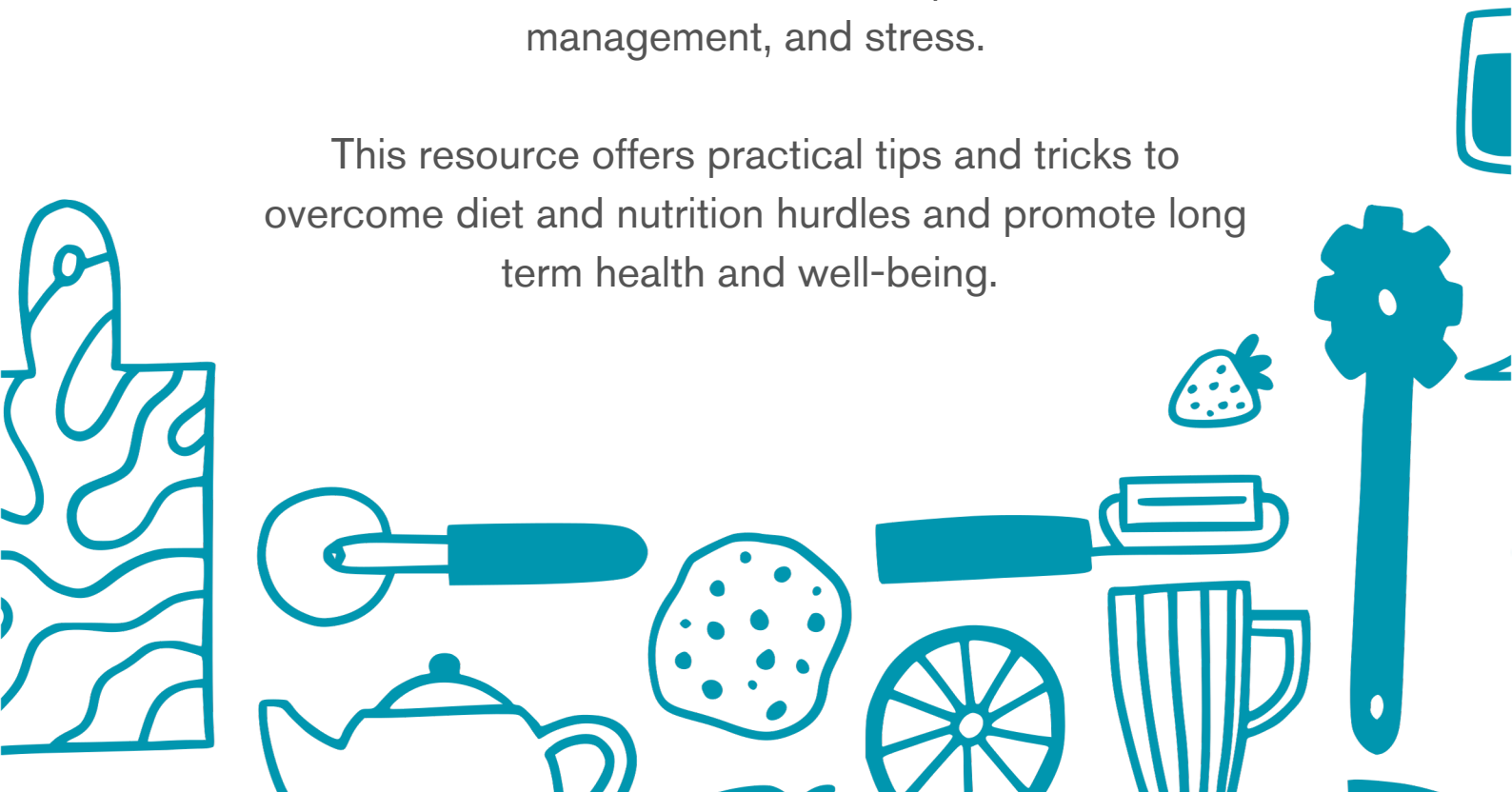




# ***Nutrition hacks for ADHD***

ADHD poses challenges in maintaining health due to difficulties with diet, exercise, sleep, medication management, and stress.

