

YOUR QUICK GUIDE TO DIETARY
INTERVENTIONS



TOP 10 THERAPEUTIC
DIETS CHEAT SHEETS

ONE LESS THING TO SUMMARIZE:)

myCHILDwill THRIVE

A Path to Recovery from Neurodevelopmental Disorders



Top Ten Therapeutic Diets for Autism, ADHD and other Neurodevelopmental Disorders

	Feingold Diet
Conditions/symptoms addressed	Common symptoms include hyperactivity, red cheeks and ears, skin rashes, respiratory issues, defiant behaviour and urinary incontinence. This diet is commonly used for children with ADHD
Guiding principles	This diet helps children that have poor sulfation. The diet removes the foods that tax the sulfation pathway, decreasing symptoms. Then a gut healing protocol and other supports should be put in place to support the sulfation pathway so that these foods can ultimately be reintroduced.
Foods allowed	Low phenol/salicylate and limited volume of medium phenol/salicylate foods.
Foods Eliminated	Should eliminate high phenol/salicylate foods as much as possible.
Duration	Want to minimize the duration of this diet as it requires the elimination of many nutritional foods. A low phenol diet combined with a gut healing protocol should be followed for a minimum 3 months after which time one can trial some higher phenol foods to see if they are tolerated.
Challenges and opportunities	Phenols are present in almost all foods so it is impossible to avoid them completely. Must be careful to ensure that the diet is still varied enough to get appropriate levels of nutrients. Immediate relief of many symptoms can be achieved once the appropriate phenol level in the diet is achieved and other supports for phenol processing are in place.
Supplements and other recommendations	Epsom salt baths to support sulfation. Supplementation as directed by your practitioner to support methylation pathways. Specialized digestive enzyme to aid in the breakdown of phenols.
Further References	http://feingold.org/ http://www.mychildwillthrive.com/phenols-how-common-foods-trigger-your-childs-symptoms/

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	FAILSAFE Diet
Conditions/symptoms addressed	Common symptoms include hyperactivity, red cheeks and ears, skin rashes, respiratory issues, defiant behaviour and urinary incontinence (same symptoms as addressed with the Feingold diet. This diet is commonly used for children with ADHD
Guiding principles	This diet also helps children that have poor sulfation. The FAILSAFE diet takes the Feingold diet and takes it a step further addressing sensitivities to additional phenols in the forms of amines and glutamates.
Foods allowed	Low phenol/salicylate/amine/glutamate and limited volume of medium phenol/salicylate/amine/glutamate foods..
Foods Eliminated	Should eliminate high phenol/salicylate/amine/glutamate foods as much as possible
Duration	Similar to the Feingold diet, with a gut healing protocol and appropriate supports these foods can begin to be reintroduced as early as three months if tolerated.
Challenges and opportunities	Phenols are present in almost all foods so it is impossible to avoid them completely. Must be careful to ensure that the diet is still varied enough to get appropriate levels of nutrients. Immediate relief of many symptoms can be achieved once the appropriate phenol level in the diet is achieved and other supports for phenol processing are in place.
Supplements and other recommendations	Epsom salt baths to support sulfation. Supplementation as directed by your practitioner to support methylation pathways. Specialized digestive enzyme to aid in the breakdown of phenols.
Further References	http://www.failsafediet.com/

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	Gut and Psychology Syndrome (GAPS) Diet
Conditions/symptoms addressed	<ul style="list-style-type: none"> • Autism, ADHD, Dyspraxia, Dyslexia etc. • Neurological symptoms of the above disorders along with Gastrointestinal symptoms such as diarrhea, constipation, intestinal gas, bloating, abdominal pain, allergies, eczema etc.)
Guiding principles	<ul style="list-style-type: none"> • The health of the gut impacts the physical and mental health of the individual. • Must heal the gut in order to resolve the symptoms seen in our children. • Comprehensive gut healing protocol that corrects digestion, is nutrient dense, starves the pathogenic bacteria in the gut (by only allowing monosaccharides in the diet) while repopulating the gut with beneficial bacteria. • Must be strictly adhered to produce benefits. • Quality of food sources are emphasized.
Foods allowed	<p>GAPS diet is comprised of stages: Intro, Stage 1-6 - the foods allowed increase as you progress through the stages and then you transition to Full GAPS.</p> <p>Foods allowed on Full GAPS include: meats, poultry, fish, eggs, non starchy fresh vegetables, fruits, nuts and seeds, some beans and pulses, honey, with a focus on organ meats, meat stock and bone broth, fermented foods (including dairy where tolerated), and juicing (mainly vegetables)</p> <p>Major emphasis on consuming healing foods rather than just an emphasis on eliminating foods.</p>
Foods Eliminated	All processed foods, complex carbohydrates such as all grains, all starchy vegetables (potatoes, yams, sweet potato, parsnip, Jerusalem artichoke, cassava, arrowroot and taro), sugar, starchy beans and peas, lactose (milk, commercially prepared yoghurt, buttermilk and sour cream)
Duration	Various lengths on different Stages of the diet depending on resolution of symptoms. Minimum 18-24 months expectation for full and ongoing healing to occur.
Challenges and opportunities	<ul style="list-style-type: none"> • Many see this diet as very restrictive and therefore a challenge to be compliant. • Food preparation time can be overwhelming • Parents of picky eaters can't imagine their children eating the recommended foods • Healing reactions that can make the symptoms you are trying to address appear worse before resolving them. • Individuals with common allergies to nuts, eggs and dairy find GAPS more difficult to implement, however some find their allergies resolve taking this approach to gut healing.

