

Foods to avoid

Additive	Where used	Potential problems
E102 – Tartrazine	Sweets, biscuits, mushy peas	Hyperactivity, asthma, rashes
E124 – Ponceau 4R	Sweets, biscuits, drinks	Allergy, intolerance
E110 – Sunsent Yellow	Sweets, ice cream, drinks	Gastric upset, allergy
E122 – Camoisine	Biscuits, jelly, sweets, ready meals	Allergy, intolerance
E104 – Quiloline Yellow	Sweets, pickles	Hyperactivity, asthma, rashes
E129 – Allura Red	Soft drinks, cocktail sausages	Some evidence of hypersensitivity
E211 – Sodium Benzoate	Soft drinks, baked goods, lollies	Hyperactivity, asthma, rashes

Food to try

- Eat a **high-protein** diet, including beans, cheese, eggs, meat, and nuts. Add protein foods in the morning and for after-school snacks, to improve concentration and possibly increase the time ADHD medications work.
- Eat fewer simple **carbohydrates**, such as sweets, honey, sugar, products made from white flour, white rice and potatoes without the skins.
- Eat more **complex carbohydrates**, such as vegetables and some fruits (including oranges, tangerines, pears, grapefruit, apples and kiwi). Eating complex carbohydrates at night may help sleep.
- Eat more **Omega-3** fatty acids, such as those found in tuna, salmon, other cold-water white fish, walnuts, Brazil nuts, olive and canola oil.