Nutritional Recommendations for Individuals Exposed to Alcohol and Other Drugs

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)

Three Basic Rules:
Read the labels
Cook from scratch when possible
Watch out for prescribed and over-the-counter medications that have artificial colors

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

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

Chocolate, bananas, and peanut butter can boost the neurotransmitter serotonin.

Turkey, leafy green vegetables, milk, potatoes, nutmeg, and bananas 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

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.

Impact of Food Additives on Children's Behavior

Aspartame (Nutrisweet) * Artificial food colors * MSG (monosodium glutamate)

These three ingredients are the worst ones. Recent studies show that these three substances are highly toxic to all of us, but those who have neurodevelopmental disorders may be even more affected by these additives. Take a look at the research:

Way back in 1982, the National Institute of Health (NIH) determined that some children with hyperactivity had an increase in behavior problems when on a diet that included moderate amounts of additives, and there was no increase with the placebo. It was this NIH report that initiated legal mandates to include a list of ingredients on packaged food items.

In 2004, to determine whether artificial colorings and preservatives had an effect on children's hyperactivity, John Warner and colleagues assessed nearly 2,000 preschoolers for symptoms of ADHD. The effects were substantial. "We were surprised by the results," Warner said, "because the effect was not just in one group. We showed there was an effect on perfectly normal children. If that is confirmed by further research then there is a public health issue."

A meta-analysis in 2004 of previous research supported evidence that neurobehavioral symptoms may be adversely affected by a variety of additives commonly found in packaged and prepared foods.

A doubleblind study by Karen Lau in 2006 shows that Aspartame and MSG can be "highly toxic to brain cells" when combined with certain artificial food colors. The mouse-model study showed that the combination of additives, in an amount equivalent to that found in a typical snack and soft drink. The synergistic effects could be profound. "Cell proliferation, migration, differentiation and synapse formation progress in a tightly programmed and orderly fashion," the researchers note. "Interference with any stage of this cascade of events may alter normal progression of subsequent stages and short-term disruptions may have long-term effects later in life."

References:

Bateman B, Warner JO, Hutchinson E, Dean T, Rowlandson P, Gant C, Grundy J, Fitzgerald C, Stevenson J. The effects of a double blind, placebo controlled, artificial food colourings and benzoate preservative challenge on hyperactivity in a general population sample of preschool children. Arch Dis Child. 2004 Jun;89(6):506-11.

Lau K, McLean WG, Williams DP, Howard CV. Synergistic interactions between commonly used food additives in a developmental neurotoxicity test. Toxicol Sci. 2006 Mar;90(1):178-87.

National Institutes of Health (1982) Defined Diets and Childhood Hyperactivity. Consensus Development Conference Summary, Volume 4, Number 3

Schab DW and Trinh NH (2004) Do artificial food colors promote hyperactivity in children with hyperactive syndromes? A meta-analysis of double-blind placebo-controlled trials. Journal of Developmental & Behavioral Pediatrics 25(6): 423-434