



# nutrition and drugs

## Turn on to Life!

- Friends
- Nutrients
- Enjoyment
- Exercise
- Rest
- Curiosity



## What other things help you turn on to life?

**What do drugs have to do with nutrition?** Drugs are chemicals that change the normal way your body works. They all affect the way your body uses nutrients.



- Drugs may keep some nutrients from doing their jobs. Women who take birth control pills may need extra vitamin B<sub>6</sub>. Check with your doctor.
- Drugs may make you want to eat more or less. Amphetamines (“uppers”) may make you nervous and ruin your appetite.
- Drugs may make you more or less active. Caffeine from coffee can make you jumpy.
- They may affect your ability to think about what you eat. People on heroin often don't care whether they eat.

Aspirin ties up some nutrients so they can't be used.

**Turn off Life  
and on to Drugs?  
Why?**

Some people take too many drugs because they are trying to escape from loneliness or fear. What other things do they try to run away from?

Others try drugs because someone else does. How might they better deal with their problems?

**How do you keep from getting hung up on drugs?**



**Take drugs only if a doctor tells you to.**

**Go easy on coffee, tobacco, and alcohol.**

**Throw away old medicine. Be sure children can't find it.**

**Accept food and drinks only from people you can trust.**

**Talk over problems and seek help for them.**

**Where can you find out more?**

Ask about nutrition, diets, or weight control at your *Co-operative Extension Service*.

Your *health department* has information about drugs and nutrition.

A *doctor, nurse, or clinic worker* will answer questions about drugs or nutrition.

What other things would you suggest? How can you help others avoid the big hang-up?

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Issued in furtherance of cooperative extension work, acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. Carl N. Scheneman, Vice President for Extension, Cooperative Extension Service, University of Missouri, Columbia, Mo. 65201. The University of Missouri is an equal employment and educational opportunity institution.

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Scanner model                              fi-7460  
Scanning system software                ScandAll Pro v. 2.1.5 Premium  
Optical resolution                         600 dpi  
Color settings                              8 bit grayscale  
File types                                    tiff  
Notes

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