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## Eating for a Healthy School Day

Steps to healing the gut include:

- Improving digestion
- Reducing inflammation

### **Remove foods that cause inflammation in the gut**

Gluten (wheat protein), casein (cow's milk protein), soy, corn, eggs, sugars and refined oils are foods that can inflame the gut. More exact foods are unique to the individual

Gluten- and casein-free diets have proven to be the most beneficial

### **Add foods that reduced inflammation and heal the gut**

Avocado, Fish oil, flax seeds, nuts and other omega-3 fatty acids can reduce inflammation.

Ginger and turmeric are spices that can be added to food to reduce inflammation

- Diet – Improve the Gut
  - Fermented foods** such as sauerkraut or pickles can also help heal the gut. These foods supply beneficial bacteria to the gut.
  - Other foods that support good bacteria and increase levels in the gut include
    - Asparagus, Bananas, Beans/legumes, Garlic, Leeks, Onions and Peas.
- Solutions for picky eaters**
  - Puree organic vegetables, Add pureed organic vegetables to spaghetti sauce, smoothies or muffins, Juicing fruits and vegetables, Teach “eating from the rainbow”, Eat a fruit or vegetable from each color of the rainbow daily
- Remove toxins from the diet**
  - Food additives, Artificial flavors and colors, Preservatives, Monosodium Glutamate (MSG)

**Eat organic**

- Eat Antioxidant rich foods**

- Tomatoes, Berries, plums, peaches, cantaloupe, Kale, spinach

- Eat Glutathione rich foods**

- Asparagus, broccoli, Watermelon, papayas, Avocados

- Artificial phenols are in artificial colors, flavors and preservatives

- Salicylates are in high fructose corn syrup, organic and non-organic foods such as grapes, raisins, apples, berries, almonds, honey and more

- Dietary considerations for ADHD

- Dietary considerations: Tourette's

- Dietary considerations: Autism

- Resources

- Autism Society

- [www.autism-society.org](http://www.autism-society.org)

- Crohn's and Colitis Foundation of America

- [www.ccfa.org](http://www.ccfa.org)

- Mercola.com

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