

Dietary Considerations

Total Life Counseling Center

Your child may have allergic reactions to some or all of the below items. Those items can exacerbate symptoms of inattention, impulsivity, hyperactivity, irritability, mood swings, and more. Additionally, drinking half your weight in ounces of water, increasing physical activity (by limiting television, computer and video games to an hour each day during the week) and following some or all of the below recommendations can increase mental energy, and emotional regulation. Protein during breakfast and lunch can be “followed” by fruit or small amounts of complex carbohydrates (All breads, pastas, potatoes, dry beans and corn are common examples of complex carbohydrates but whole grain breads contain more bran and fiber.)

Try your child off of each of these items and log behaviors at home and school and note improvement in the above listed symptoms:

- Red or Orange food coloring, Preservatives, Chocolate
- Dairy-Hormones injected in cows can be an irritant. (try Rice Milk, Almond Milk, or Organic Milk)
- Processed meats, hot dogs, cold cuts, (try Boar’s Head meats)
- Processed breads (use whole grain breads) or in some cases wheat or gluten can be an irritant.

Meal Suggestions

Breakfast-Protein followed by Fruit

- Smoothies-Peanut Butter & Ice with Protein Powder (Muscle Milk)
- Eggs: Egg Casserole, Hard Boiled, Omelet, Scrambled, Sausage, Steak, Bacon
- Protein Bars-Zone Bars, Detour, & Balance, carbs should be no more than 2x the amount of Protein

Lunch-Protein & Vegetables

- Salad with protein: tuna/chicken or ham
- Meat & Vegetable except potatoes, corn and carrots
- Rolled cold cuts & cheese in Whole Wheat Tortilla Wraps

Snacks-Protein followed by Fruit

- Protein Bars-Detour, Pure Protein, Zone Bars, Balance
- Nuts, Sunflower Seeds, Protein Bars, Cold Cuts, & Cheese Sticks

Dinner-Protein/Carbs/Vegetables

- Routine time is important & can help your child go to bed easier, sleep deeper & wake up easier. 5:30p-6:30p is recommended time frame for dinner. Pasta, rice, pizza, breads, salads, vegetables, etc. Avoid red meats at dinner time and limit protein intake to 3-4 ounces of fish and poultry.

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