

NUTRITIONAL TRACKING FOR ADHD SYMPTOMATIC BEHAVIOR
(with Dr. Greg Sowles, FCC)

Goal: To identify and remove items in foods that cause behavioral problems.

Step 1: Log diet (everything individual eats and drinks).

Step 2: Log behaviors

Step 3: Identify foods that may contain the following:

- Artificial colorings (red#40, Yellow #5, Blue #1, etc)
- Artificial flavorings (synthetic vanilla, etc.)
- Artificial sweeteners (aspartame, saccharin, etc.)
- BHA, BHT, and TBHQ preservatives

Step 4: Identify foods that include the following:

- Corn syrup, high-fructose corn syrup
- MSG (monosodium glutamate)
- HVP (hydrogenised vegetable protein)
- Sodium nitrite (in lunch meat)
- Calcium propionate (in baked goods)

Step 5: Consider the following most-highly allergenic foods:

- Wheat
- Eggs
- Milk products
- Chocolate
- Soy
- Corn products
- Caffeine
- Citrus
- Nuts

Step 6: Eliminate one possible irritant for 1 week and note behavior.

Step 7: Continue process to eliminate nutrition's effect on behavior.

Step 8: Track until there are 2 significant days of behavior change.