

Low Excitotoxin Diet for ASD/ADHD/ADD and learning/behaviour issues

- Avoid artificial colours - E100-200
Yellow 102 is the worst!
- Avoid artificial preservatives
 - Benzoates E210-213
 - Sulphites E220-228
 - Nitrates E 249-252
 - Glutamates E621-626,627,631,635
MSG is E621
- Avoid known excitotoxins e.g. caffeine, NutraSweet, aspartame E951, saccharin E954, chocolate and sugar.
- Trial limiting intake of high phenol foods. These are usually the highly coloured fruit and vegetables. Main offenders being apples (granny smith the highest), artificial food colours, tomatoes, oranges, cocoa, red grapes, highly colored fruits, milk, peanuts, bananas, strawberry and berries.
- ASD/ADHD -Limit sources of Copper -chocolate, carob, shellfish, unfiltered tap water through copper pipes, artificial food colours.
- If there are gut issues, you will need to explore other causes such as dairy and gluten.
- Explore ways of increasing protein in the diet.