

Summary:

Grog and drugs can impact your body and stop you getting the important nutrients you need. Eating well and staying hydrated makes you feel stronger, more resilient, and healthy.

This resource provides you with information on why eating healthy can make you feel better and what types of food are good for your body.

How do grog and drugs impact eating?

Using grog and drugs can change your eating habits and impact your appetite.

If you drink a lot of grog or use ice you might not feel like eating for a few days, this can make you feel weak and dehydrated.^{1,2}

Using gunja a lot can also decrease your appetite and make you feel sick. Sometimes gunja can increase your appetite.³

Your eating habits can also cause tummy pain, digestion issues, constipation, and diarrhoea.

What are the benefits of eating well?

Eating well can strengthen things like your ability to concentrate (think straight), solve problems and remember things. It can also improve your energy levels and the way you think and feel.⁴

It might be good to think about:

- **Planning** your meals for the week to make sure you're eating a balance of different foods.
- **Sharing** meals with family and friends to connect and have a yarn.
- **Eating regularly** so that you have energy and focus.
- **Drinking lots of water** to stay hydrated.⁴

What types of food should I eat?

- vegetables like potatoes, beans, broccoli, corn
- lentils and chickpeas
- fish or other types of seafood
- fresh fruit like bananas, kiwi fruit and oranges
- nuts and seeds
- yoghurt and eggs
- rice and pasta
- red meats and poultry.⁴

Try to cut down on sugary drinks and foods – these don't fill you up or give you energy for long, and aren't good for your body.⁴

And remember it's ok if you have days where you don't eat healthy foods - don't be hard on yourself, you can always start again the next day.

If finding fresh and healthy food is hard for you or costs too much, there are services that can assist, see here: [Find Food Support From Foodbank Australia](#).



Where to get support

National Alcohol and Other Drug Hotline (24/7): 1800 250 015

You can speak with a counsellor over the phone, get information on drugs and links to support services. They speak to family and friends too.

13 Yarn (24/7): 13 92 76

If you need some crisis support, you can get free assistance from this Aboriginal and Torres Strait Islander crisis support line.

Brother to Brother (24/7): 1800 435 799

Free 24-hour crisis line to support Aboriginal men experiencing issues relating to relationships, family violence, drugs and alcohol.

Yarning Safe and Strong (24/7): 1800 959 563

A service for Aboriginal and Torres Strait Islander peoples. You can get free counselling over the phone. They can also support friends and families who need to have a yarn with someone about their wellbeing.

Victorian Aboriginal Health Service (VAHS): 03 9419 3000

Provides a wide range of in-person health services for Aboriginal and Torres Strait Islander peoples in Victoria. You can find similar services in different locations across Australia using HealthInfoNet's resource: [Map of Aboriginal and Torres Strait Islander health/medical services](#).

References

1. Cracks in the Ice. How can I tell if someone may be using ice? The University of Sydney Matilda Centre; 2023 [31.05.2023]. Available from: <https://cracksintheice.org.au/aboriginal-and-torres-strait-islander-peoples/concerned-about-someone-using-ice>.
2. Healthdirect Australia. How alcohol affects your health: Healthdirect Australia; 2022 [31.05.2023]. Available from: <https://www.healthdirect.gov.au/how-alcohol-affects-your-health>.
3. Healthdirect. Cannabis (marijuana): Healthdirect; 2022 [31.05.2023]. Available from: <https://www.healthdirect.gov.au/marijuana>.
4. Government of Western Australia Mental Health Commission. Ways to look after your mental health and wellbeing: Government of Western Australia Mental Health Commission; 2017 [31.05.2023]. Available from: <https://www.thinkmentalhealthwa.com.au/about-mental-health-wellbeing/ways-to-look-after-your-mental-health/>.

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