

# 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.**

