NUTRITION
&
ADHD/ASD

Presented by ……..

DR Pedlow (GP)
DR Anne Angelkovska (Psychologist)
Tanya Dale (Dietitian)

THE ABROLHOS GROUP

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WHY BE HEALTHY?

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Nutrition has an impact on neurodevelopment, cognition, and behavior, and could therefore play an important role in neurodevelopmental disorders. Ly 2017

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NUTRITION & ADHD/ASD

EAT EVERYTHING

FUSSY EATERS

SENSORY BASED FEEDING DIFFICULTIES (SBFD)

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Australian Guide to Healthy Eating (https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55_agthe_large.pdf)

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PROTEIN

DAIRY

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CARBOHYDRATES

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REFINED CARBOHYDRATES

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FRUITS

VEGETABLES

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FATS

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FUSSY EATING

Many children experience periods of fussy eating which usually resolves in time.

When is it more?

1. ASD/ADHD
2. Eating disorder
3. Allergies, intolerances
4. GIT issues
5. Infection/illness
6. Neophobia- fear of food

?

SBFD?

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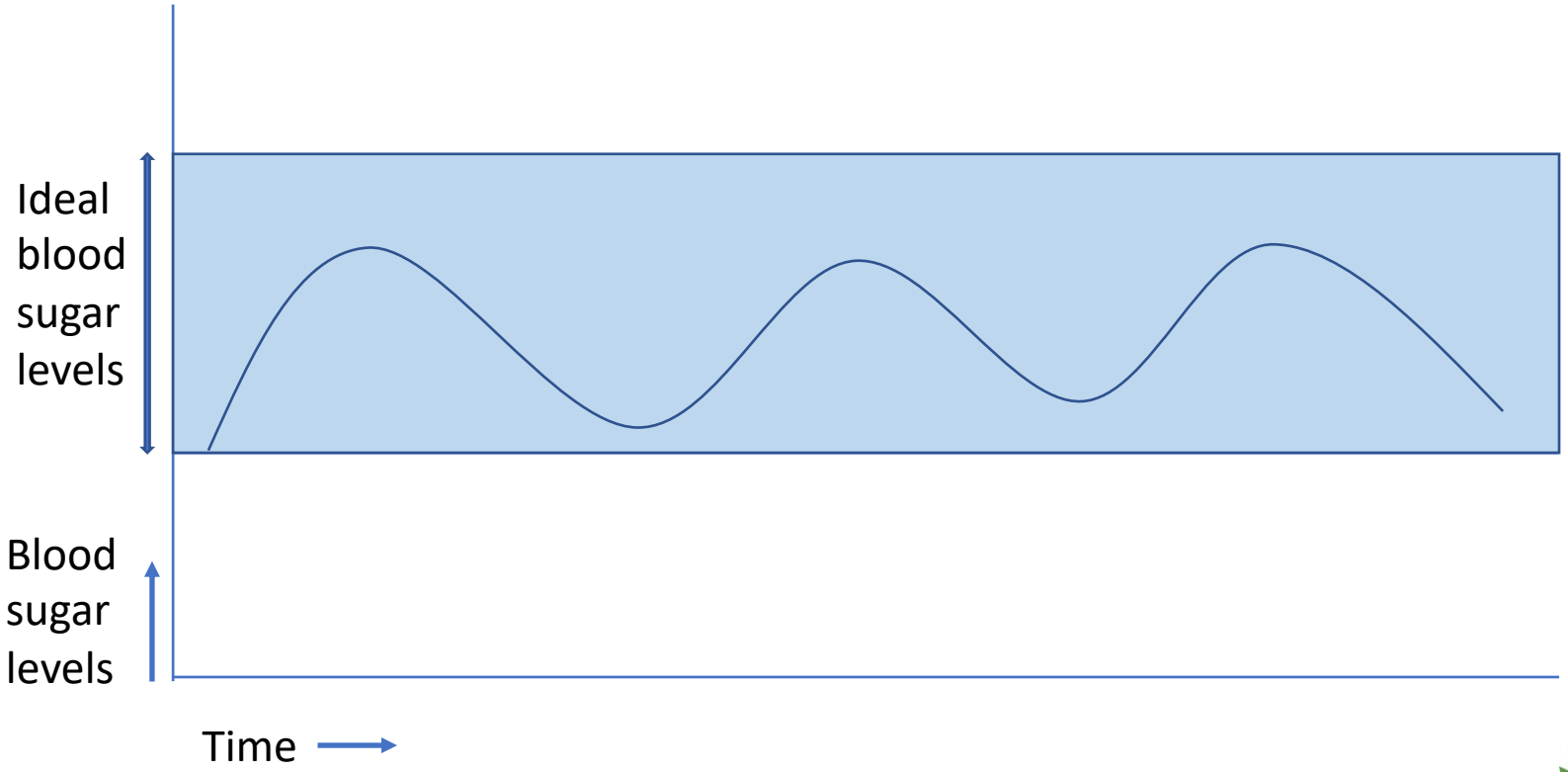
KEEP BLOOD SUGAR LEVELS STABLE



