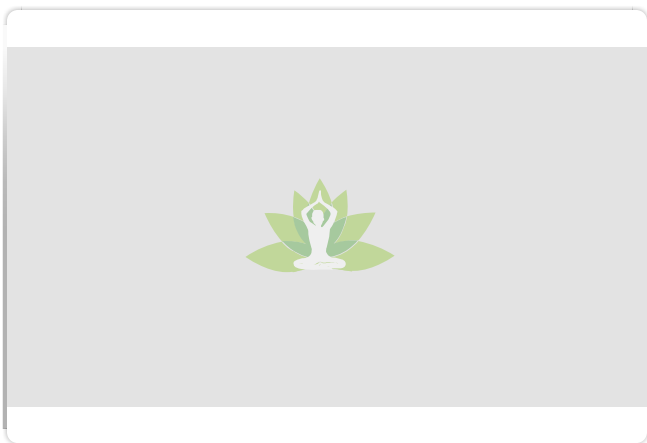


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5 Most Beneficial Foods For Kids Suffering From ADHD

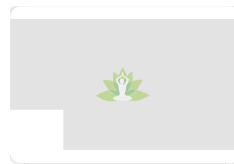
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Healthy Diet For Kids With ADHD

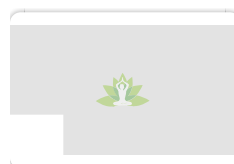
ADHD is a common disorder that usually shows in kids and sometimes even adults and the only way to tackle the symptoms is by following a strict nutritious diet.

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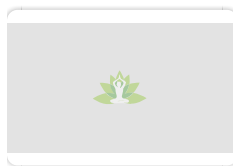
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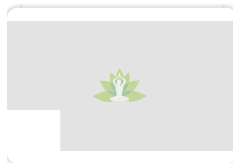
The human brain can only function properly when the human body is supplied with ample nutrients that it requires. A big part of your brain's capacity to function depends on what you eat. ADHD This disorder can affect children as well as adults. Although the main reasons for a child or an adult showing symptoms of ADHD could be genetic, there are other factors such as malnourishment, which also impact majorly. If for example, we take the case of a child who is not being properly fed, he or she would be deprived of all the nutrients that are essential for the child's growth and development that including the brain. Proper brain development of children is extremely essential to ensure they do not experience disorders such as ADHD.

ADHD can affect a child's performance at school and in general. However, there are proper diets that doctors recommend for children who are already suffering from the symptoms. This list of healthy foods might even



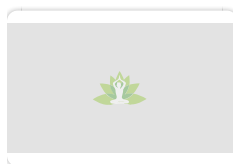
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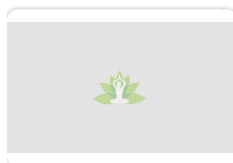
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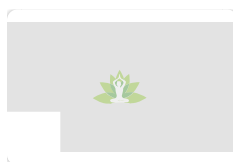
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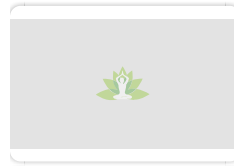
help your child manage the symptoms and his or her condition might also improve.

Vegetables

Vegetables, especially cruciferous vegetables like broccoli, lettuce, kale and cauliflower are very rich in iron. Iron is a must nutrient that your child should take in his or her daily diet. This nutrient can help manage the symptoms of **ADHD** to a great extent. With the right amount of nutrient intake, the symptoms might even start reducing.

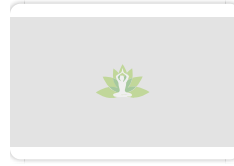
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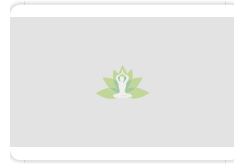
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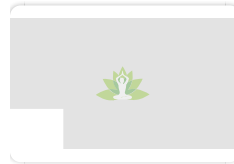
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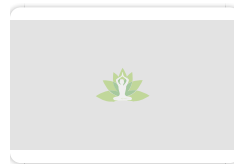
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Dark Chocolate

Kids with ADHD are also advised to consume foods rich in zinc and magnesium. Both of these minerals are essential in bettering ADHD symptoms.

Fruits, Especially Bananas

Fruits are a very good source of nutrients. For ADHD patients bananas are a must. Bananas are very rich in zinc and magnesium, and these nutrients have been proven to dopamine and various neurotransmitters. Furthermore, fruits are loaded with various nutrients and complex carbohydrates. Post consumption of these complex carbohydrates the body might receive a boost of serotonin and feel sleepy.

Nuts And Seeds

Nuts are a great source of numerous nutrients and **omega-3 fatty acids**, especially for kids who don't eat meat. Omega-3 fatty acids have been proven to manage ADHD. Seeds are also very rich in zinc and magnesium and are a must for ADHD patients. A regular intake of both of these food items can

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