

# The ADHD Healthy Diet

## More Fiber-Rich Foods

-whole grains, fruit, vegetables, nuts, seeds

## More Folate-Rich Foods

-fortified breads, cereals, OJ

## Choose Poly-Unsaturated Fats (PUFAs)

-more than other fats plant-based fats: avocado, nuts, plant oils, fish

## Pay attention to Iron, Zinc and Magnesium in the diet

-Use food first; supplement if a deficiency exists

## Limit foods with high additive content

-artificial food colors, aspartame, MSG, nitrates/nitrites, refined sugar

## Noteworthy

- About 8% of children with ADHD are sensitive to artificial food colors
- Only a small number of children with ADHD are sensitive to refined sugar. They may have a longer period of aggression.
- Some kids react to a low blood sugar after eating sugary foods.
- Eating regularly timed meals & snacks helps ensure enough nutrients are delivered to body and brain.

For More Information on Kids & Nutrition:

[www.JillCastle.com](http://www.JillCastle.com)

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## Fiber

100% bran cereal  
artichoke hearts  
pear  
green peas  
pinto, black beans  
split peas  
lentils  
whole wheat English muffin  
raspberries  
prunes  
apple, with skin  
almonds  
banana  
greens (spinach, kale, collards)

## Folate

Lentils  
Pasta, enriched  
Egg noodles, enriched  
Bagel  
White bread  
Whole Wheat bread  
Liver  
Edamame  
Okra  
Spinach  
Artichoke  
Broccoli  
Asparagus  
Beets  
Potato, with skin

## Iron

Beef  
Dark meat turkey  
Tuna  
100% iron-fortified cereal  
instant oatmeal  
soybeans  
black or pinto beans  
raisins  
spinach  
commercially- prepared  
bread (white or whole  
wheat

## PUFAs

Soybean oil  
Corn oil  
Sunflower oil  
Salmon  
Mackerel  
Herring  
Trout  
Walnuts  
Sunflower seeds  
Tofu  
soybeans

## Zinc

Oysters  
Baked beans  
Beef  
Breakfast cereal (zinc-fortified)  
Lobster  
Fruited yogurt  
Pork chop  
Cashews  
Milk  
Almonds  
Chicken breast

## Magnesium

All Bran cereal  
Toasted wheat germ  
Quinoa  
Black-eyed peas  
Tempeh  
Soybeans  
Tofu  
Pumpkin seeds  
Sunflower seed butter  
Almonds  
Cashews  
Salmon  
Halibut  
Spinach  
Swiss chard

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