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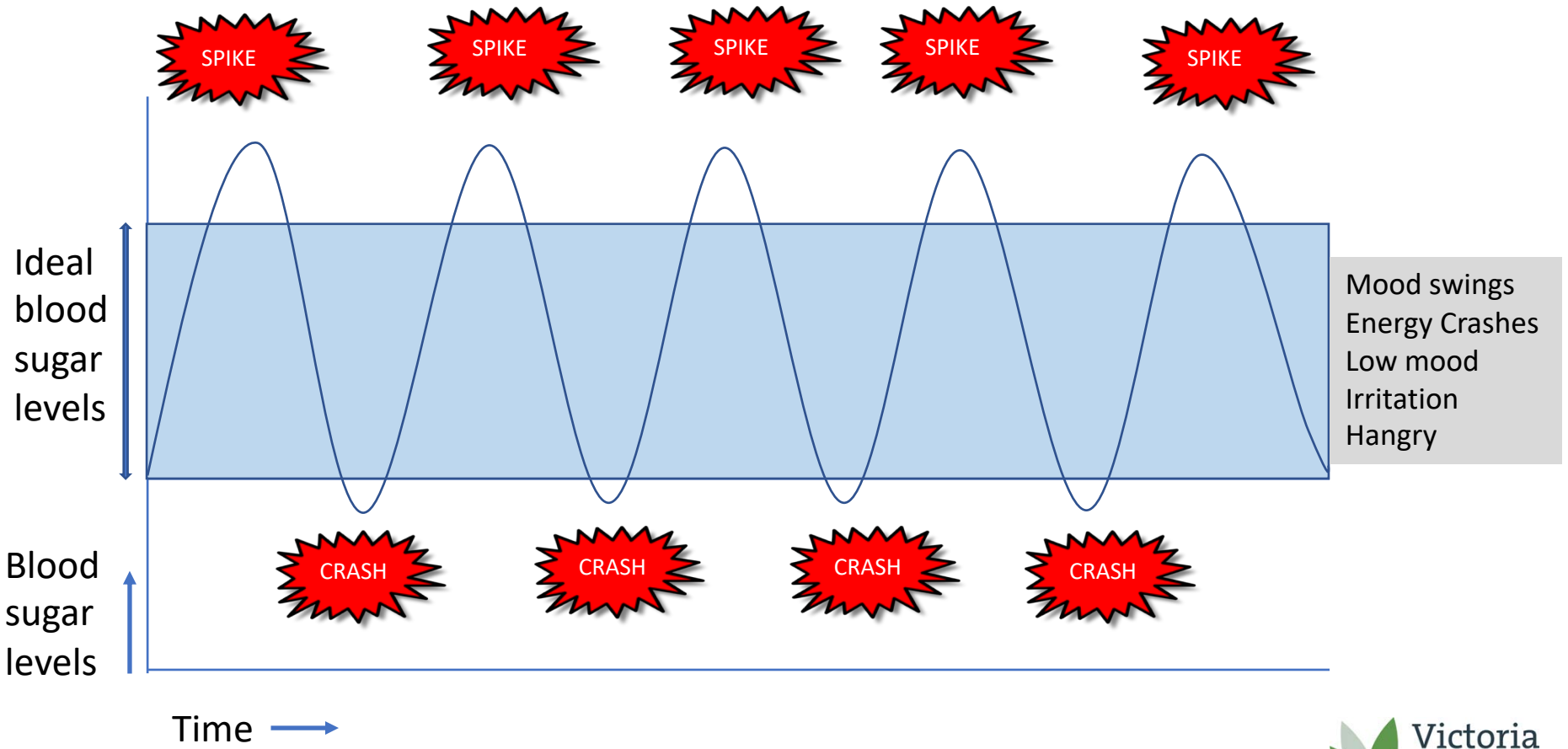
BLOOD SUGAR LEVELS-ROLLER COASTER



