

Evidence Sheet for ADHD Diet

This program was created with the following key considerations in mind:

Quality Protein

Protein-rich foods are used by the body to make neurotransmitters, the chemicals released by brain cells to communicate with each other. [Protein](#) also helps balance blood sugar levels and improves satiety. This meal plan provides high-quality protein sources such as chicken, beef, eggs, and legumes.

Healthy Fats & Complex Carbohydrates

A balanced diet with healthy fats and complex carbohydrates can have a protective effect on the [risk of ADHD](#). This meal plan is sugar-free, uses low glycemic foods, and provides over 30 grams of fiber daily. Foods containing [omega-3 fats](#) like tuna, chia seeds, and ground flaxseeds are included as they could improve ADHD symptoms like hyperactivity and inattention.

Iron

Iron deficiencies are common in the ADHD population. Cognitive deficits and other ADHD symptoms have been linked to low levels of [iron](#). This plan incorporates iron-rich foods like meat, fish, whole grains, and leafy greens to help you meet your daily iron goals.

Zinc & Magnesium

[Zinc](#) can improve the brain's response to dopamine and a zinc deficiency may result in symptoms of inattention. [Magnesium](#) is essential for energy production and a deficiency is linked to hyperactivity and impulsivity. You can find zinc and magnesium sources in this meal plan from whole grains, legumes, seeds, eggs, and meat.