



# ADHD POWER FOODS

## ESSENTIAL FATTY ACIDS

**Important for** brain function and cardiovascular health

**Extreme deficiency can lead to** hair loss; skin problems; acne; diarrhea; and loss of eyesight, taste, smell, and memory

### GOOD FOOD SOURCES

- Flax Seeds: 1/8 cup**  
(DV Omega-3: 133%, Calories: 75)
- Walnuts: 1/2 cup**  
(DV Omega-3: 190%, Calories: 330)
- Salmon: 4 oz.**  
(DV Omega-3: 61%, Calories: 245)
- Soybeans: 4 oz.**  
(DV Omega-3: 43%, Calories: 298)
- Tofu: 4 oz.**  
(DV Omega-3: 15%, Calories: 86)

**Also:** Chia Seeds, Caviar or Roe, Basil, Oregano, Cloves, Sardines, Halibut, Scallops, Shrimp, Tuna, Marjoram, Anchovy, Herring, Olive Oil, Spinach

## IRON

**Important for** oxygen transport and enzyme creation

**Extreme deficiency can lead to** negative effects in both physical and mental abilities, specifically memory

### GOOD FOOD SOURCES

- Ground Beef: 3 oz.**  
(DV Iron: 12%, Calories: 279)
- Light Tuna in Water: 3 oz.**  
(DV Iron: 6%, Calories: 108)
- Turkey Light Meat: 3 oz.**  
(DV Iron: 6%, Calories: 96)
- Chicken Light Meat: 3 oz.**  
(DV Iron: 3%, Calories: 93)
- Crab: 3 oz.**  
(DV Iron: 4%, Calories: 82)

## GOOD VEGAN SOURCES

*(Consume with Vitamin C for better absorption)*

- Soybeans: 1/2 cup**  
(DV Iron: 24%, Calories: 234)
- Lentils: 1/2 cup**  
(DV Iron: 37%, Calories: 115)
- Spinach: 1 cup**  
(DV Iron: 36%, Calories: 41)
- Chickpeas: 1/2 cup**  
(DV Iron: 16%, Calories: 184)
- Tofu: 1/2 cup**  
(DV Iron: 34%, Calories: 86)

**Also:** Oysters, Fortified Cereal, Wheat Germ, Tahini, Squash Seeds, Dark Chocolate, Poppy Seeds, Sesame Seeds, Shiitake Mushrooms, Crab, Cardamom

## ZINC

**Important for** metabolism, immune function, healing, growth, sense of smell and taste

**Extreme deficiency can lead to** poor growth, loss of appetite, poor immunity, hair loss, diarrhea, impotence, skin lesions, mental lethargy, and taste abnormalities

### GOOD FOOD SOURCES

- Lean Beef: 4 oz.**  
(DV Zinc: 28%, Calories: 372)
- Lamb: 4 oz.**  
(DV Zinc: 26%, Calories: 319)
- Scallops: 4 oz.**  
(DV Zinc: 24%, Calories: 112)
- Pumpkin Seeds: 1/8 cup**  
(DV Zinc: 17%, Calories: 180)
- Oats: 4 oz.**  
(DV Zinc: 28%, Calories: 436)

## PHYTOCHEMICALS

**Important for** the preservation of cellular health

**Extreme deficiency can lead to** decreased protection from cancer and heart disease

**Good food sources:** Plant foods - the more colorful, the better!

## MAGNESIUM

**Important for** muscle and nerve function, immunity, bones, cardiovascular system, regulating blood sugar and blood pressure levels, energy metabolism

**Extreme deficiency can lead to** digestive upset, fatigue, weakness, numbness, tingling, sudden behavior and personality changes, and seizures

### GOOD FOOD SOURCES

- Pumpkin Seeds: 1/4 cup**  
(DV Magnesium: 11%, Calories: 70)
- Spinach: 1 cup**  
(DV Magnesium: 39%, Calories: 41)
- Soybeans: 1/2 cup**  
(DV Magnesium: 14%, Calories: 124)
- Black Beans: 1/2 cup**  
(DV Magnesium: 15%, Calories: 117)
- Quinoa: 1/2 cup**  
(DV Magnesium: 15%, Calories: 111)



# THE NAUGHTY LIST

## MSG

Also Known As:  
Monosodium Glutamate,  
Sodium Glutamate,  
Ac'cent, Aji-No-Moto,  
Vetsin

## ARTIFICIAL PRESERVATIVES

**Also Known As:** Sorbic Acid, Benzoic Acid, Calcium Propionate, Sodium Nitrate, Sulfur Dioxide, Sodium Bisulfite, Potassium Hyrdogren Sulfite, Sodium ETA, BHA, BHT, TBHQ. Propyl Gallate, Ethanol, Methylchloroisothiazolinone

## SALICYLATES

If a salicylate sensitivity is present (characterized by symptoms like hyperactivity, hives, migraines, and respiratory and digestive problems), avoid the following:

### Including (But Not Limited To):

**Fruit:** Apples, Melon, Grapefruit, Kiwi, Peaches, Nectarines, Plums, Apricots, Watermelon, Dried Fruits, Avocado, Berries, Cherries, Dates, Grapes, Oranges, Tangerines, Pineapple

**Vegetables:** Artichoke, Eggplant, Broccoli, Canned Olives, Cucumber, Spinach, Radish, Sweet Potato, Zucchini, Peppers, Pickles, Tomato

**Nuts:** Brazil, Macadamia, Pine, Pistachio, Almond, Peanuts with Skins, Water Chestnut

**Oils:** Sesame, Corn, Peanut, Coconut, Olive

**Seasoning:** Anise, Basil, Black or White Pepper, Cayenne, Chili, Vinegar (Except malt vinegar), Gravies, Cumin, Curry, Dill, Ginger, Mint, Mustard, Nutmeg, Oregano, Paprika, Rosemary, Sage, Thyme, Turmeric, Honey, Jam (Excluding Pear), Corn Syrup

**Grains:** Flavored Breakfast Cereals, Corn Cereals, Commeal, Polenta

**Meat:** Canned fish, Gravy Mixes, Stock Cubes, Processed Lunch Meat, Seasoned Meats

**Snacks:** Popcorn, Fruit Flavoring, Licorice

## ARTIFICIAL COLORS & FLAVORS

Especially: Red Dye #40 (Allura Red AC), Red #3 (Erythrosine), Yellow #5 (Tartrazine)

## ALLERGENIC FOODS

Dealing with digestive issues? Skin complaints? Respiratory problems? You may have a food intolerance. While often described as a type of food allergy, food intolerance is a separate issue altogether. For one, while reaction to a food allergy is typically immediate, symptoms of food intolerance often don't occur until between 2 and 48 hours after eating an offending food – making them difficult to detect at all. Offending foods vary from person to person but an astounding 90% are accounted for by just 8 foods: cow's milk, hen's eggs, peanuts, soy, wheat, fish, shellfish, and tree nuts. If you or your loved one has been dealing with the symptoms we mentioned, we suggest you speak to a health professional about your concerns. Food intolerance can worsen problems of ADHD by leading to absorption problems and nutrient deficiencies.