This resource offers practical tips and tricks to overcome diet and nutrition hurdles and promote long term health and well-being.



# ***HUNGER OR STIMULATION?***

Hunger and dopamine are essential elements of our physiological and psychological makeup. Hunger signals our body's need for sustenance, typically triggered by low energy levels.

On the other hand, dopamine is a neurotransmitter associated with pleasure and reward in the brain.

In ADHD, the interaction between hunger and dopamine can be unique. Hunger signals our body's need for energy, while dopamine enhances pleasure. ADHD individuals may experience heightened impulsivity, leading to seeking dopamine release through eating, especially in moments of boredom or stress, despite not necessarily being physiologically hungry.

Understanding and acknowledging the difference may be helpful to achieve and maintain your health goals.

## ***SIGNS OF HUNGER***

**More than 2-3 hours has passed  
since last meal / snack**

**Irritable (hangry)**

**Stomach rumbling**

**Nausea**

**Head fog**

## ***DOPAMINE SEEKING***

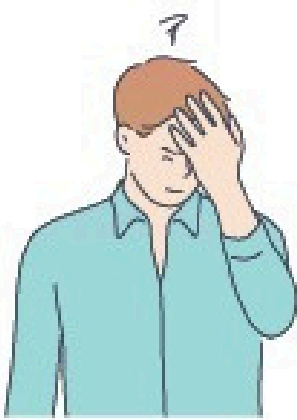
**Intense or sudden cravings  
especially for sweet or salty  
foods**

**Boredom**

**Low stimulation**

**Using food to initiate or stay  
motivated**

# OTHER WAYS ADHD IMPACTS NUTRITION



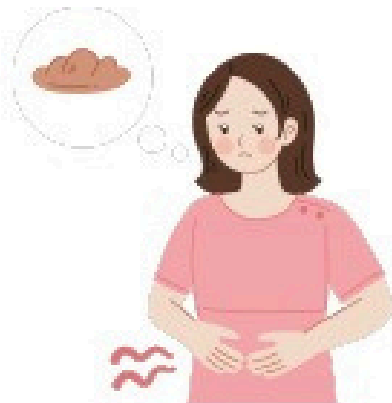
Forgetting to Eat



Low Motivation to Cook



Food Boredom



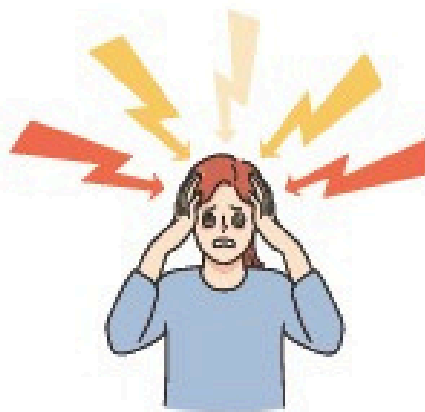
Ignoring Hunger Cues



Suppressed Appetite



Binge Eating



Decision Overwhelm



Stimulation Eating

# ***The key in tackling nutrition challenges for those with ADHD is to keep things simple.***

**In this resource you will find:**

- 1.Kitchen ingredient staples
- 2.Kitchen utensil / tool staples
- 3.Meal planning tips
- 4.Quick and easy meal ideas ready in less than 30 mins
- 5.Low calorie condiments to make meals interesting
- 6.Supermarket pre-prepared meals and meal delivery options

# INGREDIENT STAPLES

## Pantry

- Olive Oil (spray / bottle)
- Vinegar (white, red wine, balsamic, apple cider, rice wine)
- Soy sauce
- Iodised salt
- Pepper
- Stock powder
- Garlic powder
- Onion powder
- Chilli flakes
- Paprika
- Dried herbs (basil, oregano, parsley, rosemary)
- Canned tomato / passata
- Canned tuna / salmon
- Microwavable rice
- Bread
- Wraps
- Pasta
- Rolled oats

## Fridge / Freezer

- Greek yoghurt
- Eggs
- Cheese
- Minced garlic
- Frozen diced onion
- Frozen vegetables
- Frozen fruit
- Salad dressings

# KITCHEN STAPLES

## Air Fryer with Silicone Insert

Air fryers are convenient because of their quick heating, low oil requirement, and easy cleaning process. The silicone insert helps minimise mess and can be easily cleaned by placing it on the top rack of the dishwasher.

