



Attention Deficit Hyperactivity Disorder (ADHD)

ATTENTION DEFICIT
HYPERACTIVITY
DISORDER

▶ Allergens and Attention Deficit Hyperactivity Disorder ◀

Allergens are also found in healthy foods. But if your body is sensitive to them, they may affect brain function and lead to hyperactivity or inattention. It may be helpful to reduce your symptoms by identifying and eliminating foods that your body is sensitive to. Eight foods with high sensitivity:

- ▶ Wheat
- ▶ Milk
- ▶ peanut
- ▶ Fish and shell
 - ▶ egg
 - ▶ Soy

▶ Nutrition and diet therapy in ADHD ◀

▶ **Amino acid supplements:** the body needs amino acids for function of every cell. Among other things, amino acids are used to make neurotransmitters or signaling molecules in the brain. Especially, the amino acids phenylalanine, tyrosine, and tryptophan are used to make the neurotransmitters dopamine, serotonin, and norepinephrine. In people with ADHD, these neurotransmitters, as well as the amino acids listed are lower, in their blood and urine.

▶ **Vitamin and mineral supplements:** Iron and zinc deficiency can cause mental disorders in all children, whether they have ADHD or not; However, lower levels of zinc, magnesium, calcium and phosphorus have been reported repeatedly in children with ADHD.



▶ **Omega 3 fatty acid supplements:** Omega-3 fatty acids play an important role in the brain function. Children with ADHD usually have less omega-3 fatty acids than children without ADHD. In addition, the lower the level of omega-3 fatty acids, the greater the learning and behavioral problems of children with ADHD. Omega-3 fatty acids reduce aggression, restlessness, irritability and hyperactivity.

Diet, especially for children, plays an essential role in physical development. Children, like adults, need a diet that focuses on fresh ingredients and is low in sugar and processed foods. Healthy food options include the following:

- ▶ the vegetables
 - ▶ Fruits
 - ▶ Whole grains
 - ▶ Protein
 - ▶ Healthy fats
- ▶ Foods rich in calcium



▶ **Attention deficit <** **hyperactivity disorder**

Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that includes inattention, hyperactivity, and thoughtless decisions. Hyperactivity disorder is one of the most common disorders in children, but it is also seen in many adults. Hyperactivity Disorder is caused by a lack of dopamine and noradrenaline levels in the areas of the brain that are responsible for self-regulation. When these functions are disrupted, the person tries to complete tasks, understand time, stay focused, and control inappropriate behavior.

- ▶ Fruit drinks and sports
- ▶ Fruit flavored cereals
 - ▶ Canned fruit
- ▶ **Dyes and preservatives <**
and hyperactivity disorder

According to studies, artificial food dyes in combination with sodium benzoate (a preservative) increase hyperactivity in 3-year-old children.



▶ **Chemical agents and hyperactivity <** **disorder**

There may be a link between artificial food colors and hyperactivity. Some foods that may contain harmful artificial food colors include:

- ▶ Candy

- Other similar chemical preservatives:
- ▶ Butylated hydroxyanisole (BHA)
 - ▶ Butylated hydroxytoluene (BHT)
 - ▶ Tert-butyl hydroquinone (TBHQ)
- ▶ **Simple sugars and artificial <**
sweeteners and hyperactivity disorder

Reducing sugar intake in the family diet has a huge impact on overall health. Look for any sugars or sweeteners in food labels to use less simple sugars. Added sugar should be limited in any diet; Because high sugar intake is associated with a number of side effects such as increased risk of obesity and heart disease.

You may find sodium benzoate in fizzy drinks, salad dressings and condiments.