



The ADHD-Friendly Fridge Guide:

Focus, Sleep, Gut Health in One Place!

Welcome

Hello! I'm guessing you're here because something about how nutritional therapy can be used to support ADHD has piqued your interest! Perhaps we've met in real life, or perhaps someone you trust mentioned my name, or you've seen one of my webinars/ videos or posts on social media...

Whatever brought you here, I am so delighted and grateful that you have downloaded this guide, and I hope that it inspires you to make a change to your nutrition in a way that is supportive of your health - not only today but in the future as well.

If you like what you see, and you haven't already followed me on social media please do so using the social media links below. I'd love to hear what you think!

All my best

Dana



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Why have I created this for you...?

I've always been passionate about sharing my knowledge of how the body works to try and help others understand how their bodies are working, AND then give you some tips on how to get your body to work just that little bit better.

I am drawn to help individuals with ADHD because your brain works differently, and I'd love to help you, help your brain to work at its best, and it all comes down to how your body produces (or struggles to produce) certain brain chemicals known as neurotransmitters. Research has shown that individuals with ADHD have altered levels of neurotransmitters such as dopamine, noradrenaline and serotonin, and we're finding out more everyday.

So I'd love you to print these next two pages off and feel free to stick them to your fridge to help remind you of how you can improve your focus, sleep and gut health, so that you can benefit more from the superpowers of ADHD rather than feeling like you're always fighting against the grain.



Disclaimer: The information in this eBook is not intended to diagnose, treat or cure any disease. It is not intended as medical advice or as a substitute for medical advice in any way. The information should be used in conjunction with the guidance and care of your doctor or other qualified health care professional. You should consult your health care provider before undertaking any dietary or lifestyle changes. The material provided in this eBook is for educational and motivational purposes only.

More...



Focus

To be able to focus you need good levels of Serotonin* and Dopamine**. These neurotransmitters need protein as building blocks as well as vitamin B6, zinc, iron, vitamin D, folate and vitamin C.

These are the top Focus foods:

Protein in the form of salmon, sardines, mackerel, eggs, chicken, beef, lamb, pork, turkey, nuts, seeds, chickpeas, beans, lentils, and cheese.

Fruit and vegetables such as blueberries, rocket, watercress, mixed salad leaves, kale, avocado, kiwi fruit and red pepper.

Key

*Serotonin is often referred to as our happy hormone, but it is also needed for focus. Serotonin can be seen as our contentment neurotransmitter, it helps us feel safe, thrive, think and be creative.

**Dopamine is our motivator neurotransmitter, it helps us remember when something felt good and so we want more of it – it makes us repeat activities

*** Some research suggests that individuals with ADHD have undiagnosed coeliac disease, and that ADHD symptoms are reduced following a gluten free diet



Sleep

Our sleep hormone Melatonin can be made from Serotonin, apart from aiding sleep, melatonin is also one of our calming neurotransmitters. Melatonin works in opposition to cortisol – our stress hormone, so if we are feeling anxious or have heightened stress it will be difficult to create melatonin.

Other factors that may interfere with sleep are blood sugar balance, managing our blood sugar levels throughout the day is key to ensuring a good night's sleep. And daylight exposure helps us build up our melatonin stores, aim to get at least 10 minutes of natural light exposure daily.

These are the top Sleep foods and drinks:

Drinks such as camomile tea, tart cherry juice (I like cherry active),

Foods such as bananas, almonds, kiwi fruit and brown or wild rice.



Gut Health

The gut is now termed the second brain. The gut is key in ADHD as it makes up to 90% of our neurotransmitters (Dopamine, Serotonin and GABA).

Caution: Be mindful of adding the below foods into your diet very slowly as they can increase gut discomfort if you go from zero to hero.

These are the top Gut Health foods and drinks:

Drinks such as kefir, I like Chuckling Goat and Live Kefir Company, and kombucha.

Foods such as a variety of fruit and vegetables, fermented foods such as kimchi and sauerkraut. Foods high in fibre feed the gut microbiome and keep it happy, high fibre foods include ground flaxseeds, nuts, beans and lentils, as well as wholegrains, fruit and vegetables.

Sample Staple Shopping List

Tinned chickpeas, tinned/ packet lentils, parmesan cheese, goats cheese, eggs, chicken liver pate, hummus, salmon (smoked, fresh or frozen), tinned sardines, tinned tuna, frozen vegetables, sauerkraut or kimchi, kiwi fruit, blueberries, nuts such as almonds, walnuts, cashews, seeds such as ground flaxseeds, pumpkin seeds and sunflower seeds, gluten free*** oat cakes.



Sample Meal Planner

Breakfast	Lunch	Dinner	Snacks
50g full fat Greek yoghurt with a handful of blueberries and a handful of flaked almonds	Store bought tomato soup with 2 boiled eggs and a handful of walnuts.	Salmon with roasted vegetables (sweet potato, red pepper, courgette and red onion)	1 carrot or 3 oatcakes with ½ tub of hummus
3 egg omelette with half an avocado and a handful of mixed leaves.	Stir fried cauliflower rice with a tin of chickpeas drizzled with tahini, olive oil and apple cider vinegar	Steak with mashed sweet/white potato and a mixture of frozen vegetables with a sprinkle of seeds	2 squares 85% dark chocolate dipped in peanut butter
Chocolate smoothie (1 handful baby spinach, 1 handful raspberries, ¼ avocado, 1 Tbsp raw cacao, 1 serving NuZest protein powder, and 150ml of kefir)	Leftover chicken/ fish with a handful of leaves, 5 cherry tomatoes, 1 handful of pumpkin seeds, drizzled with olive oil and balsamic vinegar	Chicken thighs baked with plumbs, onions and butternut squash. Served with a simple side salad	3 oat cakes with chicken liver pate



ADHD Superfoods

Oily fish – salmon, mackerel, anchovies, sardines, herring (SMASH), loaded with omega 3, iron, zinc and B6

Liver or liver pate – loaded with vitamin A, zinc, B vitamins and iron

Green leafy vegetables – loaded with iron, magnesium, B vitamins, vitamin A and vitamin E

Berries – low in natural sugars, but also loaded with nutrients such as vitamin C and magnesium

Nuts and seeds – loaded with healthy fats, vitamin E, B vitamins, zinc and magnesium



Working with Dana

One to one consultations

My one to one consultations are available online.

These consultations allow me to understand your individual health concerns and goals and to fully address any underlying imbalances to enable real and lasting change.

The nutritional factors that are affecting your mental health can be very unique to you and my bespoke approach takes that into account.

Talks and Workshops

Nutritional therapy can transform the health of employees and by extension, the health of organisations. Once I understand existing mental health policies and how the mental health of employees is currently being supported, I can work with organisations to educate on complimenting these policies and systems.

When individuals in your organisation understand how stress impacts food cravings, energy and concentration and how nutrition and stress management can support their mental health, they become incredible assets.

Get in touch...



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*scan to book a
free 30 minute call
with Dana*

