

5 RULES

FOR AN ADHD FRIENDLY DIET

-QUAY HEALTHCARE-

1

Beef up protein Levels

Low protein levels can lead to surges in blood sugar which may increase hyperactivity. Adults should aim to eat 36 grams of protein per day per pound of body weight. Here is 9 protein packed recipes you can't afford to skip.

<http://additu.de/bfast>

Limit foods high in artificial colour, sweetener or preservatives

Artificial food dyes can contribute to ADHD symptoms. Here are some things you can do to reduce these things:

- Substitute 100% fruit juices - for example sports drinks or any sweet beverage that you drink on a day to day basis
- Think beyond food and bake your own dessert's - Many store bought products and treats contain artificial flavours and sugar. Things such as mouthwash, toothpaste and even medicine.

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Take omega 3 fatty acids

Omega 3's are essential fats important for normal brain function. These can be found in food such as wild rice, eggs, soybeans but they are far more abundant in fish such as tuna or salmon.

Avoid trigger foods

Some foods contain dairy, gluten or eggs may contribute to ADHD symptoms. Food sensitivity can cause hyperactivity, impulsivity and lack of concentration.

How do you know if you have a food sensitivity?

Try an elimination diet; avoid one or more foods for at least three weeks before re-introducing them to determine their impact of ADHD symptom's

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Watch the sugar

There is no complete link between ADHD and sugar. However the less sugar the better. You should always check labels on food, manage what you bring home (don't always bring home cookies) and be aware of situations where sugar is likely to show up (Christmas, easter and valentines day)