

ADHD and Nutrition through whole food and NNA range of foods

What the research Says..... (see ADHD tab)

- Research has identified children with ADHD have low levels of key vitamins and mineral than Non ADHD children
- Generally, the consensus is that supplements have limited impact for children with ADHD as the children need the other elements in the whole foods such as complimentary vitamins, minerals, fats and fibre to be absorbed through the body.
- **The key vitamin and minerals suggested for ADHD children, which research has determined may provide benefits in behaviour, attention and attentiveness are:**
 - Iron,
 - zinc,
 - magnesium,
 - potassium,
 - calcium,
 - vitamin C
 - Dopamine producing foods

NNA foods and benefits to children nutrition including ADHD

- Children with ADHD often have texture issues and other physical issues against certain foods which severely limits the diet.
- This includes additives, natural flavours, colours, heavy metals, preservatives, pesticides and chemicals, sugars and carbohydrates.
- Mum's need help to prepare the best foods without worrying about contents and if it is good for their child.

NNA Foods 1 2 3 Serving Supreme precook and premade meals (see our range under product tab)

- **NNA have developed the NNA foods one step further to ensure all is tasty, safe, clean and have no dangerous heavy metals, chemicals or pesticides, colours, additives, preservatives and sugars.**
- **NNA also ensure the above key vitamins and minerals are in the prepared meals to ensure the best for your child's health , nutrition, brain development and immunity health**
- **IMPORTANTLY NNA do not replace refined sugars with artificial sugars but eliminate and use only who foods for sweetening agents such as various fruits.**