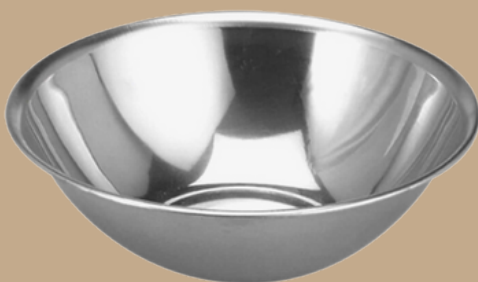


## Mandoline Slicer

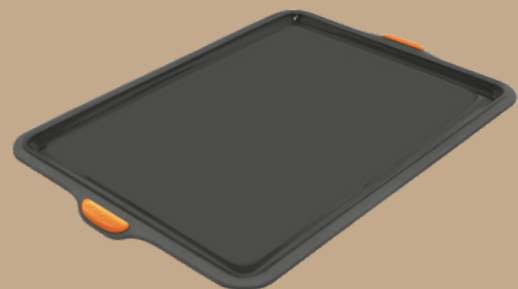
For those with less-than-perfect knife skills, a mandoline slicer can speed up and enhance food preparation. This versatile tool can grate, slice, and chop various vegetables with ease.

## Lightweight cooking tools

Cooking often demands significant mental and physical exertion. Simplifying the tools you use for cooking can be beneficial, as tools that are easy to handle and clean require less effort.



Stainless steel bowls vs ceramic



Silicone oven trays vs metal

# KITCHEN STAPLES

## Food storage containers

Perfect to store pre-prepared ingredients or meals in pantry / fridge or freezer. If planning to reheat, check material is microwave / oven safe..



## Pantry Storage Containers

Unfortunately, most foods are not packaged in the most convenient way. Transferring pantry staples into containers can help organise ingredients, keep them visible, and easy to track. Labelling the containers is also beneficial to remember the contents accurately.



## Reusable Zip-Lock Bags

These bags are practical for storing and carrying food or snacks. For instance, if you purchase meat in large quantities, you can divide it into individual portions and defrost only what you need. This helps prevent the need to defrost the entire batch, reducing the risk of food wastage.



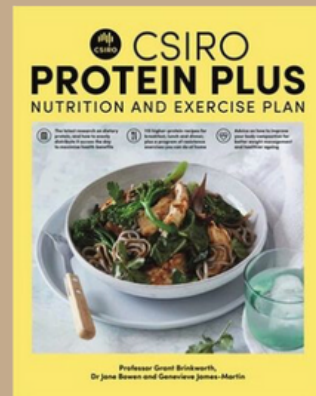
## Reusable Lids

Consider using these lids to cut down on the need for multiple bowls. They are handy for sealing open jars or storing bowls used for marinating meats or salads.

# MEAL PREP TIPS

## Find recipes.

Limit overwhelm by choosing 1-2 recipe books or websites for inspiration. Repeating recipes every few weeks can help build your repertoire. The CSIRO recipe books are a great place to start.



## Use a magnetic meal planner.

Writing down your weekly meal plans can assist in organising your thoughts. A visual display of the weekly plan can aid in creating a shopping list, scheduling of meal preparation and getting the household on board.



## Online grocery shopping.

Shopping online can be a time-saving way to stick to your budget. It also helps reduce feelings of overwhelm and decision fatigue.



