

# Nutrition tips for ADHD

Worried that your child isn't getting enough nutrients? These tips can help.

## 1. Pay attention to nutrients, not just calories.

Serve a balanced diet that includes:

- **Protein:** Lean meats, fish/seafood, eggs, lentils and beans, oats, Greek yogurt, milk and cheese, nuts and nut butters, soy products like edamame and tofu
- **Complex carbohydrates:** Fiber-rich fruit, whole-grain breads, oats, beans, sweet potatoes
- **Vitamins and minerals:** Fruits and vegetables that are fresh, canned, frozen, or dried. Check the sugar or sodium levels on fruits and veggies that aren't fresh.
- **Healthy fats:** Olive oil, fatty fish like salmon, nuts, seeds, avocado

## 2. Serve protein and carbohydrates at breakfast.

Complex carbohydrates and protein help keep energy levels steady. Try foods like:

- Whole-grain toast or toaster waffles with nut or seed butter
- Egg and cheese in a corn tortilla

## 3. Make lunch manageable – and fun.

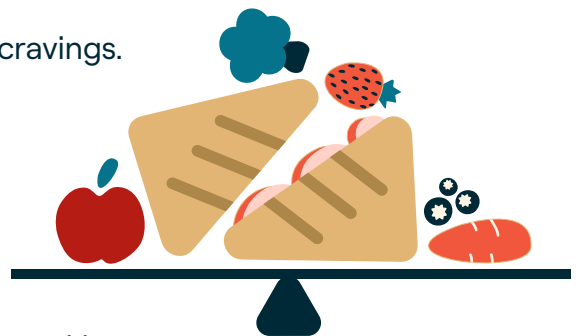
If your child has a limited appetite during the day, make lunch a mix of items, like:

- Half of a wrap or sandwich. Your child can eat the other half later.
- Some fruit or vegetables
- A treat. A cookie or a few chips can help satisfy ADHD cravings.

## 4. Serve nutritious snacks after school.

Think of afternoon snacks as mini meals. Try options like:

- Greek yogurt and apple slices
- Oatmeal with sliced bananas
- Crackers with a protein like cheese, hummus, or nut or seed butter



## 5. Don't stress too much about dinner.

Some kids may be extra hungry at dinnertime. Others may be too distracted or tired to eat much dinner. Or they may not be hungry when you actually sit down to eat. If that happens, cover up what your child doesn't eat. You can offer it again later.