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	Gut and Psychology Syndrome (GAPS) Diet
Supplements and other recommendations	<ul style="list-style-type: none">• Iodine "painting"• Epsom salt and baking soda baths• Removal of as many toxic environmental inputs as possible (utilizing all natural cleaning and bathing products. Minimize the exposure to new household products/furniture etc with toxins.• Diet recommends primarily using food based nutrients and adding supplements only once truly deemed necessary• Recommended supplementation from the start may include HCl with pepsin, digestive enzymes, a multi-strain probiotic, cod liver oil and topical application of iodine (see iodine painting above)
Further References	Gut and Psychology Syndrome, Natural Treatment for Autism, Dyspraxia, ADD, Dyslexia, ADHD, Depression and Schizophrenia, Natasha Campbell-McBride, MD

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	Specific Carbohydrate Diet (SCD)
Conditions/symptoms addressed	Crohn's disease, Ulcerative Colitis, Diverticulitis, Celiac Disease, Cystic Fibrosis and Chronic Diarrhea - through the gut brain connection - Autism and other neurological disorders.
Guiding principles	Diet comprised of carbohydrates that are primarily monosaccharides to help rebalance the gut flora. Must be strictly adhered to produce benefits.
Foods allowed	Meats, poultry, fish, eggs, non starchy fresh vegetables, fruits, nuts and seeds, some beans and pulses, honey.
Foods Eliminated	Eliminated foods similar to the GAPS diet, however the SCD diet does not follow a multi-stage introduction.
Duration	Many symptoms may resolve quickly but for complete healing a year or more on the diet may be required.
Challenges and opportunities	<ul style="list-style-type: none"> • Many see this diet as very restrictive and therefore a challenge to be compliant. • Parents of picky eaters can't imagine their children eating the recommended foods • Food preparation time can be overwhelming • Individuals with common allergies to nuts, eggs and dairy find SCD more difficult to implement.
Supplements and other recommendations	Diet recommends supplementing with Cod Liver oil, Vitamin C, B-Complex vitamins : B1, B2, Niacinamide, B6, Pantothenic Acid, Folic Acid and B-12.
Further References	http://www.breakingtheviciouscycle.info/ http://www.pecanbread.com/

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	Body Ecology Diet (BED)
Conditions/symptoms addressed	<p>Primarily recommended for reduce yeast overgrowth in the gut. Yeast overgrowth is very common in ASD children.</p> <p>Symptoms commonly noted in yeast overgrowth/dysbiosis are: cravings for carbohydrates/sweets, bloating/gas, other digestive disturbances, weak immune system, vaginal yeast infections, fungal nail infections, bad breath, chronic sinus and allergy issues, urinary tract infections, and more.</p>
Guiding principles	<ul style="list-style-type: none"> • Based on acid/alkaline balance in the diet. 80% non starchy vegetables and ocean vegetables and 20% protein, fats and starchy vegetables and seed like grains. • Must be strictly adhered to produce benefits. • Proper food combining for optimal digestion
Foods allowed	As stated, non starchy vegetables, ocean vegetables, seed like grains, meats and seed like grains in limited quantities.
Foods Eliminated	<ul style="list-style-type: none"> • All refined and processed foods and gluten containing grains. • All dairy in the first phase of the diet.
Duration	<p>The first phase of the diet typically last for 3-4 months.</p> <p>Once all the signs and symptoms of candida overgrowth have been resolved then can move to phase two of the diet.</p>
Challenges and opportunities	<ul style="list-style-type: none"> • The guidelines and rules of the diet are complicated and make adherence a challenge. • BED has been shown to be very effective in address yeast overgrowth.
Supplements and other recommendations	Recommendation for additional detoxification support, proper sleep and low intensity exercise in fresh air.
Further References	http://bodyecology.com/

