

What should we be eating?



May help:

Depression, dyslexia, ADHD,
Dyspraxia, autism



Where they are found:

- Oily fish (salmon, sardines, fresh tuna, mackerel)
- Fish oil supplements
- Seeds (flax, hemp, sunflower, pumpkin)
- Seed oils (flax, hemp, sunflower, pumpkin)
- Tinned tuna is a poor source but better than nothing

Essential Fatty Acids

Main group are omega-3s
found in fish and seafood

What they do:

- They are the building blocks of good brain development
- They keep the membrane flexible
- Allow brain cells to signal efficiently



May help:

- Mood swings
- Extreme behaviour
- Hyperactivity

Complex Carbohydrates

Where they are found:

- porridge oats
- oat cakes
- brown rice
- wholegrains (including wholegrain rice and pasta)
- beans
- lentils
- quinoa
- most fruit



What they do:

When broken down by the body they produce an even dispersal of glucose through the system - without the highs and lows associated with refined carbohydrates (such as sugar and white flour).



May help:

- depression
- impulse control
- appetite
- low self-esteem
- anxiety



Where they are found:

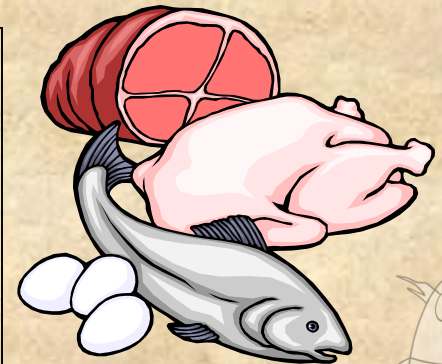
- turkey
- chicken
- meat
- fish
- eggs
- nuts (especially walnuts)
- bananas
- avocados
- cottage cheese
- beans
- lentils
- Soya



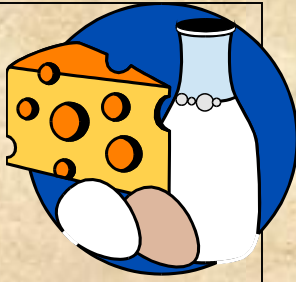
Tryptophan

What they do:

- a good mood protein (amino acid)
- converted by the body into serotonin
- eating slow acting carbohydrates helps the body absorb tryptophan and convert it



May help:



- ADHD
- fidgeting
- hyperactivity
- violent and antisocial behaviour
- poor attention span
- irritability
- insomnia
- lowered IQ

Where they are found:



- green leafy vegetables
- nuts and wholegrains for **magnesium** (ADHD, fidgeting)
- lean meat and tinned oily fish for **zinc** and **iron** (nervous system, insulin production)
- dairy produce, canned bony fish, tofu, egg yolk, pulses and figs for **calcium** (nerves, cell membranes, sleep)
- brazil nuts, wheat germ, molasses, liver, kidney, sunflower seeds, wholewheat bread for **selenium** (irritability, depression)
- unrefined grains, mushrooms, prunes, raisins, nuts and asparagus for **chromium** (blood sugar levels)



Essential Minerals



What they do:

- linked to healthy brain development and IQ



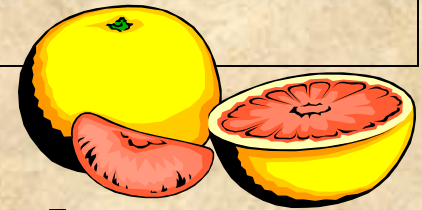
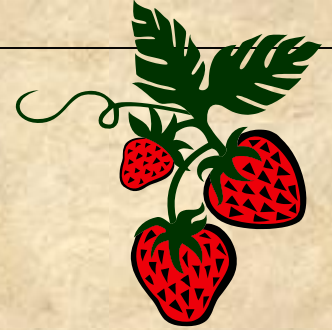
May help:

- hyperactivity
- aggression
- depression
- poor attention
- low IQ



Where they are found:

- citrus fruits
- berries and watercress for **vitamin C**
- fresh raw or cooked Brussels Sprouts, asparagus, spinach, kale, black eye beans and yeast extract for **B vitamins (folates)** - most school meals deficient in these



Essential Vitamins

What they do:

- **Vitamin C and B** are 'good mood' vitamins essential for emotional and mental health
- a lack of these can lead to antisocial behaviour



May help:

- Mood swings
- hyperactivity
- restlessness
- aggression

Where they are found:

- Oats
 - Ryebreads
 - pumpernickel
 - pasta and noodles
- (ideally wholegrain)

- yams
- carrots
- baked beans
- lentils
- dried apricots & other stoned fruit (not exotic)



Low-GI Foods

What they do:

They release glucose slowly into the bloodstream and do not exert a yo-yo effect on mood