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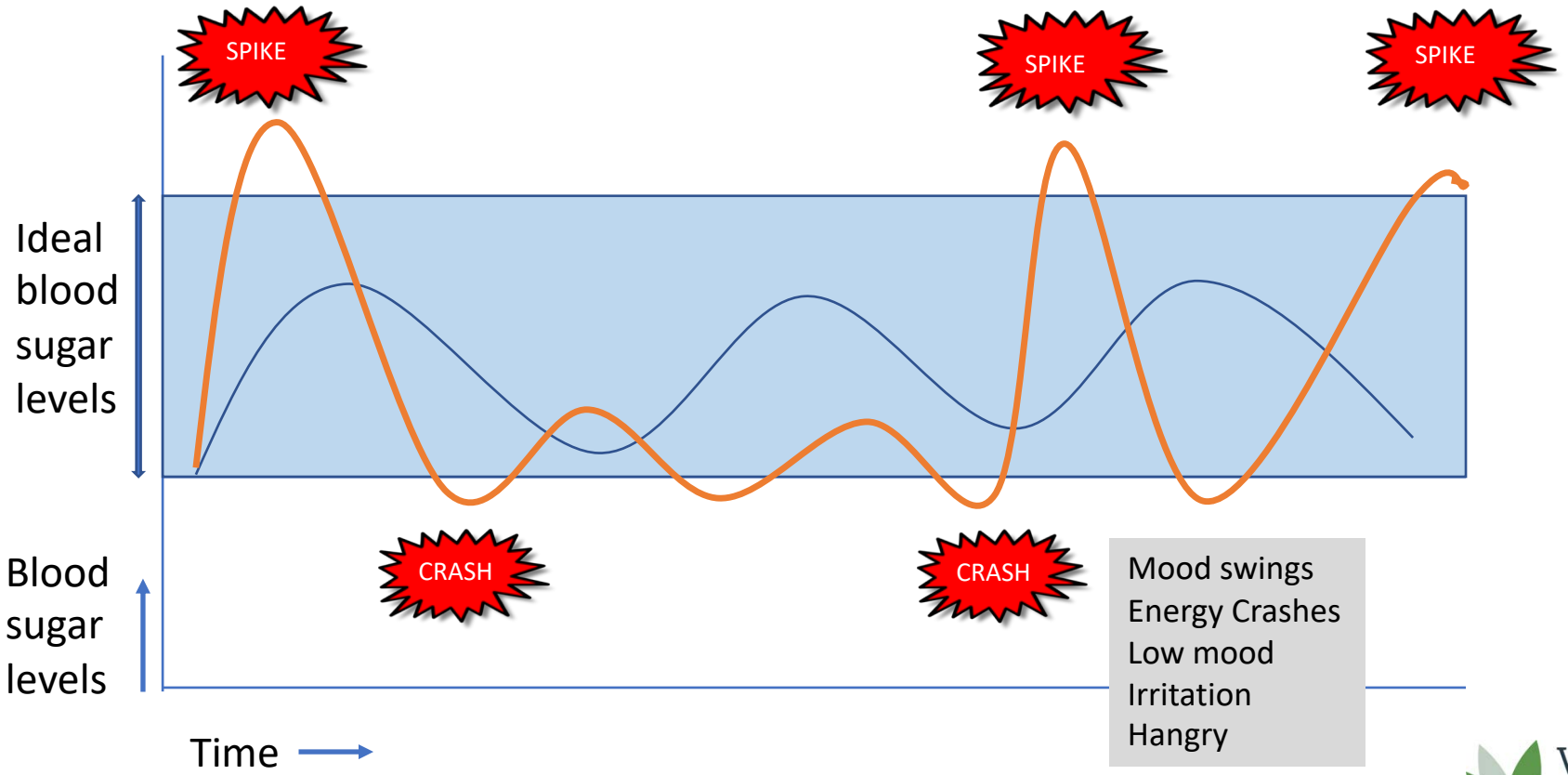
BLOOD SUGAR LEVELS AND STIMULANTS



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SKIPPING MEALS ON STIMULANT MEDICATION

- Malnutrition?
- Low energy/fatigue
- Muscle weakness
- Battle to concentrate
- Cold body temperature
- Low mood
- Rapid weight loss

