

Proteins, Fruits & Vegetables for ADHD Success

Key Points

- Proteins fuel brain function and balance medication side effects
- Fruits and vegetables improve ADHD, anxiety, and depression
- Low-glycemic (whole) foods = steady focus
- High-glycemic (processed) foods = crashes and irritability



Your job is to provide healthy foods. Your child's job is to decide how much to eat.

Action Steps

- Lead snacks/meals with protein first

Home Practice

Make a list of all proteins, fruits, and vegetables your child readily eats.

Plan one (1) breakfast, one (1) lunch, and one (1) dinner meal. This will be shared next week with the group.

Breakfast idea:

Lunch idea:

Dinner idea:

Resources

- [Lifestyle medicine plate](#), American College of Lifestyle Medicine