

April is National Autism Awareness Month



Good nutrition plays a very important role in being healthy, especially for a child with Autism. So how do we get our children to eat healthy food?

- Establish predictable meal and snack times.
- Provide a healthy meal with a variety of colorful fruits and vegetables, milk, protein-rich foods, healthy fats and whole grain. Allow them to serve themselves or serve small portions: your child's stomach is the size of your child's fist.
- Involve your child in the meal planning and the grocery shopping. Encourage them to choose different fruits and vegetables.
- Children typically do not like food mixed together or smashed.
- Introduce unfamiliar food with familiar food. Offer different foods each day so your child doesn't expect the same food. Children's taste buds change as they grow, so what they didn't like one day they may enjoy another day.
- Some children with Autism benefit from special diets, such as a Gluten-Free/Casein-Free diet, which requires the involvement of the child's health team and a registered dietitian.

The information above came from the following excellent resources. To learn more please click on the

links: <http://www.eatright.org/Public/content.aspx?id=6815>

<http://www.ncbi.nlm.nih.gov/pubmed/21651783> <http://www.autismspeaks.org/family-services/health-and-wellness/nutrition>

Please click here to read the original article on: <http://www.livestrong.com/article/397845-howto-feed-autistic-child-healthy-food/>

How to Feed an Autistic Child Healthy Food

- 1) Discuss with your child's doctor proper calorie intake and nutrition to lower digestive problems, as well as supplements such as: probiotics, omega-3 fatty, magnesium, folic acid, vitamin A, C or B6.
- 2) Offer whole, unprocessed, organic food—avoid over processed food such as crackers, cookies, cereals, white sugar and white flour. For sweeteners consider Stevia, honey or agave nectar. Where possible choose organic foods and refer to this link for the "dirty dozen" list of fruits and vegetables contaminated with pesticides.
- 3) Parents of some autistic children eating Gluten-Free/Casein-Free foods have reported improved behavior.

Read a mom's account of their approach to their autistic son's picky eating.

<http://www.tacanow.org/family-resources/picky-kids-eating-and-autism/>

The qualified team of registered and licensed dieticians at PEDS, Inc. specialize in the treatment of nutrition challenges resulting from: Irritable Bowel Syndrome, Crohn's disease, eating disorders, Weight Loss, Autism Spectrum Disorders, Chromosome Anomalies, Food Allergies, etc. To schedule a "Lunch 'n' Learn" staff presentations and/or personalized family consults, please contact us at 636-227-7337 or at info@pedsinc.com. For more information about PEDS, Inc. visit our website at www.pedsinc.com. We look forward to hearing from you.