

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	Trader Joe's 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	Lighthouse Homestyle Ranch salad dressing

For more information, see www.ADHDdiet.org
and read *Why Can't My Child Behave?*

Revised February 2017