



# BREAKFAST FIX

## ADD, ADHD & NUTRITION

Many studies have shown how dietary changes have helped improved symptoms of hyperactivity, concentration, and impulsivity in kids with ADD and ADHD. As a parent, you may not always be sure how to maximize the intake of ADD and ADHD-friendly foods while steering clear of those that may exacerbate symptoms. This series of FOOD FIX is intended to help you do just that!

- Chantelle van der Merwe (RD)

### JUMP START BREAKFAST

#### Combine **protein** with **complex carbs**

Sugar from complex carbohydrates (high fiber carbs) are digested more slowly and the combination with protein also aids in a gradual and sustained blood sugar release.

**Protein** is used by the brain to make neurotransmitters - chemicals that help brain cells talk with each other. **Carbohydrates** are used to fuel the brain.

Try scrambled eggs or peanut butter (no added sugar) with whole-grain toast. Oats with milk and fruit or plain yogurt with fruit and muesli (no added sugar) is also a tasty breakfast combo. Make sure to skip sugary cereals, which can cause spikes in blood sugar and increase hyperactivity.

Consult a registered dietitian (RD) to get recommendations for your individual requirements.



To contact RD

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