



# EVERY DAY WITH ADHD

Celebrate Abiding  
disabilities

## Food Additives

Diet can make a difference with many children. Not just those with ADHD. Reassessing the family's dietary intake does not have to be a painful experience although it can be a time consuming one. It also may not require you to throw out everything in your pantry and start again. Start with the basics and, if necessary, replace food items one at a time.

For children with ADHD it is not usually sugar that causes a reaction. An enormous amount of sugar will have an effect on any person, child or adult, but it is not the main concern in this case.

More commonly it is preservatives, colourings and flavourings that have an adverse effect on children. For example, Coca Cola, Twisties, Cheezels, coloured drinks or icings, hot dog frankfurts with their bright red skins etc. Most have found that children with ADHD really do best on a very natural diet.

Fresh fruit, vegetables and some **refrigerated** juices. Remember, do not believe all that is written on packaging. The law states that if the percentage of preservative is low then it is legal to advertise 'No Preservatives'. Any juice that can sit unrefrigerated on a shelf for days certainly has preservatives in it.

Dairy products and citrus foods are also worth monitoring for an adverse effect on your child.

A number of parents have reported that their child's behaviour has become unruly after drinking orange juice. Dairy products have been known to affect sleeping patterns.

A food code breaker book can be purchased from the newsagency but I have included some numbers which are best avoided.

<b>102</b> Tartrazine	<b>127</b> Erythrosine	<b>210</b> Benzoic acid
<b>E104</b> Quinoline yellow	<b>E128</b> Red 2G	<b>211</b> Sodium benzoate
<b>107</b> Yellow 2G	<b>132</b> Indigo carmine	<b>220</b> Sulphur dioxide
<b>110</b> Sunset yellow FCF	<b>133</b> Brilliant blue FCF	<b>250</b> Sodium nitrate
<b>120</b> Cochineal	<b>150</b> Caramel	<b>251</b> Sodium nitrate
<b>122</b> Carmoisine	<b>151</b> Black PN	<b>319</b> Butylhydroquinone
<b>123</b> Amaranth	<b>E154</b> Brown FK	<b>320</b> Butylated hydroxyanisole
<b>124</b> Ponceau 4R	<b>160(b)</b> Annatto	<b>321</b> Butylated hydroxytoluene

It is also recommended that Code numbers between 212 and 224 are avoided particularly for young children.

# Food Additives Chart