



7 Amazing Foods for ADHD Brains

By Lisa Rudge



Wonderful Water!

Not drinking enough water can make us feel tired, low in energy and make it difficult for us to concentrate. Water helps our brains make the neurotransmitters dopamine and norepinephrine, which are important for our executive functioning.

We need to have around 2 litres of water a day to keep this balance. Some of this will be in our food, but most of it will be through what we drink. Drinking non-caffeinated drinks helps to keep our bodies hydrated. Drinks that contain caffeine like tea, coffee, cola, and some energy drinks can dehydrate us.

We can be dehydrated even if we don't feel thirsty. Some signs of dehydration include headaches, unable to concentrate, low energy and dark coloured wee.

Did you know that our bodies as a whole are around 75% water, and our brains are around a whopping 85% water?



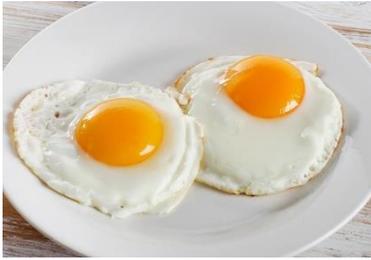
Some foods high in protein are:

- Meat
- Fish
- Milk and dairy
- Pulses (lentils, beans, peas)
- Nuts and seeds
- Eggs
- Tofu

Powerful Protein!

Protein provides the building blocks for our brains. A high protein diet is an important way to help counteract ADHD symptoms. It can prevent surges in blood sugar which can lead to poor

concentration and distractibility and it also helps us to produce special brain chemicals, called neurotransmitters, such as dopamine which helps with alertness, organisation and motivation.



Protein is like gym for the brain. Fish and red meat contain lots of protein but also contain amino acids which are important for making serotonin. Serotonin is one of our brain's feel good chemicals, and helps us to feel happy and less stressed.

Fatty acids like Omega-3 can be found in oily fish like:

- Salmon
- Mackerel
- Sardines
- Pilchards
- Walnuts
- Soya
- Rapeseed oil
- Flaxseed oil

Fabulous fatty acids!

There are different types of fat in our foods. Some fats are bad for us, but others are really good. Our brains contain about 86 billion nerve cells! Fatty acids like Omega-3 help by "oiling" our brain cells so that they can pass messages around our brains better. Brain information can travel at a whopping 268 miles per hour. Fatty acids like Omega-3 can be found in oily fish like:

Fatty acids, not only help with passing the messages around our brain, they can also help ADHD brains manage things like concentration and impulsivity.

Clever Complex Carbs!

Some complex carbohydrates foods include:

- Wholegrains
- Brown bread
- Wholegrain cereals
- Potatoes
- Couscous
- Fruit

Carbohydrates are our bodies main source of energy. Processed or refined carbohydrates are not great for our bodies because they act like sugar.

They can affect brains and have a negative impact on our concentration, making us feel slow, tired and stressed. Complex carbohydrates are very clever and release their energy slow and steady, giving us a nice steady supply of energy helping us to stay alert and focused. They help keep our blood sugar steady, giving us lots of energy

and help us feel full for longer.



Incredible Iron!

Iron is a mineral found in every cell in our bodies. It has a very important job because it carries oxygen in our red blood cells all around our bodies to help our cells produce energy.

Some foods that are high in Iron are:

- Red meat
- Lentils, beans & peas
- Nuts
- Seeds
- Dried fruit
- Shellfish
- Dark chocolate

People with ADHD can have up to 50% less iron in their bodies. Not having enough iron in our bodies can make us feel tired, and affect our memory.

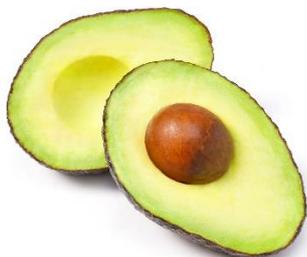
Eating foods that contain lots of iron can help our brains make neurotransmitters called serotonin and dopamine. These neurotransmitters are important for sending messages around our brain to help us focus and concentrate. Extra neurotransmitters are good news for ADHD brains.

Foods that are high in Magnesium include:

- Dark chocolate
- Avocado
- Nuts
- Lentils, beans, peas
- Spinach
- Fish
- Bananas

Marvellous Magnesium!

Lots of people with ADHD have low levels of magnesium in their bodies. Magnesium helps our brains to make neurotransmitters to send important messages around our brains. It is also important for our bones and heart.



Magnesium lowers our stress levels, helping us stay happier, focus better and sleep better. It helps our bodies convert food into energy, helps our muscles and it also helps our neurotransmitters which send messages around our brains. For those of us with ADHD, it can help lower our hyperactivity.

Think Zinc!

An average human adult body contains between 2-4 grams of zinc. Our bodies need it to protect us against harmful bacteria and germs.

Foods that are high in Zinc include:

- Red meat
- Shellfish
- Nuts
- Seeds
- Eggs
- Dairy
- Dark chocolate

Zinc is needed to help us grow, but is very important for health brains to be able to learn. When ADHD bodies do not get the right amount of zinc, we can have difficulty keeping still, find it hard to focus and may feel a bit jittery.

Zinc helps our brains regulate neurotransmitters called dopamine which helps send messages around our brains. Zinc also helps improve hyperactivity and impulsivity.

