



Nutrition in Chronic Pain Management

Presentation slides and handouts: <https://cfpcn.ca/extended-health-team/>



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Extended Health Team

Team care for long-term health concerns.

Anyone managing chronic and long-term health concerns may benefit from a team approach. Our Extended Health Team brings



Norms

- Please remember that this class is confidential, everything discussed today stays within the walls of this meeting to protect the privacy of all our participants
- All questions are welcome, feel free to ask as they arise. I may not be able to answer every question, however I will direct you to resources at the end of the class where they can be addressed
- Please keep background noise to a minimum/mute your mic
- If you need to step away from the discussion momentarily/leave the group, please indicate that in the chat box
- If you have any technical issues, please let me know via the chat box

Some very common patient questions and concerns...

- I find when I'm in pain I eat comfort and junk foods. Food is food, why should I eat differently?
- When I'm in a lot of pain, I don't worry about eating so I skip meals regularly.
- Sometimes I'm in too much pain to prepare meals, so I eat convenience foods.
- I'm unemployed and can't afford 'healthy' food, are there any inexpensive ways to eat healthy?
- I rely on caffeine and sugar to keep me going, is that a bad thing?
- I can't walk around the grocery store, how can I buy fresh food?
- My medication is causing terrible side effects, can you please help?
- I've seen so many different foods that claim to cure pain on the internet, what works?



Nutrition is an important part of chronic pain management

Bi-directional relationship

Nutrition



Pain



Your Checklist for Healthy Eating with Chronic Pain:

- ☐ I follow a regular eating pattern
- ☐ I try to eat balanced meals
- ☐ I keep hydrated
- ☐ I plan ahead for flare-ups
- ☐ I prepare most of my meals and snacks from fresh, unprocessed foods
- ☐ I don't rely on sugar and/or caffeine for energy
- ☐ I have consulted my doctor and/or pharmacist about **all** medications, supplements, vitamins and minerals I am taking



I follow a regular eating pattern

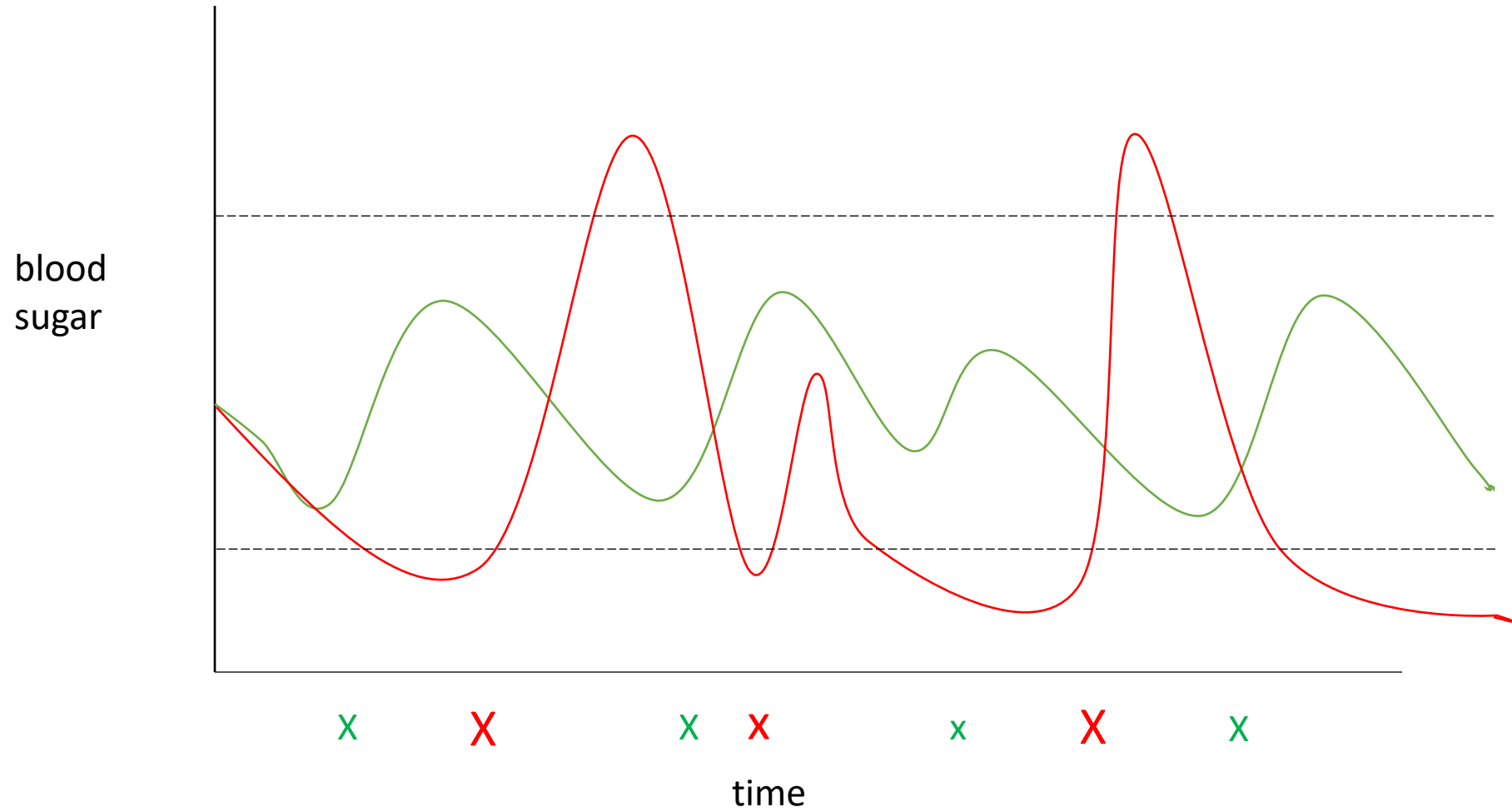
Eating regularly provides you with energy for the day and helps prevent pain flare-ups.