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	Autoimmune Paleo (AIP) Diet
Conditions/symptoms addressed	Many children with neurodevelopmental disorders have a co-existing autoimmune conditions. The AIP diet removes common dietary triggers for the immune system.
Guiding principles	Focus on reducing common allergens and inflammatory foods in the diet while providing highly nutrient dense food that will aid to heal and seal the gut lining, in order to reduce/eliminate symptoms.
Foods allowed	<ul style="list-style-type: none"> • Many of the foods on a Paleo diet • Meats, vegetables (see exceptions below), fruits , fats from avocado, coconut, lard, tallow and olive oil and starchy tubers. • Fermented foods
Foods Eliminated	<ul style="list-style-type: none"> • Gluten, grains, legumes, dairy, sugar, nightshades, eggs, nuts • Limited fruits • Fermented soy
Duration	This diet is typically a long term diet used to put autoimmune conditions in remission and keep them there.
Challenges and opportunities	With the removal of grains, eggs and nuts the "baking" options are limited which make compliance a struggle for many.
Supplements and other recommendations	<ul style="list-style-type: none"> • Adequate sleep, fresh air and moderate exercise are all helpful to healing. • May want to consider supplements to aid gut healing and
Further References	The Paleo Approach, Dr Sarah Ballentyne

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	Elimination/Rotation/Food Sensitivities Diet
Conditions/symptoms addressed	Used to address food sensitivities, allergies and gut dysfunction.
Guiding principles	Elimination and/or rotate foods that a person is sensitive to which is identified through testing (or in some case food journals) to give the gut time to heal and provide relief for the immune system, so these foods can be reintroduced later without the related symptoms returning. Must be strictly adhered to produce benefits.
Foods allowed	Typically any foods (ideally unprocessed) that a person does not have a sensitivity to.
Foods Eliminated	<ul style="list-style-type: none"> • All foods that an individual has tested (or noted) as highly sensitive. • The foods with moderate sensitivity can be eaten/rotated a couple times a week and the foods that the individual isn't sensitive to can be eaten all the time.
Duration	The recommended time varies, typically 3 months is required to relieve the stressors on the gut and immune system and heal the gut lining.
Challenges and opportunities	<ul style="list-style-type: none"> • Depending on how many foods an individual is sensitive to it can be a very restrictive diet. • If more than one family member is following an elimination diet meal planning can be a challenge. • Relatively short duration (only 3 months) can make compliance to the diet easier.
Supplements and other recommendations	It is recommended that additional gut healing supplementation is taken during the elimination diet. This might include HCl with pepsin, digestive enzymes, L-glutamine, Aloe Vera Juice, bone broth or meat stock.
Further References	This diet is not one that was developed by one individual but an approach many practitioners take and tweak based on their clinical practice.

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	Ketogenic Diet
Conditions/symptoms addressed	<ul style="list-style-type: none"> ● Recommended to help children who are experiencing seizures. ● Not recommended if the child also experiences mitochondrial dysfunction or disease.
Guiding principles	<ul style="list-style-type: none"> ● The ketogenic diet is about the macronutrient ratios (ratio of fats/proteins/carbohydrates). The ratio to maintain ketosis is approximately 60-70% fats, 25-35% protein, 5% carbohydrates. ● Must be strictly adhered to produce benefits. ● Ketogenic diet primary purpose is to put the body into the metabolic state of ketosis where the body is relying on ketones for energy instead of glucose.
Foods allowed	<p>Fats : beef tallow, chicken fat, avocado oil, coconut oil, ghee, red palm oil, macadamia nuts etc.</p> <p>Protein: fish, shellfish, whole eggs, meat, poultry, bacon, sausage etc.</p> <p>Low net carb vegetables: such as leafy greens, broccoli, cucumbers, celery etc and berries</p>
Foods Eliminated	<p>All starchy carbohydrates - including grains, tubers, potatoes, bean and legumes</p> <p>Processed fats such as canola oils and other hydrogenated oils.</p>
Duration	The ketogenic diet is usually implemented on an ongoing basis to control seizure activity.
Challenges and opportunities	<ul style="list-style-type: none"> ● This diet should be implemented with the help of an experienced healthcare practitioner. ● This is a very restrictive diet that requires full compliance in order to keep the body in ketosis.
Supplements and other recommendations	<ul style="list-style-type: none"> ● Gallbladder support should be considered to ensure proper digestion of fats. ● Watch for signs of adrenal fatigue
Further References	http://www.ketogenic-diet-resource.com/