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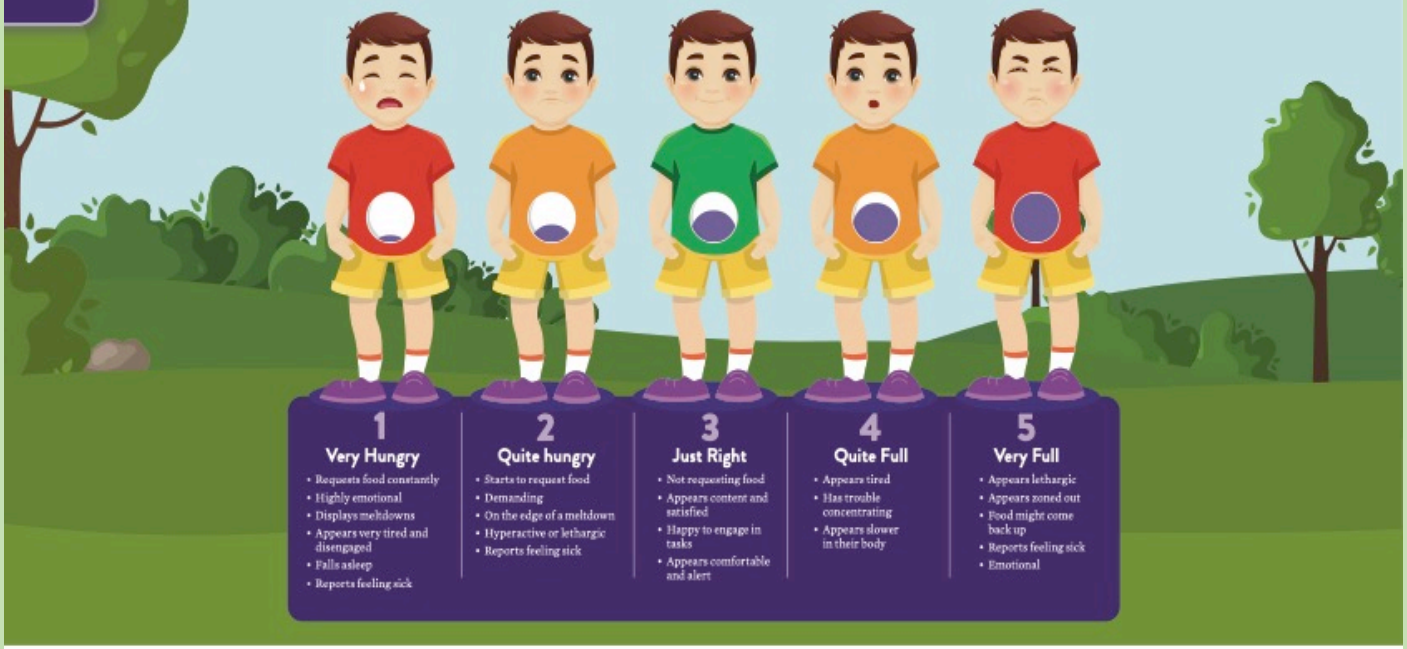
For use with caregivers

HUNGER & FULLNESS CHART

Use this chart with caregivers to help them understand their child's body signals.

What feelings and behaviours might you see when your child is hungry, just right, or full?



1 Very Hungry	2 Quite hungry	3 Just Right	4 Quite Full	5 Very Full
• Requests food constantly • Highly emotional • Displays meltdowns • Appears very tired and disengaged • Falls asleep • Reports feeling sick	• Starts to request food • Demanding • On the edge of a meltdown • Hyperactive or lethargic • Reports feeling sick	• Not requesting food • Appears content and satisfied • Happy to engage in tasks • Appears comfortable and alert	• Appears tired • Has trouble concentrating • Appears slower in their body	• Appears lethargic • Appears zoned out • Food might come back up • Reports feeling sick • Emotional

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Customer Service Toll Free: 0800 737 115. www.abbottnutrition.co.nz. ANZ.2021.21832.PDS.1 December 2021.

