



The Autism Program
Children's Specialized Hospital
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Nutritional Therapy for Children with Autism, Attention Deficit Disorder (ADD) and/or Apraxia

The role of nutrition in the management of autism, ADD and Apraxia is just beginning to be recognized. Although nutrition can not cure the disorder, it plays the following roles in the treatment of a child:

- Support brain function and allow the body to perform at its optimal level,
- Maximize the child's brain function to enhance their response to other treatment approaches,
- Enhance immune function,
- Enhance the body's detoxification system, and
- Enhance the body's gastrointestinal system.

RECOMMENDATIONS:

1. Take a multi-vitamin and mineral supplement daily.* Avoid products that contain artificial colors and flavors.
2. Eat foods high in Omega-3 Fatty Acids or consider a fish oil supplement.*
3. Avoid hydrogenated oils given they interfere with the conversion of Omega 3 fatty acids.
4. Consume foods high in magnesium.
5. Consume foods high in anti-oxidants such as vitamin A, C and E.
6. Avoid foods with artificial colors and flavors since they tend to worsen symptoms for some children.

*Consider consulting a pediatric dietitian with regard to nutritional supplementation and the correct dosage for your child.



FOODS RICH IN OMEGA-3 FATTY ACIDS

Flaxseed oil	Olive oil	Tuna fish
Flaxseeds	Canola oil	Sardines
Soybean oil	Herring	Salmon
Walnuts	Trout	Flounder
Wheat germ	Halibut	Cod/Haddock
Pumpkin seeds		

(Limit fish consumption to no more than 6 ounces weekly due to possible mercury contamination.)

FOODS RICH IN MAGNESIUM

Pumpkin seeds	Baked beans	Sunflower seeds
Chick peas	Almonds	Lentils
Cashews	White potato	Spinach
Peanuts	Walnuts	Avocado
Bran cereal	Banana	Shrimp
Wheat germ	Tofu	Salmon

FOODS RICH IN VITAMIN C

Cantaloupe	Grapefruit	Kiwi
Orange	Strawberry	Mango
Green pepper	Broccoli	Cabbage
Greens	Tomato	Cauliflower

FOODS RICH IN VITAMIN A

Cantaloupe	Mango	Papaya
Carrot	Greens	Red peppers
Sweet potato	Winter Squash	Pumpkin

FOODS RICH IN VITAMIN E

Wheat germ oil	Almonds	Sunflower seeds
Vegetable oil	Hazelnuts	Peanut butter
Peanuts	Spinach	Broccoli
Kiwi	Mango	Spinach

