

Has your child been diagnosed with ADHD?

Eating the right foods and avoiding the wrong ones can help keep the mind focused. Altering a diet based on behavioral changes can help in treating ADHD symptoms. It should be no surprise that changing the diet is similar to good nutrition in general—with natural, unprocessed foods like fruits, vegetables and lean proteins. A high-protein diet can improve concentration, while complex carbohydrates can help sleep.

Foods to eat

- Proteins: lean meats, cheeses, beans, and nuts.
- Fruits: apples, oranges, pears, tangerines, and grapefruit
- Vegetables: the greener the better
- Healthy fats: omega-3 fatty acids found in wild caught cold-water fish and extra virgin olive oil

Foods to avoid

- Sugary foods
- Simple carbohydrates—skinless potatoes, corn syrup, white flour, and white rice
- Processed foods

Recent research shows that certain food additives—like colorings and preservatives—can worsen ADHD symptoms in children. Those include sodium benzoate, yellow No. 5, 6, and 10, and red No. 40.