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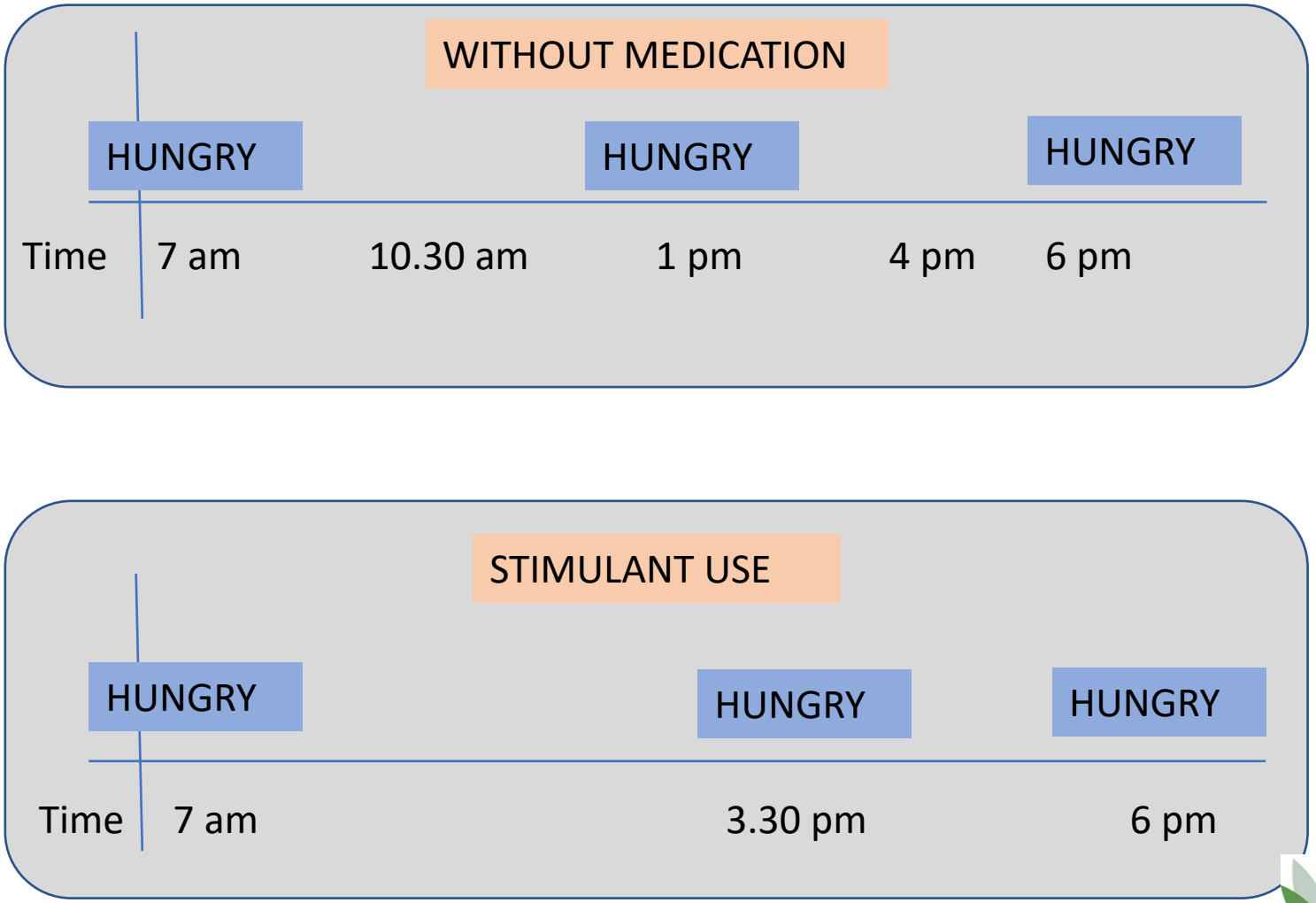
HUNGER CUES



