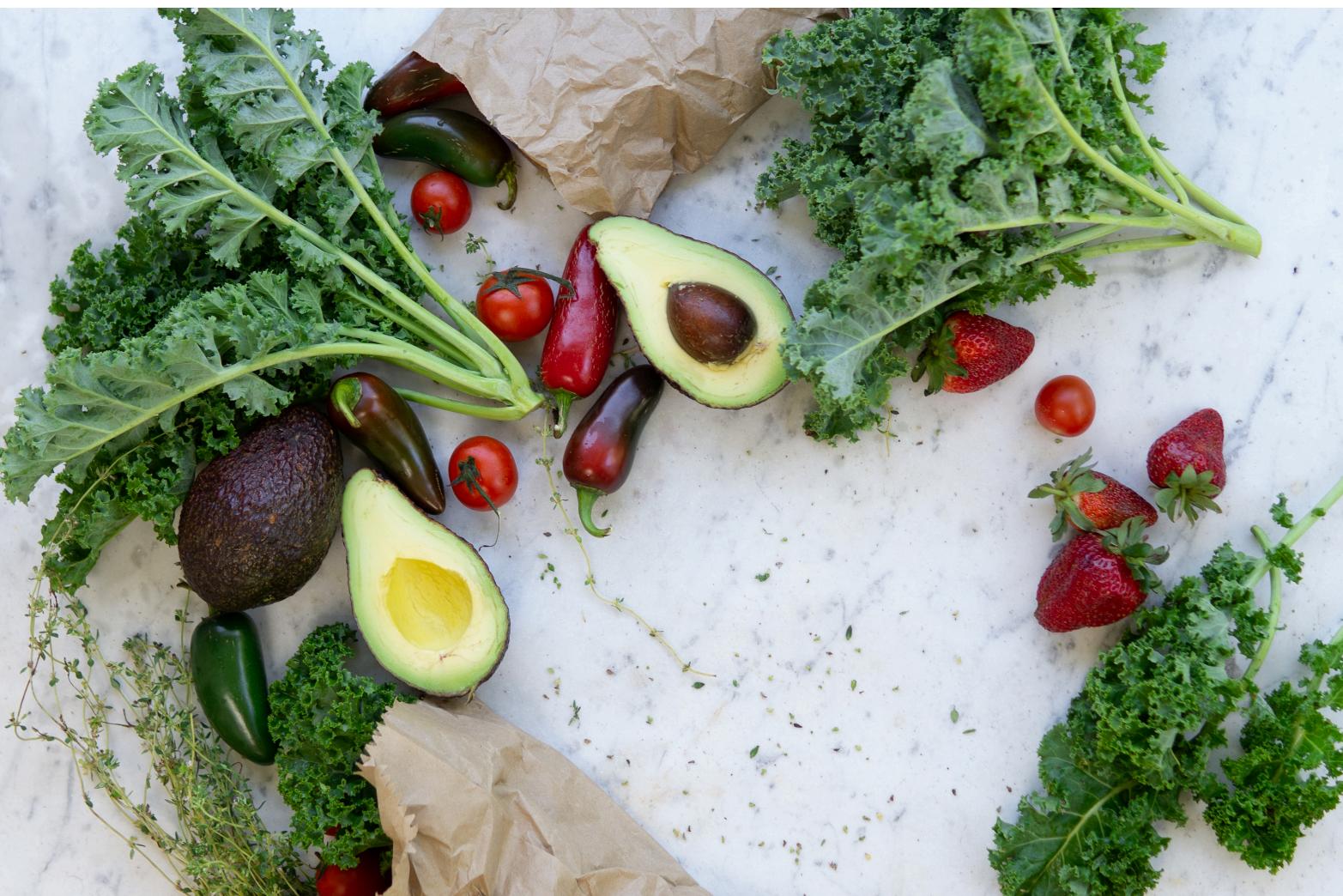


NORTH EAST CLINICAL

# NUTRITION AFTERCARE GUIDE



## SUPPORTING WELLBEING WITH FOOD

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# Introduction: Why Food Matters for Wellbeing

Complementary therapies like massage, reflexology, or aromatherapy can support your body's natural processes of balance and relaxation. What you eat after a treatment can also play a helpful role in your overall wellbeing.

While this guide does not replace professional nutritional advice, it offers general information based on trusted public health guidance to help you make informed choices. The emphasis is on eating nourishing, satisfying foods that support recovery and energy, rather than focusing on restriction or calorie counting.