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Low Oxalate Diet (LOD)	
Conditions/symptoms addressed	<ul style="list-style-type: none"> • Oxalate crystals that form when an unhealthy gut doesn't process and excrete them appropriately and they are absorbed into the bloodstream via a leaky gut at high levels. • The oxalate crystals that form create pain in the tissues that absorb them. • Common symptoms include: pain - urinary tract, joints, genital, intestinal, eyes, muscles, headaches; burning feet, fatigue or weakness and more.
Guiding principles	Reducing the oxalate levels in the diet will help reduce the oxalate load in the body which in turn will reduce the symptoms experienced.
Foods allowed	There are no additional exclusions above the ones required to maintain an oxalate level in the diet between 40-60mg/day
Foods Eliminated	<p>All oxalates cannot be eliminated but they are to be reduced to between 40-60mg/day (some recommend just 40-50mg/day), the amount should be determined based on symptom reduction/aggravation.</p> <p>Examples of high oxalate foods include vegetables such as beets, carrots, greens, spinach.</p>
Duration	This diet should be continued while working to heal the gut and address the biochemical imbalances that are limiting the effective processing and clearing of excess oxalates.
Challenges and opportunities	<ul style="list-style-type: none"> • High oxalate foods include foods that are highly nutritious and therefore must pay close attention to maintaining a nutrient dense diet when excluding/limiting these foods. • Should NOT remove all oxalates at once as this can result in "oxalate dumping" which can result in an extreme aggravation of symptoms. • Transition to a low oxalate diet should happen over time (reducing 5-10% of oxalates) in the diet a week. A slow transition brings about the best results.
Supplements and other recommendations	There are several supplements that can help support healing. These include but aren't limited to: probiotics, calcium citrate, magnesium citrate, B6, vitamins A, E, K and a reduction in vitamin C. Consult a practitioner for further direction.
Further References	http://www.lowoxalate.info/

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	Gluten Free Casein Free (GFCF) Diet
Conditions/symptoms addressed	Symptoms/conditions resolved through removal of Gluten and Casein from the diet range from digestive disturbances to neurological symptoms (too many to list). See guiding principles for further explanation
Guiding principles	<p>Many children test positive to IgG antibodies to gluten and casein - indicating a sensitivity to these proteins which can result in impaired cognition and focus. One theory is that the peptides created by the breaking down of gluten and casein are known to mimic the peptides of opiates and having a "morphine like" impact on the brain.</p> <p>A more recent study has shown that the opiate peptides impact the methylation cycle resulting in increased inflammation in the gut which in turn impacts the function of the brain. Trivedi et al. Nutrition & Metabolism (2015) 12:54</p>
Foods allowed	<ul style="list-style-type: none"> • All foods that do not contain gluten or casein. • Some find they need to remove soy as well as soy has similar properties.
Foods Eliminated	<ul style="list-style-type: none"> • All gluten containing grains (and anything made with them), all dairy products (can sometime reintroduce ghee - butter fat). • Essential to not only removing foods that contain gluten and casein but to avoid the possibility of cross-contamination in the preparation of foods (at home, in restaurants and at processing facilities).
Duration	Continuous application of the diet is typically required to maintain the gains seen from the removal of gluten and casein. Although, some families find they can "challenge" them to see if the children can tolerate them after being on the diet for at least 6 months.
Challenges and opportunities	<ul style="list-style-type: none"> • When applying this dietary change many people replace processed gluten containing foods with processed gluten free foods. Processed foods should be minimized and replaced with nutrient dense whole foods to provide the nutrients required to heal. • This diet is the easiest one to implement and therefore maintain and see the benefits (a study utilizing parent reporting show a 65% effectiveness rate in resolving symptoms) • Strict adherence necessary to see the benefits for many children. The diet can not be properly assessed for effectiveness until strict adherence has been achieved for a minimum of 6 weeks, although many parents report seeing gains immediately. • Must be vigilant about reading labels for processed foods and other products as gluten and casein (and soy if applicable) are common ingredients in many foods and personal care products)

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	Gluten Free Casein Free (GFCF) Diet
Supplements and other recommendations	<ul style="list-style-type: none">• Ensure that personal care products (shampoo, moisturizers, toothpastes etc do not contain gluten)• If gluten or casein are accidentally ingested then a digestive enzyme to help break down the proteins can be helpful along with activated charcoal to help "mop up" the downstream digestive effects in the gut.
Further References	http://gfcfdiet.com/