

BEST-SELLING BOOK ON DIETARY TREATMENTS FOR ADHD & AUTISM

**"This is an 'all-in-one' book that is a combination resource guide and multi-level cookbook, providing parents with the help that they need."**

—Sidney MacDonald Baker, M.D. Author of  
*Detoxification and Healing*

# THE KID-FRIENDLY ADHD & AUTISM COOKBOOK

**THE ULTIMATE GUIDE TO THE  
MOST EFFECTIVE DIETS**

WHAT THEY ARE • WHY THEY WORK • HOW TO DO THEM



Pamela J. Compart, M.D., and Dana Laake, R.D.H., M.S., L.D.N.

## 3rd Edition

Pamela J. Compart and

# The Kid-Friendly ADHD & Autism Cookbook, 3rd edition: The Ultimate Guide to Diets that Work



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The authors share information regarding just how and why each diet works, examine specialty ingredients in-depth, and provide extensive assets and references. explains the best diets for children with meals intolerances and hypersensitivities that stem from altered biochemistry and which might be causing complications in learning, behavior, advancement, attention, sensory responses, sleep, and digestion. Another edition of The Kid-Friendly ADHD & Autism Cookbook offers a current and significantly expanded review of the most popular diets that are important in the treatment of ADHD and autism. You can find recipes appropriate to specific diet programs as indicated by icons and descriptors with each recipe. The specialty diet plans covered include: Gluten-free of charge, casein-free, soy-free Feingold diet: low phenol, low salicylate diet Linked to this is actually the challenge of finding methods for getting their children to consume the healthful foods that will enhance their nutrition. This book provides suggestions for feeding picky eaters, including people that have texture issues. The authors provide recommendations to help parents determine which diet plans may be ideal for their child's particular symptoms and needs. The Kid-Friendly ADHD & Autism Cookbook, 3rd Edition One of the problems that parents encounter is coping with children who've picky appetites and crave the foods that negatively affect their behavior, focus, and development. Specific Carbohydrate Diet (SCD) and Gut and Psychology Syndrome Diet (GAPS) Anti-yeast/candida diets, or Body Ecology Diet Low Oxalate Diet plan (LOD) FODMAP (Fermentable Oligo-, Di- and Mono-saccharides, And Polyols) Anti-inflammatory diet Rotation diet Despite the restrictions of the diets, this cookbook offers an array of tasty alternatives that kids and everyone will love, including shakes, muffins, breads, rice and beans, vegetables, salads, main dishes, stews, and also sweets and treats. You'll also get recommendations for college lunches and snacks. This comprehensive information and cookbook is chock-full of helpful details and research, and includes more than 150 kid-friendly recipes, suitable to the variety of specialty diets.



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