saturated fat and processed carbohydrates.