Time	Meal	Food Consumed
8:00am	Wake up	
8:30am	Breakfast	Milk, whole wheat toast, peanut butter, apple
10:30am	Snack	Yogurt and berries
12:30pm	Lunch	Whole wheat wrap with lettuce, tomato, light cheese, canned salmon
3:00pm	Snack	Hummus with carrot sticks
6:00pm	Supper	3-bean chili with brown rice



I follow a regular eating pattern





try to eat balanced meals

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Canada's Food Guide

Eat Well. Live Well.

<https://food-guide.canada.ca/en/>



I keep hydrated



Symptoms of dehydration include:

- Feeling tired
- Headaches
- Dizziness
- Dry mouth
- Constipation

✓ I plan ahead for flare-ups

- Make extra servings of healthy foods when you're feeling well and freeze individual portions for later
- Have easy-to-prepare foods on hand
- Ask for help from friends and family
- Consider simple meals

Extra tip: If you have trouble standing for long periods of time, keep a comfortable seat in your kitchen to use during food preparation



OR





I prepare most of my meals/snacks from fresh, unprocessed food

Processed	Less processed
Fruit juice candies	Piece of fruit
Canned vegetable soup	Homemade stew with frozen vegetables and root vegetables
Deli meat	Home cooked chicken breast, sliced, or canned salmon
Granola bar or chocolate bar	½ slice whole wheat toast with peanut butter
Chips and dip	Carrot sticks with hummus

Processed, convenience foods tend to **have more sugar, salt, and fat**
Unprocessed foods are higher in **vitamins, minerals, and fibre**

✓ I don't rely on sugar and/or caffeine for energy

Fueling your body with caffeine and sugar does not provide the nutrients you need to keep your body healthy



Simple Sugars

- Fruit juice
- Pop
- Candy/chocolate bars
- Cakes, baked goods
- Granola bars
- Sugary cereal
- Table sugar, brown sugar
- Maple syrup, honey
- Sweetened products like:
- Chocolate milk
- Flavoured yogurt
- Dessert treats

Caffeine

- Coffee
- Tea (black, green, white)
- Many soft drinks
- Energy drinks
- Chocolate





I have consulted my doctor and/or pharmacist about all medications, supplements, vitamins and minerals I am taking

Always ask your doctor or pharmacist before taking a new supplement to make sure it is safe for you to take.



Chronic pain and food access

- Chronic pain can influence finances by changing your ability to work in the same way when you were pain free
- Physical barriers from chronic pain can cause challenges obtaining food, such as barriers with transportation, grocery shopping, food preparation, etc.

Please see the online handouts: 'Grocery Shopping on a Budget', 'Making Food Last Longer', 'Calgary Grocery Options' available at <https://cfpcn.ca/resources/dietitian>

Goal Setting



Additional Resources

Calgary Foothills Primary Care Network Programs:

- All programs are available via self referral at 587-774-9736 or via <https://cfpcn.ca/>
 - **1:1 APPOINTMENT WITH A REGISTERED DIETITIAN**
 - **WORKSHOPS:**
 - Craving Change
 - Anxiety 101 and Anxiety to Calm
 - Happiness Basics
 - Ask A Dietitian: Introductory Diabetes
 - Ask A Dietitian: Best Weight
 - Ask A Dietitian: Cholesterol Basics

Alberta Health Services Programs:

- Alberta Healthy Living Program <https://www.albertahealthservices.ca/info/page13984.aspx>





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