

ADHD (Attention Deficit Hyperactivity Disorder) affects focus, behaviour, energy regulation, and emotional control. Diet and lifestyle changes can play a powerful supporting role in improving attention, impulse control and mood stability.

Dietary recommendations

1. Balance blood sugar

Blood sugar fluctuations can worsen hyperactivity, irritability and concentration. Eat a combination of complex carbohydrates, protein and healthy fat at every meal and snack and avoid refined carbohydrates and added sugars.

2. Consume omega 3 fatty acids

EPA and DHA support brain health, neurotransmitter function and reduce inflammation.



3. Micronutrient intake

ADHD can be associated with lower levels of certain nutrients involved in neurotransmitter production. Important nutrients for those with ADHD include magnesium, zinc, iron, B vitamins and vitamin D. Eat a rainbow of fruit and vegetables per day and ask your nutrition professional about a multivitamin supplement.

4. Avoid artificial additives

Some children and adults are sensitive to artificial colourings, sweeteners, and preservatives which can increase hyperactivity.

Tip: Avoid E-numbers such as E102, E110, E122, E124, and artificial sweeteners like aspartame.

5. Check for food sensitivities

Food intolerances (e.g. gluten, dairy, additives) may worsen symptoms in some individuals. Keep a food and mood diary. Ask your nutrition practitioner about conducting an elimination diet or testing for food sensitivities.

6. Look after your gut

The gut-brain axis plays a huge role in ADHD. Dysbiosis, inflammation or poor gut integrity can influence mood and behaviour. Ask your nutrition practitioner if fermented food or probiotics are right for you. Ensure you are consuming enough fibre each day.



Lifestyle advice

+ Establish daily structure

Routine helps reduce overwhelm and impulsivity. Use visual schedules, timers and reminders. Break tasks into small, manageable steps.

+ Get quality sleep

Poor sleep worsens ADHD symptoms. Children and adults with ADHD often struggle with falling or staying asleep. Keep a consistent bedtime and wake time.

+ Reduce screen use 1 hour before bed

Talk to your nutrition practitioner about using calming supplements like magnesium, L-theanine or glycine. Create a solid winding down routine (e.g. bath, reading, relaxing music).

+ Move

Exercise increases dopamine and noradrenaline, improving attention and mood. Recommended types include: daily aerobic activity (walking, cycling, swimming), activities that require coordination and focus (e.g. martial arts, yoga, dancing), outdoor nature time to reduce overstimulation.

+ Mindfulness and relaxation

Mindfulness training and relaxation techniques can help reduce impulsivity and improve emotional regulation. Try breathing exercises, meditation apps and sensory tools (weighted blankets etc).

+ Reduce screen overload

Excess screen time can overstimulate the nervous system and impact sleep and attention. Set clear limits and try alternative activities like drawing, reading, or outdoor activities.