

# Food for Function

BEHAVIOR, ATTENTION, ANXIETY, & REGULATION



## Remove Processed & Added Sugars

High fructose corn syrup, fructose, concentrates, agave nectar. Added sugars hide in sodas, juice, candy, ketchup, sauces and more.



Crush fruit and mix with soda water instead of drinking your calories.



## Remove Refined Grains

Grains that have been "refined" or "enriched": breads, pastas, cereals, crackers, bagels, pretzels, muffins



Adopt the No "Naked" Carb rule by always pairing a carbohydrate with a fat and/or protein.

Consuming foods that are high in processed sugars, refined grains, seed oils and artificial colors and flavors can have **neurotoxic effects**, lead to **blood sugar spikes**, and create **inflammatory responses**. This may be a key piece of the puzzle, impacting your child's well-being.



## Remove Seed Oils

Soybean, corn, cottonseed, sunflower, safflower, grapeseed, anything hydrogenated



Try anything solid at room temperature: butter, ghee, tallow, coconut oil



## Remove Laboratory Ingredients

Food dyes, especially Red 40 (now called E129), Artificial sweeteners (aspartame, sucralose) Flavor enhancers (MSG, natural flavors, yeast extract, spices), Preservatives (Sodium nitrate, guar gum, BHT)



Try focusing on whole foods that have not been processed.

