

Nutritional Recommendations for Children Exposed to Alcohol and Other Drugs

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Diet recommendations:

- No aspartame (Nutrisweet)
- No artificial food colors (with numbers)
- No MSG (monosodium glutamate)

These three ingredients are the worst ones. Recent research shows that these are highly toxic to all of us, but those who have neurodevelopmental disorders may be even more affected by these additives.

Extra Nutrients:

Scientists have reported that children with FASD may not be able to absorb adequate nutrients even when they eat healthy foods.

Doctors and nutritionists recommend:

- Daily vitamin (no artificial colors)
- Extra B6
- Extra B12
- Extra E: Omega 3 (fish or flax oil)
- Lecithin – in gel cap or water soluble powder (has **choline** to help repair the myelin sheath for improved neural connectivity and brain function)

No access to alcohol!

Eliminate all temptations and opportunities for even one drink, because alcohol lowers already low inhibitions, impairs already impaired judgment and increases risk of already risky behaviors and situations. Beer, wine, and mixed drinks are not food, they are drugs. Just because alcohol is legal does not mean it is healthy. For individuals with FASD, alcohol can be detrimental to their ability to function, and presents a much greater risk for them.

Don't forget to be a good role model!

Three Basic Rules:

- Read the labels
- Cook from scratch when possible
- Watch out for prescribed and over-the-counter medications that have additives

Snack ideas:

Banana pops: cut banana into four pieces, roll in sweetened lemon juice, put a Popsicle stick in each piece, freeze.

Milk shake: in blender put ½ cup low-fat milk, ½ cup water, sweetener or fruit, 6-8 ice cubes.

Cocoa made with milk, cocoa powder and sugar or safe sweetener (no chocolate syrup)

Veggie sticks (like carrots and zucchini) in a baggie flavored with pickle juice

Veggies and fresh dip made from scratch

Cheddar fish crackers (colored with beta carotene)

Freshly made cheese pizza (with carefully chosen toppings, no pepperoni)

Sun Drops candy (like m&ms, found in health food markets)

Homemade ice cream with natural ingredients

Neurotransmitter Boosters:

Chocolate every day boosts serotonin.

Turkey, potatoes, and bananas boost dopamine.