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ADHD Diet Plan : Eating Program for Your ADD ADHD C

in ADHD DietAlternative Treatment ADHD

ADD ADHD Diet Plan for Children, Teens, and Adults

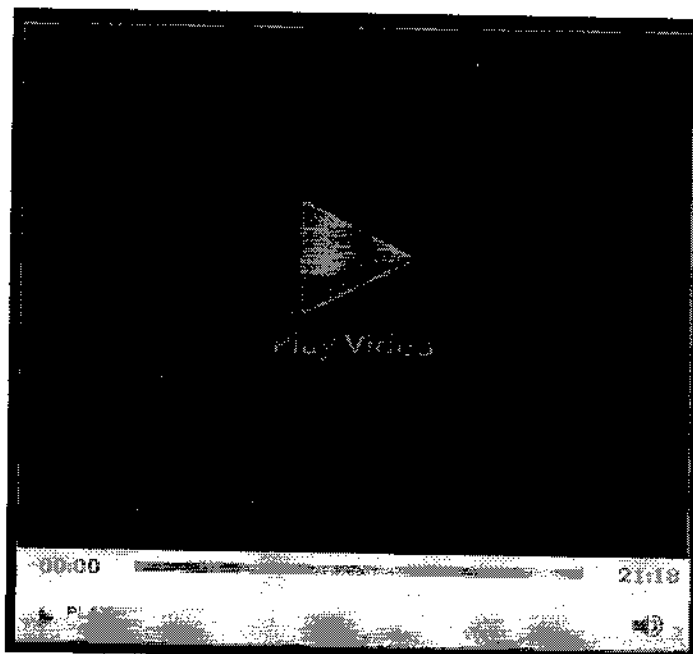
Eating Program (ADD Diet) for Attention Deficit Disorder

If you or your child are struggling with ADHD, you need to understand this...

No matter how effective your ADHD treatment intervention might be, if you are eating a bunch of junk - your ADHD symptoms will not improve! No ADHD treatment, however powerful - can overcome eating junk foods.

There are several good ways to treat ADHD such as stimulant medications, Attention and other EEG neurofeedback training. But you **MUST** eat to optimize your brain's performance! Use any of these treatment interventions work better - but if you eat junk none of them will.

Here is our "**ADHD diet**" and **eating program for ADD ADHD kids**. It is not a very Feingold ADHD diet plan. But you will have to stop having most of your meals at your local restaurant. This program is recommended for every member of the family. It's not just an "**ADHD diet**" program that we put professional athletes and business executives on for optimized performance changes.



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We have found that this ADHD Diet makes a huge difference with about 20% of kids that try it even without using any other intervention. We strongly believe using a medication such as Ritalin, or using a natural alternative such as Attention Deficit Eating Program plays a big role in achieving success when used as a part of a treatment plan.

The most common feedback that we get from parents is, "Well, it helped my kid somewhat."

Results fall into a "Bell Curve." A few do great, a few are completely unaffected, and most are in the middle. This diet is not enough as a stand-alone intervention. Please have realistic expectations with this ADHD diet for ADHD. But please try it. It just may be a big help to your family.

Finding Out if it is ADD ADHD or Food Allergies

What NOT to eat for TWO WEEKS: the first step in this ADHD Diet

First, let's find out if there are food allergies causing the ADHD symptoms or behaviors. Eat the diet for two weeks, then get ready to add them back in to the ADHD diet...

NO DAIRY PRODUCTS, especially cow's milk.

This is the single most important restriction. The American Pediatric Association estimates that **percentage of all children are allergic to milk.** Instead try Almond milk, Rice milk, or Soy milk. And drink lots of water instead of milk for two weeks.

NO YELLOW FOODS. Especially Corn or Squash. Bananas are white, but don't eat them. Some people have problems with the stuff that makes these foods yellow in color.

NO JUNK FOODS. If it comes in a cellophane wrapper, don't eat it. Stop eating junk food. Junk foods tend to be very high in sugars and carbohydrates, and our brains get more hyperactive when sugars and carbohydrates are eaten together.

NO FRUIT JUICES. They have too much sugar. One small glass of apple juice has the same amount of sugar as 10 apples. Later on you can have juice, but for now if you have to have any juice just dilute it with water.

CUT SUGAR INTAKE BY 90%. If you can, cut it down to zero. Sugar is in just about everything. Do your best to reduce your sugar intake without going crazy.

CUT CHOCOLATE BY 90%. No more than a single piece, once a week.

NO NUTRASWEET. None. Period. Never. It's bad for you. It is bad for your brain.

NO PROCESSED MEATS and NO MSG. Only get meats with labels that say, "Turkey" or "Chicken". If the meat has chemicals listed that you can't pronounce, don't buy it and don't eat it.

CUT FRIED FOODS BY 90%.