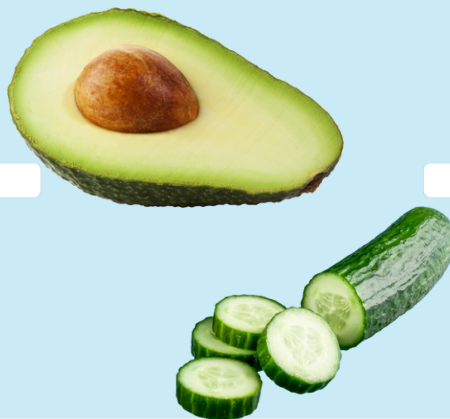


***Quick meals***  
***in***  
***less than***  
***30 minutes***

# PROTEIN

# VEGGIES

# CARBS / EXTRAS



# PROTEIN

# VEGGIES

# CARBS / EXTRAS



or



# PROTEIN

# VEGGIES

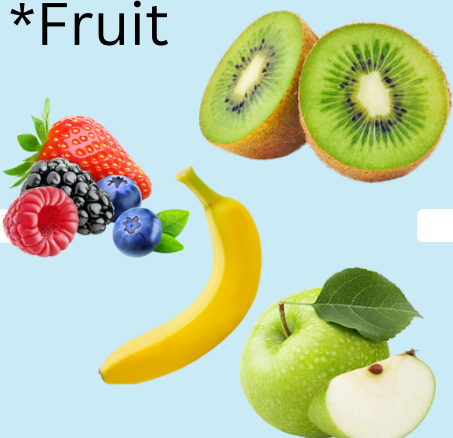
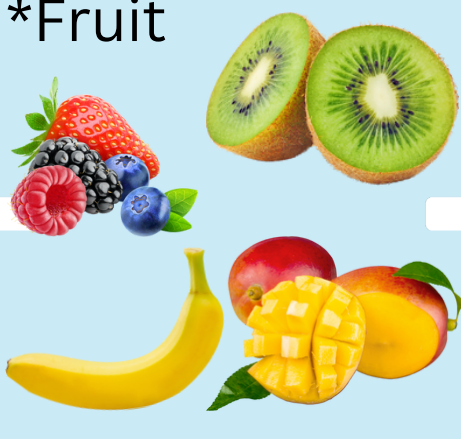
# CARBS / EXTRAS



# PROTEIN

# VEGGIES

# CARBS / EXTRAS

|                                                                                              |                                                                                                    |                                                                                       |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|              |                   |    |
|             |                 |   |
|            | <p>*Fruit</p>  |  |
|  <p>or</p> | <p>*Fruit</p>  |  |

# **Low Calorie Condiments**

- **Tzatziki**
- **Greek yoghurt (lite or full fat)**
- **Hummus (< 3 tablespoons)**
- **Hellman's lite mayonnaise**
- **Soy / Fish / Oyster sauce**
- **Masterfoods salt and sugar reduced tomato sauce**
- **Wholegrain / Dijon / English mustard**
- **Sriracha sauce**
- **Nando's Lemon & Herb Peri-peri Quick Marinade**
- **Nando's Peri-peri Chilli Sauce**
- **Vinegar (white wine / red wine / apple cider / rice wine)**
- **Red Kellys Dressings Tangy Traditional dressing**
- **Praise Deli Style Balsamic and Garlic dressing**
- **Praise French / Italian dressing**
- **Beerenberg Mango Lime Chilli dressing**
- **Paul Newman's Classic salad dressing**
- **Marion's Kitchen Thai Basil Lime Coconut dressing**
- **Any fresh or dried herbs or spices**

# Pre-prepared meals & Meal delivery options

Aim for approximately 500 calories (2000kJ) or less



Coles Perform Lean



Dineamic



My Muscle Chef LO-CAL



Coles Eat Well



Lean Cuisine



Youfoodz



Super Nature



Strength Meals Co  
(Calorie Conscious)

## Meal delivery services

(most food intolerances & dietary preferences catered for)

Be Fit Foods

Thr1ve

Chef Good

Macros

Soulara

Garden of Vegan