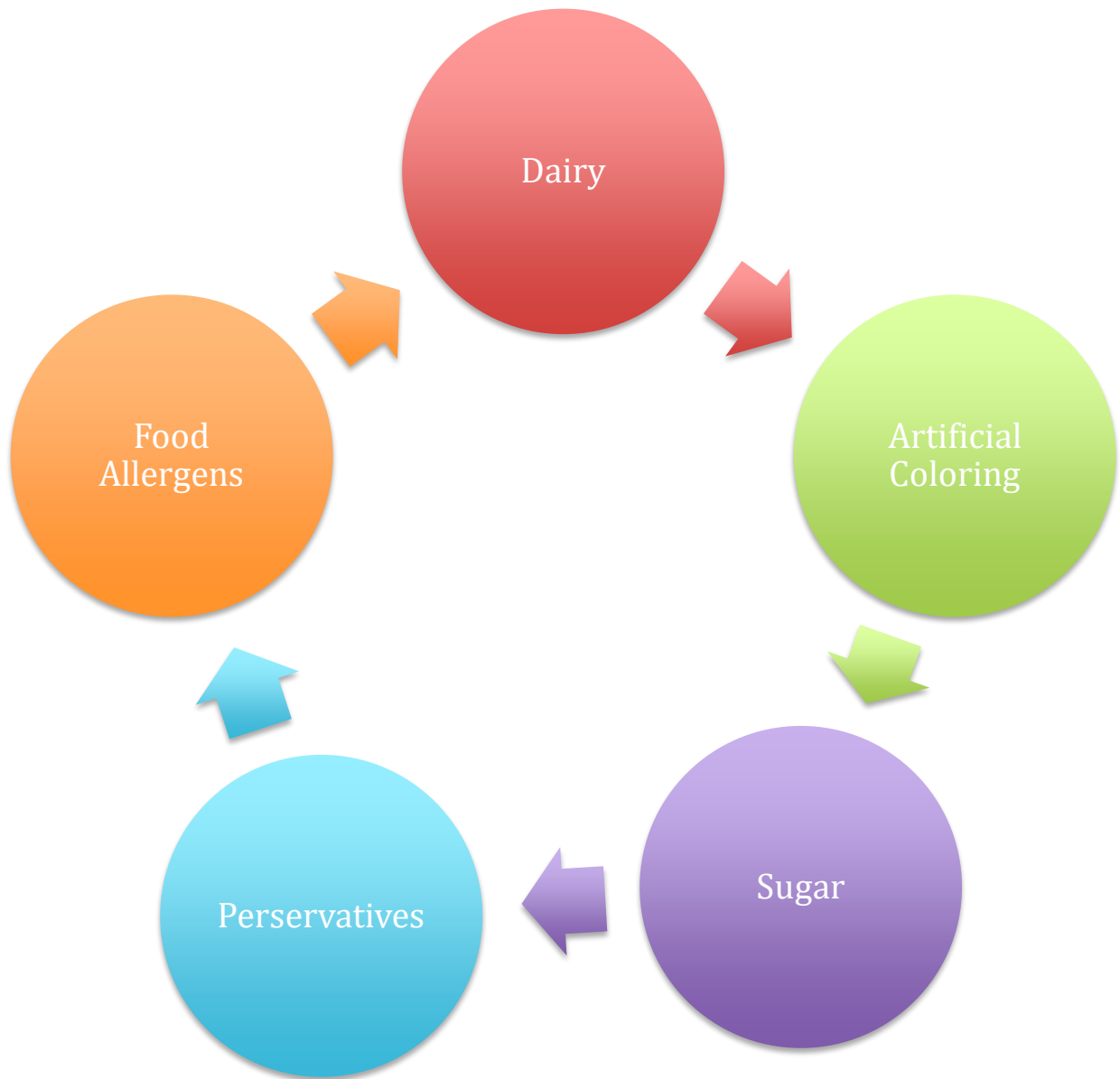


5 Common Foods That Can Influence How You Feel and How You Behave



Foods have long been linked to challenging behaviors in children. This is often NOT addressed or recognized by schools, counselors and the medical field UNTIL parents bring it to their attention. This information can be life changing not only for your child, but for your entire family.

5 Common Foods That Can Influence Behavior



Dairy:

Children who have allergies or intolerance to dairy might...

Irritability

- Cranky
- Mood swings

Aggressive

- Physically
- Verbally

Frequent illness

- colds, sore throats
- Ear infections

Common sources : Milk, cheese, eggs, milk powder, butter, margarine, yogurt, cream, ice cream

Common symptoms

- *Swelling of the tongue, mouth or face*
- *Difficulty breathing*
- *Low blood pressure*
- *Vomiting*
- *Diarrhea*
- *Hives*
- *Itchy rash*
- *anaphylaxis*

Artificial Coloring:

Has been linked to

ADHA/ADD

- Inability to focus or concentrate
- Impulsive behaviors

Anxiety

- Headaches
- Gastrointestinal issues

Significant
behaviors
changes

- Mood swings
- Aggression

Artificial coloring can be found unexpected foods such as bread and yogurt. Soda, juices drinks and candy often contain color dyes which should be avoided especially if you notice mood swings after consuming food with artificial coloring (Yellow No. 5, red No. 40, and blue No. 1)

Sugar: Specifically refined sugar

Hyperactivity

- Problems staying focused
- Problems sleeping

Depression

- Rapid change in blood sugar
- Mood changes

Long term health issues

- Obesity
- Diabetes

Sugar is in just about everything the average child eats (syrup, cereals, bread fruit drinks).

Natural sugars found in fruits and honey, syrup while they are natural you should monitored especially.

