

# Abstract

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## **Nutrition in the treatment of attention-deficit hyperactivity disorder: a neglected but important aspect.**

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**BACKGROUND:** Attention-deficit hyperactivity disorder (ADHD) is multidetermined and complex, requiring a multifaceted treatment approach. Nutritional management is one aspect that has been relatively neglected to date.

**DISCUSSION:** Nutritional factors such as food additives, refined sugars, food sensitivities/allergies, and fatty acid deficiencies have all been linked to ADHD. There is increasing evidence that many children with behavioral problems are sensitive to one or more food components that can negatively impact their behavior. Individual response is an important factor for determining the proper approach in treating children with ADHD.

**CONCLUSION:** In general, diet modification plays a major role in the management of ADHD and should be considered as part of the treatment protocol.

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