# THE ROLE OF NUTRIENT DENSE FOODS

## Why Nutrient Dense Foods Matter

After receiving a complementary therapy treatment, your body may enter a relaxed state that supports natural healing and balance. Eating nutrient dense foods can help support your overall wellbeing and promote recovery by:

- Providing the vitamins and minerals your body needs to function well
- Supporting your immune system and reducing inflammation
- Helping maintain stable energy levels
- Promoting feelings of fullness and satisfaction

## What Are Nutrient Dense Foods?

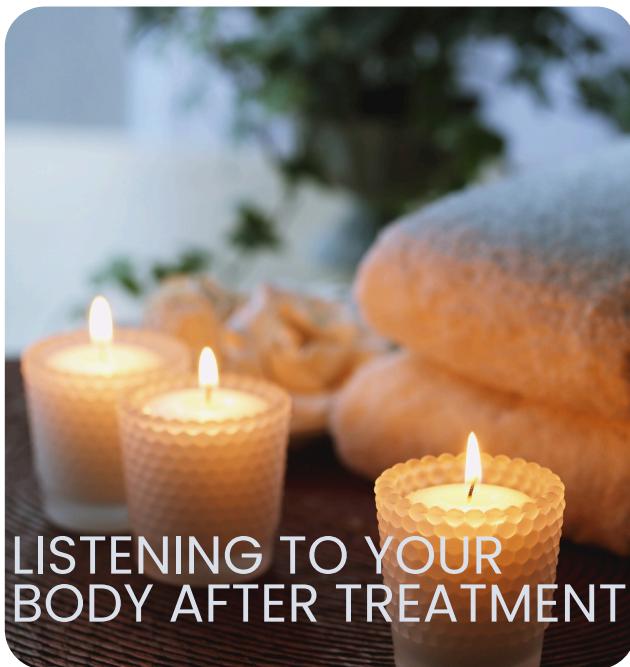
Nutrient dense foods are those that provide a high amount of nutrients (vitamins, minerals, fibre, and healthy fats) relative to their energy (calorie) content. They help you feel satisfied and energised without needing to rely on low-calorie or restrictive eating patterns. These foods include:

- Vegetables and Fruits: Especially brightly coloured ones like berries, leafy greens, sweet potatoes, and carrots.
- Whole Grains: Such as oats, brown rice, quinoa, and wholemeal bread.
- Nuts and Seeds: Almonds, sunflower seeds, flaxseeds, and walnuts offer healthy fats, fibre, and minerals.
- Legumes: Lentils, chickpeas, and beans provide protein and fibre.
- Protein Sources: Eggs, tofu, fish, lean poultry, or dairy (if included in your diet) help your body repair and maintain muscle and tissue.
- Healthy Fats: Avocado, olive oil, and oily fish support brain and heart health.

## Our Scope of Practice

As complementary therapists, it's outside our scope to advise on restrictive diets or supplementation. We encourage a balanced approach, seeking and taking account of any medical advice, and guided by resources such as:

- NHS Eatwell Guide
- British Dietetic Association (BDA) – Food Facts
- World Health Organization – Healthy Diet Basics



## LISTENING TO YOUR BODY AFTER TREATMENT

Everyone responds differently to complementary therapy. After treatment, you might feel relaxed, tired, energised, or emotional. Listening to your body is key to knowing what kind of nourishment it needs.

### Tips:

- If you feel hungry, aim for whole, satisfying foods rather than processed snacks.
- If you're not hungry right away, try a small, balanced snack or warm drink until your appetite returns.
- Take time to rest and avoid rushing meals.

Gentle eating patterns that respect your hunger and fullness signals can help extend the benefits of your therapy.



## HYDRATION AND ITS IMPORTANCE

After your treatment, it's important to stay well hydrated. Fluids help support:

- Joint and muscle function
- Circulation and lymphatic flow
- Digestion and elimination of waste

### Suggestions:

- Aim to sip water regularly throughout the day.
- Herbal teas like peppermint or chamomile can be soothing.
- Limit caffeinated drinks, especially if you're feeling sensitive or trying to unwind.

According to the NHS, adults should aim for around 6–8 cups or glasses of fluids daily, more in hot weather or after treatments involving heat or physical release.



# SUGGESTED FOODS FOR NOURISHMENT AND RECOVERY

When choosing meals or snacks after therapy, aim for a balance of:

## 🥦 Vegetables/Fruits

- Provide vitamins, antioxidants and hydration
- Examples: steamed broccoli, roasted peppers, apples, berries, bananas

## 🍞 Whole Grains

- Give slow-release energy and fibre
- Examples: oats, wholemeal pasta, brown rice, quinoa

## 🥚 Proteins

- Help repair tissues and promote fullness
- Examples: eggs, lentils, beans, tofu, chicken, yoghurt

## 🥑 Healthy Fats

- Support brain function and help absorb vitamins
- Examples: olive oil, nuts, seeds, oily fish, avocado

Focus on variety rather than perfection—small changes can make a meaningful difference.

