

You are what you eat and your child is too! A healthy brain is one that can perform all the mental processes that are collectively known as cognition, including the ability to learn new things, intuition, judgement, language and remembering.

How does food impact on our child's behaviour?

- **Fatty acids** – Some children may be either not eating a very healthy diet or have a restrictive diet (only eating some foods) or they may not absorb the good fats in their diet. This has been seen in some children with ADHD.
- **Coloured foods** – certain food colourings have been found to increase hyperactivity in some children. These include:
 - E110 - Sunset yellow
 - E122 - Carmoisine
 - E102- Tartrazine
 - E124 – Ponceau 4R



How can you help your child?

- ✓ Ensure your child has a balanced diet – with 5 portions of fruit and vegetables every day.
- ✓ Avoid processed foods as much as possible and those with colourings if you notice it has an impact on your child.
- ✓ Regular fish intake at least 2-3 times per week especially oily fish such as salmon and mackerel.
- ✓ There is evidence that some children with ADHD are helped by taking an EPA supplement and it can help them
- ✓ with improved mood as well as behaviour, attention, spelling, hyperactivity and memory function, used alongside other medication that may be pres

