

Focus points when meal planning with A.D.H.D



Whole foods

Use fresh produce and foods wherever possible. Too much processed food can cause absolute havoc on people with ADHD. When not possible, focus on choosing foods with short ingredient lists and names that you recognize and a low GI factor.



Focus on Omega 3's, Tryptophan and B Vitamins

Include quality sources of Omega 3's, Tryptophan and B Vitamins for improvement in ADHD symptoms. Excellent sources are: green leafy vegetables, wild tuna or salmon, poultry, grass fed beef, bananas etc.



Eat breakfast

Start the day with a focus on protein and sustained energy release to get the best start you can. Eating at least 20 grams of protein and lowering the focus on carbohydrates helps regulate blood sugar levels. A green protein shake with some banana, chia seeds, avocado and A2 or other non dairy milk works really well.



Alternative calcium sources

The A1 Protein found in traditional cow milk dairy can cause an allergy-like reaction in some people's brain, so is best avoided if possible.

Alternative calcium sources include, Goat's Milk, Plant Milks (Almond, Cashew, Oat and Rice) and A2 Milk.



Gut health is key

Focus on good gut health with fermented foods, high antioxidant counts and good fats.

Foods that support this are yogurt, kimchi, berries, green tea, bell peppers and chillies, mushrooms, turmeric, tomatoes, cherries, avocados, fatty fish and even (thankfully!) dark chocolate.

Derived from life Experience of Mellissa Edney aka The Holistic Assistant NZ

Reference Articles:

<https://draxe.com/health/natural-remedies-adhd/>

<https://www.healthline.com/nutrition/13-anti-inflammatory-foods#9>