# SIMPLE MEAL IDEAS

These are examples of easy, balanced meals or snacks that provide nourishment without needing strict recipes.

## Breakfast

- Porridge with ground flaxseed, chopped apple, and cinnamon
- Wholegrain toast with nut butter and sliced banana
- Greek yoghurt with berries and oats

## Lunch

- Lentil soup with wholemeal bread
- Quinoa salad with roasted vegetables and chickpeas
- Baked sweet potato with cottage cheese and mixed salad

## Evening Meal

- Stir-fried vegetables with tofu and brown rice
- Grilled salmon with broccoli and new potatoes
- Chickpea curry with wholegrain rice

## Snacks

- A handful of unsalted nuts or seeds
- Hummus with carrot sticks
- A boiled egg and oatcakes

Always eat at a pace that suits your body, ideally in a calm environment.



## GENERAL TIPS

**PORTIONS:** adjust quantities to suit your appetite—serving sizes are a guide.

**SWAPS:** feel free to substitute seasonal produce, plant proteins or whole-grains you enjoy.

**ALLERGIES:** check ingredients if you have allergies/intolerances; swap nuts/dairy/gluten as needed.

**HYDRATION:** pair meals with water or herbal tea to meet the recommended 6–8 drinks daily.

**If you have specific health conditions, allergies or complex dietary needs, seek personalised advice from a registered dietitian or qualified nutrition professional.**



## BREAKFAST – OVERNIGHT BERRY-FLAX OATS

**Serves 1**  
**Prep 5 min**  
**Chill 4h+**

### Ingredients

- 40 g rolled oats (about  $\frac{1}{2}$  cup)
- 150 ml semi-skimmed or plant milk
- 2 tbsp natural yoghurt (dairy or fortified soy)
- 1tbsp ground flaxseed
- 1tsp chia seeds (optional for extra fibre)
- $\frac{3}{4}$  cup mixed berries (fresh or frozen)
- Pinch of cinnamon
- 1tsp mixed nuts, chopped (optional topping)

### Method

- 1.In a jar or bowl, stir together oats, milk, yoghurt, flaxseed, chia and cinnamon.
- 2.Fold in half the berries. Cover and refrigerate a minimum of four hours (overnight is easiest).
- 3.In the morning, top with the remaining berries and chopped nuts.

### Why it's nourishing

Whole-grain oats, flax and chia supply soluble fibre and slow-release carbohydrates; berries contribute vitamin C and polyphenols; yoghurt adds protein and calcium (or, if plant-based, calcium-fortified alternatives).



## LUNCH – WARM RAINBOW LENTIL & QUINOA SALAD

**Serves 2**  
**Prep 10 min**  
**Cook 20 min**

### Ingredients

- 75 g dry quinoa ( $\frac{1}{2}$  cup)
- 1 x 400 g tin green or brown lentils, drained and rinsed
- 1 small red pepper, diced
- $\frac{1}{2}$  cucumber, diced
- 1 medium carrot, grated
- 1 cup steamed broccoli florets
- Handful fresh parsley, chopped

### Simple lemon-tahini dressing

- 1tbsp tahini
- Juice of  $\frac{1}{2}$  lemon
- 1tbsp olive oil
- 1tsp honey or maple syrup
- Warm water to loosen + pinch pepper

### Method

- 1.Rinse quinoa and simmer in twice its volume of water for ~15 min. Fluff and cool slightly.
- 2.In a large bowl, combine quinoa, lentils and all vegetables.
- 3.Whisk dressing ingredients, thinning with water to a pourable consistency.
- 4.Toss salad with dressing and scatter over parsley.

### Why it's nourishing

Combines plant protein (lentils, quinoa) with colourful veg for antioxidants, vitamin A, vitamin K and fibre. Tahini and olive oil add heart-healthy unsaturated fat.



## DINNER – ONE-PAN MEDITERRANEAN SALMON

**Serves 1**

**Prep 5 min**

**Chill 4 h+**

### Ingredients

- 40 g rolled oats (about  $\frac{1}{2}$  cup)
- 150 ml semi-skimmed or plant milk
- 2 tbsp natural yoghurt (dairy or fortified soy)
- 1tbsp ground flaxseed
- 1tsp chia seeds (optional for extra fibre)
- $\frac{3}{4}$  cup mixed berries (fresh or frozen)
- Pinch of cinnamon
- 1tsp mixed nuts, chopped (optional topping)

### Method

- 1.In a jar or bowl, stir together oats, milk, yoghurt, flaxseed, chia and cinnamon.
- 2.Fold in half the berries. Cover and refrigerate a minimum of four hours (overnight is easiest).
- 3.In the morning, top with the remaining berries and chopped nuts.

