

# Nutritional Recommendations for Individuals 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)

Recent research shows that these are highly toxic to the brain, and may impact the behavior of children with neurodevelopmental disorders.

**Avoid** hot dogs, pepperoni, Jell-O, Kool-Aid, most colored candy, and most sports drinks.

**Avoid** Red 2, Red 3, Red 40, Blue 1, Blue 2, Green 3, Orange B, Yellow 5, and Yellow 6.

## Extra Nutrients:

Doctors and nutritionists recommend:

- Daily vitamin (no artificial colors)
- Vitamin E Omega 3 Fish Oil
- Lecithin –(gel cap or water soluble powder has **choline** to help repair the myelin sheath, improve neural connectivity, brain function)

## Happy Foods: Chocolate, Milk, Turkey, Chicken, Potatoes, Leafy Green Vegetables, and Bananas

Chocolate boosts the neurotransmitter serotonin.

Turkey, chicken, leafy green vegetables, potatoes, milk, and bananas all boost the neurotransmitters serotonin and dopamine.

Read more here:

<http://www.viewzone.com/dopamine.html>

Wong, J. The Pursuit of Happiness. University of British Columbia, The Science Creative Quarterly, Issue 4, 2009

## 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 Splenda (no chocolate syrup)

**Cheddar fish crackers** (regular kind only)

**Veggies** with homemade dip: sour cream seasoned with garlic salt and dill weed.

**Sun Drops** (like m&ms, in health markets)

**Homemade ice cream** with natural ingredients

## Limit your child's access to alcohol!

Eliminate all temptations and opportunities for even one drink, and be a good role model for your child. Alcohol depletes dopamine in the brain. Alcohol lowers already low inhibitions, impairs already impaired judgment and increases risk of already risky behaviors. For individuals with FASD, alcohol can impair their ability to function, and may put them at risk of injury, arrest, and other negative consequences.

**Nobody ever died from not drinking!**

Note: This is not to be construed as medical advice. Consult with your doctor.