AVOID FOOD COLORINGS WHENEVER POSSIBLE. See if your child is sensitive to artificial colors, such as Reds, Yellows, etc. For now, though, avoid all if possible.

AVOID FISH. We hate to say this, as there used to be so many benefits to eating fish. Fatty Acids (EFAs) or Omega Oils. But the problem these days is that the mercury level in fish is too high to be either safe or healthy. Mercury is the second most toxic metal on earth, after lead. Until we clean up the oceans and the rivers of mercury, just don't eat it. Sorry.

SUMMARY: Just eat foods that God made for a while. Eat like people did in the 1940's, or go to a library or book store and get some good old cook books for recipe ideas. There really are about 10,000 recipes to eat. Just not much in the way of "fast foods" or "convenience" foods.

After the First Two Weeks of the ADHD Diet

AFTER TWO WEEKS begin adding the restricted foods back into your diet, one food every day for four days. If you have a problem with one of the foods, you will see a "reaction" within four days. The reaction can vary from big red splotches on the body to explosive temper outbursts. If there's a problem, you'll know. If there's no problem, enjoy

ADHD Diet: WHAT TO EAT TO OPTIMIZE THE ADHD BRAIN

Just as some foods make the brain "foggy," other foods can enhance and optimize brain performance. Here are some things to eat to feed the ADHD brain...

FOR BREAKFAST SERVE HIGH PROTEIN, LOW CARBOHYDRATE MEALS

Say, "Good-bye," to Breakfast cereals and milk. Breakfast cereals are mostly carbohydrates and milk is a bad combination for the ADHD brain. And many children are allergic to milk. So the traditional breakfast of cereal with milk is a bad idea.

Instead, serve 60% to 70% Protein and 30% to 40% Carbohydrates for Breakfast. Eggs and some toast would be fine. Other meals of the day could be 50% Protein and 50% Carbohydrates.

PROTEIN SUPPLEMENTS might be needed to get the added protein for Breakfast. Protein supplements are helpful in the afternoon as well. Here is our favorite recipe for a Protein Shake:

- a) Make a cup of coffee with a flavor that you or your child will like (yes, I know I'm biased here, as these flavors will have some sugar, but I'm trying to get your kid to actually drink it and get some caffeine mixed with the protein.). Pour the hot coffee into a blender with about 1/2 cup of protein powder and blend for a bit.
- b) Add a good quality protein powder. There are many good ones available. If you can't find one, ask at your local health food store. Get protein powders that are mostly protein and water. Add between 15 and 20 grams of protein to the cold coffee in the blender.
- c) Turn on the blender again.
- d) Drink it up.

This protein shake is helpful for a lot of people. For many small kids, and many adults as well as a small dose of Ritalin (100 mg of caffeine is roughly the same as 5 mg of Ritalin). If your kid might just take a small dose of Ritalin might get away with just doing this.

Don't forget, though, that even caffeine can have some side effects. Every once in a while someone has problems with the caffeine in the coffee. Usually, though, the caffeine in the coffee helps focus better. The protein helps to feed the brain. If you find this helpful, have one with your child around 3 pm. If it is not helpful, then don't bother with it.

DRINK LOTS OF WATER. The brain is about 80% water, and increasing your water intake to 8 glasses per day might be very helpful all by itself. Sodas, Gatorade, teas, iced teas, etc., do not count as water.

MINERAL SUPPLEMENTS may be helpful. Colloidal Minerals or fully chelated minerals like the MinPac from VAXA, but there are several good choices. Don't buy minerals in pill form.

ATTEND, EXTRESS, or MEMORIN from VAXA. We recommend the "Attend"
"Extress" is recommended in addition for those with problems with hyperactivity and
for those with poor concentration or memory. These are strongly recommended. Here
ATTEND, the amino acid based, homeopathic medicine that is a great alternative to s



FLAX SEED OIL or PRIMROSE OIL or WALNUT OIL. These are good sources
with ADHD are deficient in Omega oils (or essential fatty acids). Borage oils and purified
well. These Omega oils are very important. Mix about a spoonful a day into cold foods
add to salad dressings, etc.

EAT LOTS OF FRUITS AND VEGETABLES.

AVOID ALUMINUM EXPOSURE

AVOID HEAVY METAL EXPOSURES

These heavy metal exposures come in the form of amalgam dental fillings, which are
toxic), 20% copper (also toxic), and about 15% nickel (also toxic). Nickel is also common
and with dental crowns. Cadmium is toxic, and is found in dental fillings, and also in
there are other toxic heavy metals found in pesticides and herbicides. And now there's
in fish.

Eat in a healthy manner.

Try these recommendations out and let us know what you think.

Oh, before you email back and ask, "Well, what can we eat?" please look through your Betty
you'll find hundreds of recipes that will work well. It's the convenience foods that are most
discover the lost art of cooking with this ADD ADHD Diet.

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