### Why it's nourishing

Whole-grain oats, flax and chia supply soluble fibre and slow-release carbohydrates; berries contribute vitamin C and polyphenols; yoghurt adds protein and calcium (or, if plant-based, calcium-fortified alternatives).



## SNACK – CRUNCHY VEG & QUICK HUMMUS

**Serves 2**

**Prep 10 min**

### Quick Hummus

#### Ingredients

- 1 x 400 g tin chickpeas, drained (reserve 2 tbsp liquid)
- 1½ tbsp tahini
- Juice of  $\frac{1}{2}$  lemon
- 1 small garlic clove, crushed
- 1tbsp olive oil
- Pinch cumin + black pepper

#### Method

- 1.Blend all ingredients to a smooth dip, loosening with reserved chickpea liquid.

### Veg Dippers

#### Ingredients

- 1 carrot, cut into batons
- $\frac{1}{2}$  red pepper, sliced
- 1 small cucumber, sliced
- 4–6 wholegrain crackers or seed-oatcakes (optional)

### Why it's nourishing

Chickpeas and tahini deliver plant protein, fibre, iron and calcium; colourful raw veg add crunch, hydration and vitamins, making a satisfying between-meal boost without relying on ultra-processed snacks.

## MOCKTAIL: CUCUMBER, MINT & LIME COOLER



A refreshing, hydrating non-alcoholic drink perfect after treatment.

**Serves 2**

**Prep 5 min**

### Ingredients

- ½ cucumber, sliced (plus a few slices for garnish)
- Juice of 1 lime
- 6–8 fresh mint leaves
- 1 tsp honey or maple syrup (optional)
- 300 ml chilled sparkling water or still water
- Ice cubes

### Method

1. Muddle the cucumber slices, mint leaves and lime juice in a jug (or use a spoon to press in a glass).
2. Add honey/maple syrup if using, and stir well.
3. Top with sparkling or still water and a handful of ice.
4. Pour into glasses and garnish with cucumber and mint.

### Why it's wellbeing-friendly:

This mocktail is naturally hydrating, low in sugar, and contains no artificial ingredients. Cucumber and mint support digestion and provide a cooling effect.

## SWEET TREAT: DARK CHOCOLATE & DATE ENERGY BITES



A satisfying sweet bite using whole-food ingredients — rich in fibre, minerals and natural sweetness.

**Makes 10–12**

**Prep 10 min**

**Chill 20 min**

### Ingredients

- 100 g soft Medjool dates (about 6–8), pitted
- 50 g rolled oats (½ cup)
- 2 tbsp nut butter (e.g., almond or peanut)
- 1 tbsp ground flaxseed or chia seeds
- 1 tbsp cocoa or cacao powder
- 1–2 squares dark chocolate (70%+), finely chopped (optional)
- Pinch sea salt
- Splash of warm water, as needed

### Method

1. In a food processor, blend oats until they resemble coarse flour.
2. Add dates, nut butter, cocoa, flaxseed, salt, and blend again.
3. Add a splash of water if needed for the mixture to come together.
4. Stir in chopped dark chocolate, then roll into small balls.
5. Chill in the fridge for 20+ minutes to firm up.

### Why it's wellbeing-friendly:

These bites provide fibre, magnesium and healthy fats with natural sweetness from dates—not ultra-processed sugars. Perfect as a small, occasional indulgence without the crash of refined sweets.



## WHEN TO SEEK ADVICE FROM A NUTRITION PROFESSIONAL

While this guide offers general support, there are times when it's best to consult a registered dietitian or nutritionist. Consider seeking further advice if you:

- Have a medical condition that affects your diet (e.g. diabetes, IBS)
- Are managing food allergies or intolerances
- Have concerns about weight, disordered eating, or low appetite
- Are considering supplements, fasting, or restrictive diets

You can find reliable professionals through the British Dietetic Association (BDA) or Association for Nutrition (AfN).



## MINDFUL EATING AND DIGESTIVE SUPPORT

Mindful eating is a way of eating that encourages presence and awareness. It can support digestion and enhance your enjoyment of food—especially after a relaxing treatment.

Try to:

- Eat slowly and chew well
- Sit down without screens or rushing
- Notice how foods make you feel
- Avoid lying down after eating

Gentle movement, like a short walk, can also aid digestion.



## USEFUL RESOURCES

These organisations provide reliable, evidence-based information about healthy eating:

- NHS Eatwell Guide - [www.nhs.uk/live-well/eat-well](http://www.nhs.uk/live-well/eat-well)
- British Dietetic Association (BDA) – Food Facts - [www.bda.uk.com](http://www.bda.uk.com)
- World Health Organisation – Healthy Diet - [www.who.int](http://www.who.int)
- NHS Inform (Scotland) – Food and Nutrition - [www.nhsinform.scot](http://www.nhsinform.scot)



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