

ADHD Diet

What to eat?

High protein diet



More Complex carbohydrates



Less simple carbohydrates



Omega-3



General guidelines for ADHD:

- 1) Include protein with each meal
- 2) Eat more vegetables and fruit
- 3) Eat more Omega 3's such as found in fish, nuts and olive oil
- 4) Consume less sugar including honey and white bread
Refer to the Daily Added Sugar Recommendations for children