

Boost Your Focus

5 Power Snacks for ADHD Adults



The Nutritionist
Healthy Gut, Healthy Mind

Hello!



Thanks for downloading this guide, Boost Your Focus - 5 Power Snacks for ADHD Adults.

I'm Sal The Nutritionist, a Clinical Nutritionist and nutritional mental health expert and I help adults with ADHD improve their focus and concentration so that they can have better performance at work without reaching for those sugary snacks.

This guide is right out of my toolkit when I work with clients, and it's just one part of my signature system for solving a lack of focus and concentration.

You'll have a clear guide on how to improve your productivity at work and stop you from reaching for those sugary snacks.

Hope you enjoy this guide, it's certainly loved by my clients and I know that if you follow it, you're well on your way to improving your focus and concentration.

Enjoy!

Sal x

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Knowing what to eat and how to eat is one of those overwhelming and bewildering mysteries. What you eat and when you eat is super important when it comes to improving focus and concentration. It's important to get enough of the macronutrients (protein, carbs and fats) but you also need specific minerals and vitamins as well.

When I see what my clients with ADHD eat, I know they struggle with healthy snacks. My top 5 nutrients for improving focus and concentration are:

1. Magnesium

You know that tense, stressed and anxious feeling which interferes with your day? Magnesium helps you relax and be calm.

Foods: almonds, nuts, seeds, bananas, green leafy veggies, wholegrains, dark chocolate.

Snacks:



2. B vitamins

B vitamins will help your brain be more focused and give you energy throughout the day.

Foods: wholegrains (brown rice, brown basmati rice, quinoa, buckwheat, oats, amaranth, millet), meat, nuts (almonds, hazelnuts, brazils, walnuts), seeds (pumpkin, sunflower, hemp, chia, flaxseed, sesame), green leafy veggies, bananas, legumes, lentils, avocado.

Snacks:



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3. Omega 3

This is the one nutrient that most of us are lacking. We need good fats for our brain to work effectively so that we can focus better.

Foods: oily fish such as mackerel and sardines, mackerel, walnuts, flaxseeds, avocado.

Snacks:



4. Protein

Protein is our super hero macronutrient! Without it, we can't make our brain chemicals such as dopamine and serotonin. It'll also keep you fuller for longer so that you don't reach out for the sugary snacks.

Foods: meat, dairy, legumes, nuts, seeds, eggs, tofu, tempeh.

Snacks:



5. Polyphenols

These are our super hero foods! We need these to support our brain health and focus better.

Foods: grapes, blueberries, apples, pomegranates, green tea, dark chocolate, curcumin, red wine.

Snacks:



next steps...

You now have a formula for boosting your focus. But, here's the thing... for most ADHD adults, it takes more than this alone to truly improve your mood, be calm, less overwhelmed and know which foods to eat.

That's why the Boost Your Focus - 5 Power Snacks for ADHD Adults is just one part of my complete method. There are so many other elements that all need to be working together so you can be focused, as well as be calm, have more energy, have a better relationship with food and better digestion.

If you would like to explore what else may be causing your ADHD and find out what is stopping you from living your best life, then I invite you to book in for a FREE 20 minute health assessment session now.

I only have a small number of spots for these calls each week, so click now on the link below and grab your spot!

Sal x

[CLICK HERE TO BOOK A CALL NOW >>](#)

