



# ADHD & Nutrition



A well-balanced dietary intake of food which is rich in: protein, vegetables, fruit and complex carbohydrates may help relieve your ADHD symptoms.

Try switching up your breakfast and instead of sugar-laden cereals try something different. Greek yoghurt with honey and a selection of nuts is a tasty alternative. Oats are also a versatile, easy and accessible slow burning energy food. Eggs can be prepared in advance and are an excellent source of protein.

It will kick-start your day and the right foods may help to optimise your brain function and reduce the effects of ADHD.

Some ADHD medications may also inhibit the appetite which is why a balanced and healthy breakfast is essential.

As the day progresses, and energy levels drop, so does concentration and focus. Add ADHD into the mix and it compounds the problem.

Make sure to drink at regular intervals and have a variety of healthy snacks to give your energy, and brain, a boost.

If you make changes to your food input monitor how you feel, and how your ADHD symptoms affect you on a daily basis, and feed back to your clinician.

## Protein



## Complex Carbs



## Fruit & Veg



## Foods to avoid



High sugar food and snacks.



Energy and, sugar-laden drinks.



Products that contain caffeine.