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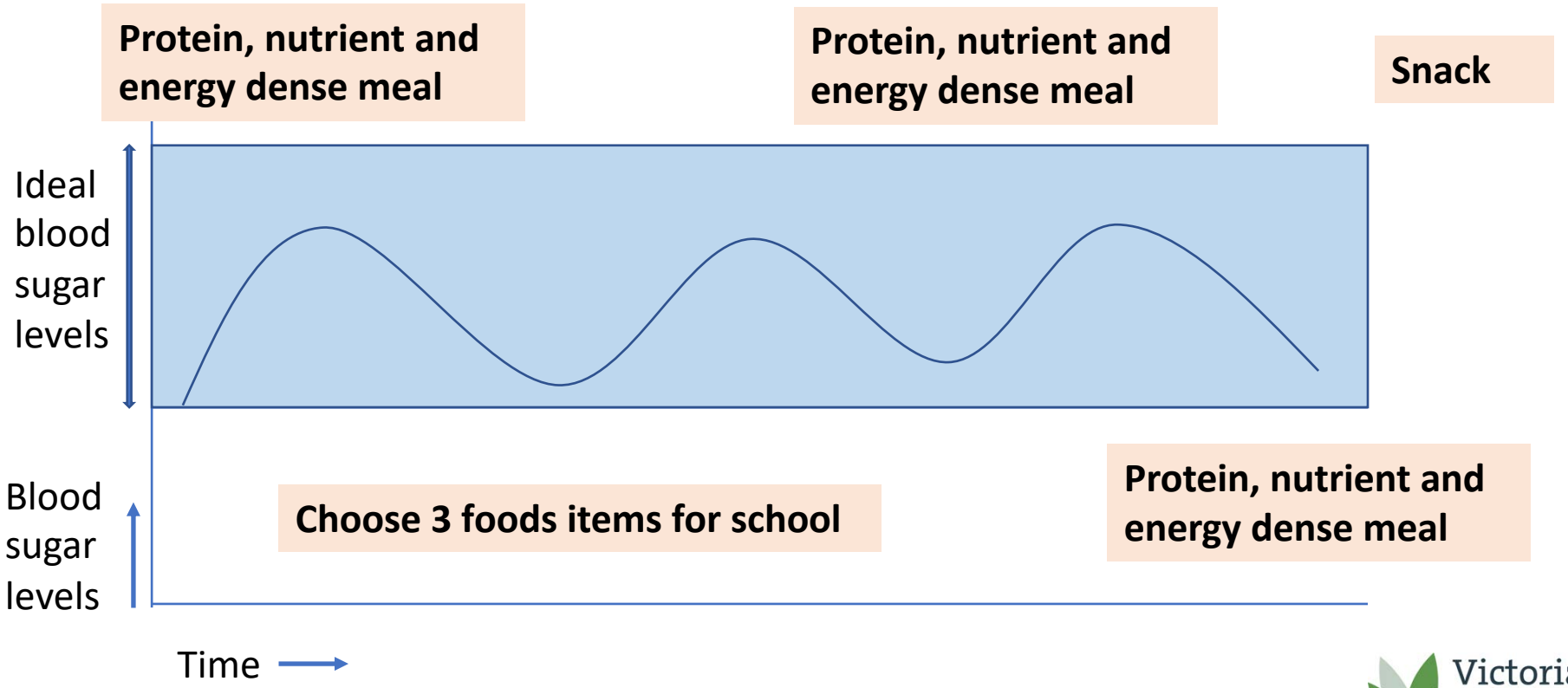
BLOOD SUGAR AND STIMULANT MEDICATION

Increase food intake to help reduce weight loss in ADHD children taking stimulant medication



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FOOD ROUTINE

FOOD ROUTINE
BREAKFAST
SNACK
LUNCH
SNACK
DINNER

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ADDRESSING FE and SBFD

- TRY NEW FOOD WHEN HUNGRY
- KEEP A FOOD JOURNAL
- OFFER CHOICES
- DIVIDER PLATE
- CREATIVE
- BE PATIENT
- START SMALL
- PAIR NEW FOODS
- LIMIT SNACKS BETWEEN MEALS

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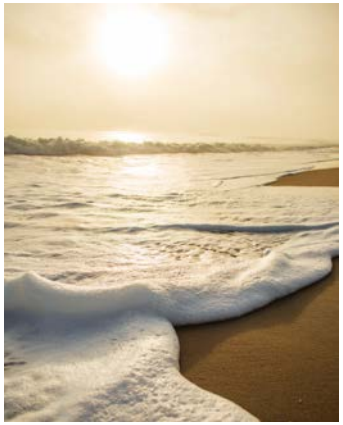
NUTRIENT DEFICIENCIES



- Vitamin A
- Magnesium
- Calcium
- Zinc
- Iron
- Fiber
- B1, B 6, B12
- Vitamin D
- Vitamin C
- Omega 3

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SUPPLEMENTATION ?

?

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APPETITE

SATIETY

FOOD ROUTINE
BREAKFAST
SNACK
LUNCH
SNACK
DINNER

GUT- BRAIN CONNECTION

GF CF LF E FA

ALLERGIES/ INTOLERANCE

CONSTIPATION

INFLAMMATION

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THE KETOGENIC DIET?

ASD & EPILEPSY

Charlie Foundation
FOR KETOGENIC THERAPIES

https://charliefoundation.org/

FAMILY

CAN NUTRITION HELP?

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SOS APPROACH

DR Kay Toomey : Paediatric Psychologist

SOS APPROACH

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WEBSITES

ASPECT- AUTISM SPECTRUM AUSTRALIA

https://www.autismspectrum.org.au/

https://www.adhdwa.org/

https://chadd.org/

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