

Citation

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Attention deficit/hyperactive disorder: A dietary/nutritional approach.

Colquhoun, Irene D.

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Abstract

Reviews the literature suggesting that excluding chemical food additives, such as food colorings, flavorings, and preservatives, from the diet of hyperactive children not only improves their health, but also their hyperactive behavior.

The Feingold Food Program has been adapted for use in the UK. Since 1977 this has been a major step forward in the rehabilitation of many children and adolescents.

It is also important to improve the intake of nutrients such as vitamins, minerals, and essential fatty acids, because many attention deficit hyperactivity disorder (ADHD) children suffer from deficiencies of these vital nutrients.

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