

# ADHD HEALTHY EATING FORMULA

## EAT REGULARLY

Prioritize minimally processed foods from the green section.

### Proteins

The serving size per meal: at least 1-2 palms



\*These are considered carbohydrate sources for non-plant-based eaters

\*Choose leaner meats if you are a "hyper-responder" to saturated fats and have a dramatic increase in your LDL cholesterol levels after eating high-fat foods.

### Carbs

The serving size per meal: 1-2 cupped hands (or 1/2 to 1 cup) depending on your fitness goals, activity levels, age, gender, and current health



GF—Gluten Free  
Buy organic varieties of these plants to reduce your exposure to pesticides and avoid GMO produce

\*Brown basmati rice from California, India, and Pakistan, and sushi rice from the U.S. are shown to have lower amounts of harmful arsenic

### Fats

The serving size per meal: 1-2 thumbs (or 1-2 Tbsp) depending on your fitness goals, health, and the amount of carbs you have in the same meal (when you eat more carbs, include fewer fats and vice versa)

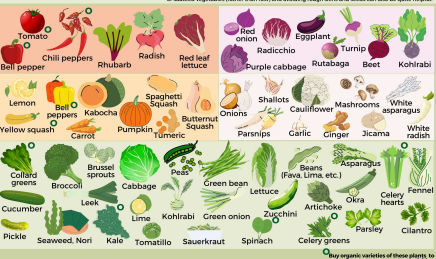


\*Reduce your dietary fat intake and choose more plant-based fats if you are a "hyper-responder" to saturated fats and have a dramatic increase in your LDL cholesterol levels after eating high-fat foods.

## Vegetables

The serving size per meal: 1-2 fists

People with sensitive guts or those who eat little to no vegetables may find that their guts don't tolerate this amount of fiber. It's important to make gradual changes in your veggie intake to find your ideal portion. You might be able to work your way up to the recommended amount. Starting with softer fresh produce, like steamed or sautéed vegetables (rather than raw) and avoiding rough skins and seeds can also be quite helpful.



Buy organic varieties of these plants to reduce your exposure to pesticides.

## EAT MODERATELY

Eat up to 4-8 servings of the foods from the yellow section per week.

### Proteins

The serving size per meal: at least 1-2 palms



These are highly processed foods. But due to their improved nutritional content (higher proteins, lower sugar), they won't result in a negative blood sugar response

Buy organic varieties of these plants to reduce your exposure to pesticides and avoid GMO produce

### Carbs

The serving size per meal: 1-2 cupped hands (or 1/2 to 1 cup)



GF—Gluten Free  
\*White basmati rice from California, India, and Pakistan, and sushi rice from the U.S. are shown to have lower amounts of harmful arsenic

### Fats

The serving size per meal: 1-2 thumbs (or 1-2 Tbsp)



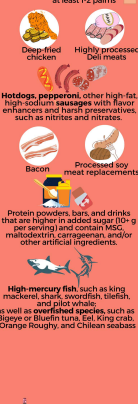
\*This supplement shows to be beneficial for brain health, cognitive function, and appetite regulation. Choose third-party tested brands for best results.

## EAT LESS

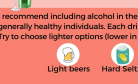
Choose the special occasions when you can enjoy your favorite treats from the red section. For an average person, 1 to 2 high-calorie treats per week is a good limit.

### Proteins

The serving size per meal: at least 1-2 palms



I recommend including alcohol in the Eat Less Carb Category. So 1 or 2 drinks, at most 1 or 2 times per week for generally healthy individuals. Each drink counts as a serving of carbohydrates. Try to choose lighter options (lower in calories and alcohol) like:



These guidelines are designed to help you significantly improve your health and maintain a higher degree of health so that you can look, feel, and perform better cognitively and physically. However, they are not intended to substitute medical advice. Talk to your doctor before making any dietary changes. The proportions of the foods from the "Eat Regularly," "Eat Moderately," and "Eat Less" sections will depend on your current diet, your fitness and health goals, your body's reactions to different foods, and your unique taste preferences.

### Carbs

The serving size per meal: 1-2 cupped hands (or 1/2 to 1 cup)



Sugar and its' alternatives like brown and coconut corn syrup, agave syrup, condensed milk. Foods with 10+g of added sugar per serving

### Fats

The serving size per meal: 1-2 thumbs (or 1-2 Tbsp)