Preservatives:

Nitrates

- May be found in leafy vegetables, cured meats, and drinking water.
- Increased risk of Cancer

Sodium Benzoate

- commonly found in juice products marketed toward children
- may magnify mood and behavior changes

Monosodium glutamate (MSG)

- flavor enhancer commonly found in fast foods
- may magnify mood, behavior changes, headaches and hyperactivity

It has been suggested that several preservatives may cause behavioral issues in children.

Food Allergens

Intolerance

- often missed causing significant health and behavior issues.
- are not life threatening
- Misdiagnosed as gastrointestinal issue or ADHD

Sensitivity

- Food sensitivities are not life-threatening
- Most people don't initially realize they have a sensitivity.
- Many people attribute their symptoms to poor diet, illness, or age. Most of the symptoms are mild but put together; they can interfere with your daily routine and make you feel run-down

Allergic

- Can be life threatening!
- For people who have a food allergy, even exposure to very small amounts of the problem food can cause an allergic reaction
- Symptoms can occur anywhere from a few minutes after exposure to a few hours
- A food allergy is a condition in which certain foods trigger an abnormal immune response

○ *Common Symptoms:*

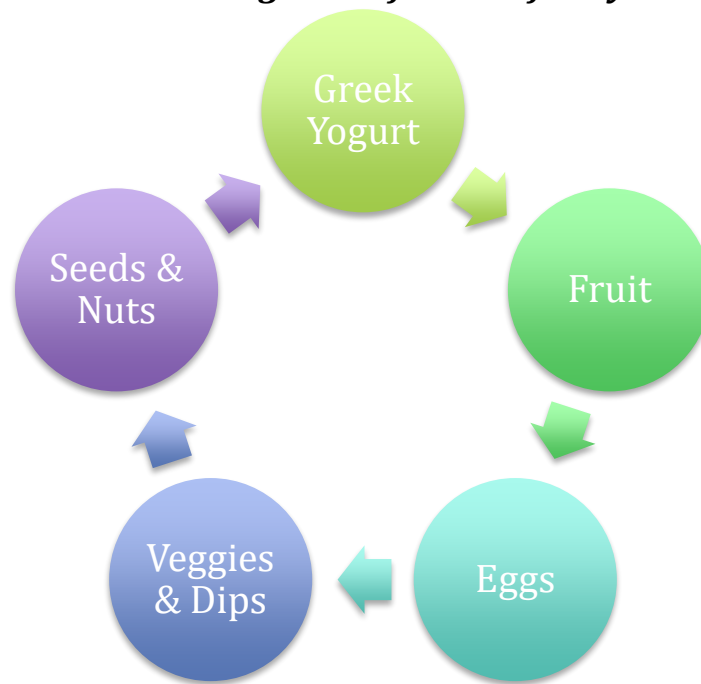
- *Diarrhea*
- *Bloating*
- *Rashes*
- *Headaches*
- *Nausea*
- *Fatigue*
- *Abdominal pain*
- *Runny nose*
- *Reflux*
- *Flushing of the skin*

Common food allergens are: dairy, nuts, eggs. Soy, corn, Gluten.

Now that we have identified foods that are influencing your child's behavior, One way to address this is to slowly remove these items from their diet and possibly replace them with some of the following foods. (Tell the Ilana story)

Some After School Snacks that boost brain power:

Please keep in mind that some of the foods listed are also on the “allergy” list. Please consult with your doctor if you have questions or concerns with regard to foods to feed your child.



Greek Yogurt:

Full-fat Greek yogurt provides a healthy amount of fat along with protein to boost energy and carry your child until dinner time. Incorporate some fruits, dark chocolate chips or some nuts/seeds to give it a little crunch.

Fruits:

Fruits like blueberries and strawberries pack plenty of antioxidants into a serving and are easy for little hands to eat by the handful. Consider these other options: Easy peel clementine oranges, apples, seedless grapes, dried fruit snacks like raisins, unsweetened applesauce.

Eggs:

Hard boiled eggs provide a full serving of protein. You can make them on the weekend and have them on hand all week. They will keep for 5-7 days.

Veggies & Dips:

Kids enjoy munching on carrots, celery sticks, grape tomatoes, or red pepper strips. Add dip to give both flavor appeal and nutrition. Greek yogurt can be used rather than sour cream as a base for your dip. Hummus is also a good option.

Nuts & Seeds:

Pumpkin seeds, sunflower seeds, and almonds are high in protein and healthy oils and just a small handful makes a full serving. Serve them alone or with other snacks to add some crunch. Some studies have shown that nuts and seeds to have a mood-boosting effect.

Some foods and beverages that may have calming affects:



***Salmon** contains nutrients that promote brain health, including vitamin D and the omega-3 fatty acids eicosapentaenoic acid*

***Chamomile** is an herb that may help reduce anxiety.*

***Turmeric** is a spice that contains curcumin, a compound studied for its role in promoting brain health*

***Curcumin** also has powerful antioxidant and anti-inflammatory*

***Dark chocolate** contains flavonols, which are antioxidants that may benefit brain function.*

***Yogurt** is a great food to include in your diet. The probiotics, or healthy bacteria, found in some types of yogurt can improve several aspects of your well-being.*

Turkey, bananas and oats: These are good sources of the amino acid tryptophan, which is converted to serotonin.

Eggs, meat and dairy products: All provide high-quality protein including essential amino acids that produce the neurotransmitters dopamine and serotonin.

Chia seeds: Chia seeds are another good source of brain-boosting omega-3 fatty acids, which have been shown to help with anxiety.

Citrus fruits and bell peppers: These fruits are rich in vitamin C, which has antioxidant properties.

Almonds: Almonds provide a significant amount of vitamin E.

Blueberries: Blueberries are high in vitamin C and other antioxidants, such as flavonoids.