Psicon

ADHD Nutrition Resources

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Useful UK Nutrition Resources for ADHD

(a) Children's ADHD Intervention Team – NHS (Diet Guidance)

Their "ADHD & Diet" guide explains which foods may help (and which to limit), plus practical mealtime tips. connect.humber.nhs.uk

It notes sugar, additives (E-numbers), caffeine, hydration, and structuring mealtimes. connect.humber.nhs.uk

(b) Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust – ADHD Nutrition Guide

A detailed guide for dietitians and carers: offers strategies such as small frequent meals, using external prompts (alarms, routines), and planning for nutritional "impulsivity." CNTW NHS+1

Covers nutrients often low in ADHD (e.g., iron, zinc, vitamin D) and the cautious use of supplementation. CNTW NHS

Suggests behaviour-based techniques ("full-stop" habits, linking eating to other routines) to help with regulation. CNTW NHS

(c) British Dietetic Association (BDA) – Fish Oils & Children

Explains the role of omega-3 (from fish oils) in behaviour and cognition, and summarises the UK evidence. British Dietetic Association

Notes that while fish oil supplementation may help, evidence is mixed, and it's not a substitute for other evidence-based ADHD treatments. British Dietetic Association

(d) Witherslack Group – "How Nutrition Can Support Your Child With ADHD"

A parent-friendly article that breaks down seven key nutrients important for children with ADHD (e.g., protein, omega-3, iron, magnesium, zinc). witherslackgroup.co.uk

Includes practical food sources (leafy greens, oily fish, nuts, seeds) and advice on hydration. witherslackgroup.co.uk

(e) King's College London Research – Omega-3 & ADHD

Their research found that omega-3 (EPA) supplementation can improve attention in some children with ADHD, particularly those with low blood levels of EPA. King's College London

Important caveat: effects differ between individuals; speak to a clinician before supplementing. King's College London

(f) University of Roehampton – Nutrition & Neurodivergence Study

Recent research (2025) showing that in both children and adults with ADHD, there may be deficiencies in omega-3, zinc, B-vitamins, vitamin D, and magnesium. Roehampton Pure

Also found a high rate of food reactivity / intolerance (e.g., to dairy, wheat) in some participants — but emphasises that any elimination / "few-food" diet should be done under supervision. Roehampton Pure

(g) NICE (UK) Guidance on Diet & ADHD

Their guidance notes that dietary interventions can be considered, especially when there's a clear link (via a food diary) between behaviour and certain foods. NICE

But NICE says do not routinely advise removal of artificial food colours or additives. NICE

Elimination ("few food") diets should only be done with a dietitian. NICE

(h) London Clinic of Nutrition – Nutritional Support for ADHD

Practical advice on testing nutrient levels (e.g., omega-3 index) and tailoring supplementation based on individual needs. London Clinic of Nutrition

Recommendations for what to prioritise in diet: more protein, wholefood carbs, fewer refined sugars. London Clinic of Nutrition

How to Use These Resources as a Parent / Carer

Start with a food diary: Use the NHS guide's suggestion to track what your child eats + how they behave — this might help identify patterns.

Work with a dietitian: If you notice possible links (e.g., mood changes after certain foods), consider getting a referral to a paediatric dietitian, especially before trying any elimination diet.

Focus on key nutrients: Use the Witherslack Group's nutrient breakdown to adjust meals/snacks (e.g., include more omega-3, protein, magnesium).

Be cautious with supplements: The evidence is promising but not conclusive; especially for omega-3, discuss with a GP or dietitian before starting.

Build routines: Use external scaffolds recommended in the NHS / CNTW guide (alarms, consistent mealtimes) to help regulate mealtimes.