

Helping Hands, Inc.
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**QUICK NUTRITIONAL TIPS FOR MANAGING SYMPTOMS OF ADHD/ADD,
SENSORY PROCESSING DISORDER AND AUTISM SPECTRUM DISORDER**

Summarized from Seminar Presented by John F. Taylor Ph.D www.ADD-Plus.com

Making nutritional changes can be a process that takes place over time. Most families do not implement every change at once. It can be beneficial to use these suggestions systematically and use the provided sheet to keep track of food and symptoms.

1. Eliminate toxins in food, cook ware, serving ware, and cooking process

-Avoid or buy organic versions of the most contaminated produce including:

**apples
carrots
celery**

**cherries
grapes
nectarines**

**peaches
pears
strawberries**

-Do not use plates, cups, utensils, cook wear that contains styrene, PVC or BPA (6, 3, and 7 in the recycle triangle)

-Avoid using plastic containers when heating food in microwave.

-Avoid using unfiltered water from faucets.

-Avoid food coloring

-Avoid food additives such as but not limited to MSG and aspartame.

-Avoid using aluminum cook wear.

2. Feed the brain/gut the things it needs

-Omega 3 Fatty acids - boys need 3 times more fatty acids than girls . More DHA than EPA for children

-Protein- have a protein snack every two hours

-Vitamins- every vitamin every day

-Minerals-40 minerals every day

-Mineral or filtered water-8 ounces of water every 2 hours, after puberty 12 ounces of water every two hours

-Probiotic or cultured food

-Digestive enzymes

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3. Gluten free and casein free diet

- Most helpful when there is any type of digestion issue
- To detect a gluten allergy or intolerance you can perform an elimination diet or have a blood or urine test performed by your doctor. However, the test performed at your doctor can sometimes not detect a gluten intolerance, so an elimination diet should also be done.
- Expect results within 3 weeks for removal of casein and 3 months with removal of gluten.

Helpful resources

For preventing toxin exposure

www.feingold.org

www.school-lunch.org

Healthier Food for Busy People author Jane Hersey

For gluten free and casein free diet

www.Gfcfdiet.com

www.ceceliasmarketplace.com for dairy foods without casein