

## Non-Pharmological Strategies for ADHD Management

SLEEP HYGIENE

EXERCISE

DIET AND NUTRITION

Structure & Routine

## Nutrition

Eating Healthily and maintaining a healthy weight can improve cognitive functions.

### GOAL #3: Nutrition

- ☐ I will eat at least 1 serving of Omega 3 per day.
- ☐ I will focus on cooking at home and limit take out/ordering in to 1x/week or less.
- ☐ I will focus on eating whole foods such as fresh fruits and vegetables, lean proteins, whole grains, and nuts/seeds.

Note: If overweight- Consider SMART weight loss goal.

### Omega-3 Fatty Acids:

Many diets lack omega-3 fatty acids, which are essential and some research shows can help people improve their ADHD symptoms. You can increase omega-3 fatty acids by adding **tuna, salmon, other cold-water white fish, walnuts, Brazil nuts, chia seeds, flax seeds, and olive and canola oil in your diet.**

### Eat a healthy protein-rich breakfast to fuel the body.

Protein helps feed your brain, supporting memory and learning, and reduces hunger-induced mood swings.

### Reduce simple carbohydrates.

(**candy, corn syrup, products made from white flour, white rice, etc.**) and replace them with more complex carbohydrates (**oatmeal, brown rice, quinoa, beans, and whole wheat flour**). Complex carbohydrates may even help you sleep better at night.

Snacks that are low in sugar, yet high in fiber help maintain energy and stabilize blood-sugar balance throughout the day.

### AVOID additives, preservatives, and artificial dyes and flavors.

### AVOID foods/drinks that are high in artificial flavors, sweeteners, and dyes.

Try to avoid sodas, energy drinks, and fruit juices that contain artificial flavors, coloring, and sweeteners.