

# Make the Switch from Fake to Food!

Enjoy food that is free of unnecessary synthetic chemicals  
by making some small changes:

*Instead of:*

*Choose this:*

Kool-Aid	1 cup pure juice, 2 cups water, sugar to taste
Duncan Hines Devil's Food cake mix	Duncan Hines Dark Chocolate Fudge cake mix
Jell-O	Knox unflavored gelatin & pure fruit juice
Reese's Peanut Butter Cups	Great Value (Wal-Mart) Peanut Butter Cups
Toothpaste with dyes	Tom's of Maine toothpastes
Chocolate Teddy Grahams	Honey Teddy Grahams
Sunny Delight	Orange juice
Reddi Whip Whipped Cream	Cabot Whipped Cream
Hawaiian Punch	Apple & Eve Fruit Punch Drink
NutraSweet, Equal	Sugar or stevia (natural, no-calorie sweetener)
Gatorade	Glaceau Vitamin Water
Jelly Belly jelly beans	Jelly Belly Natural jelly beans
Diet Coca-Cola	Original Coca-Cola
Sara Lee Classic Dinner Rolls	King's Hawaiian Sweet Rolls
Imitation vanilla (vanillin)	Pure vanilla extract
Yoplait Trix Yogurt	Dannon All Natural Blueberry Yogurt
Mellow-Yellow	7UP (not diet)
York Peppermint Patty	Pearsons's Chocolate Covered Mint Pattie
Hidden Valley Ranch salad dressing	Litehouse Homestyle Ranch salad dressing

For more information, see [www.ADHDdiet.org](http://www.ADHDdiet.org) and read *Why Can't My Child Behave?*