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# Can Diet Affect Your Child's Behaviour?

— THE GUT BRAIN CONNECTION —

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# Morphing Symptoms

- **Toddler** - meltdown, tantrums
- **School aged** - poor focus, hyperactive, learning challenges
- **Teen** - anxiety, depression, poor executive functioning



# How is diet affecting the brain?



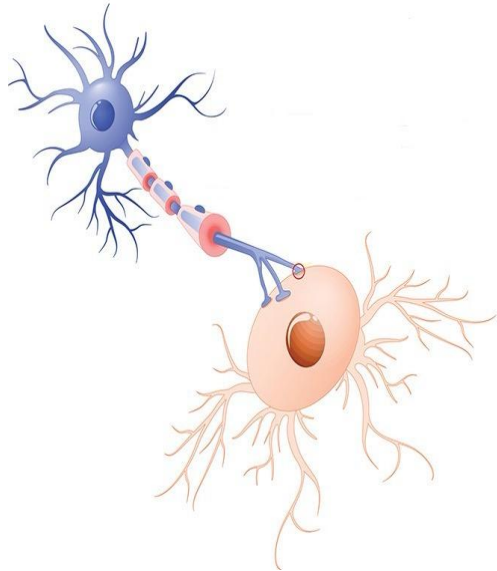
- **NUTRIENT DENSE FOODS = INCREASE BRAIN FUNCTION**
- **NUTRIENT DEFICIENT FOODS = DECREASE BRAIN FUNCTION**

## What might this look like?

- **SLEEP DIFFICULTIES**
- **POOR FOCUS**
- **IRRITABILITY**
- **WITHDRAWAL**
- **LACK OF ENERGY**
- **IMPULSIVITY**

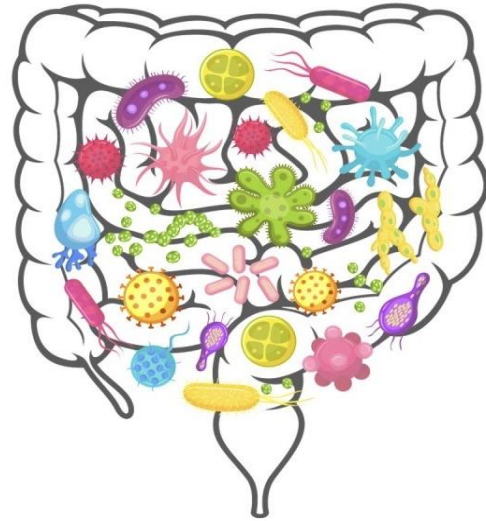
## NEUROTRANSMITTERS

Responsible for carrying messages around the body

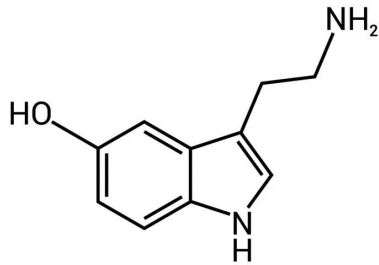


## MICROBIOME

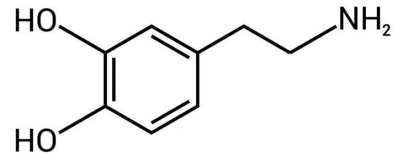
Made up of trillions of microorganisms in GI tract



# KNOWN AS THE 'FEEL-GOOD HORMONES'



**Serotonin**



**Dopamine**

**High fibre foods feed good bacteria to create balance in the gut.**



**Highly processed foods, sugar and unhealthy fats lead to dysbiosis.**

**nutrient dense**

**minerals**

**vitamins**

**diversity**



**A RAINBOW OF HEALTH**

# PROTEIN

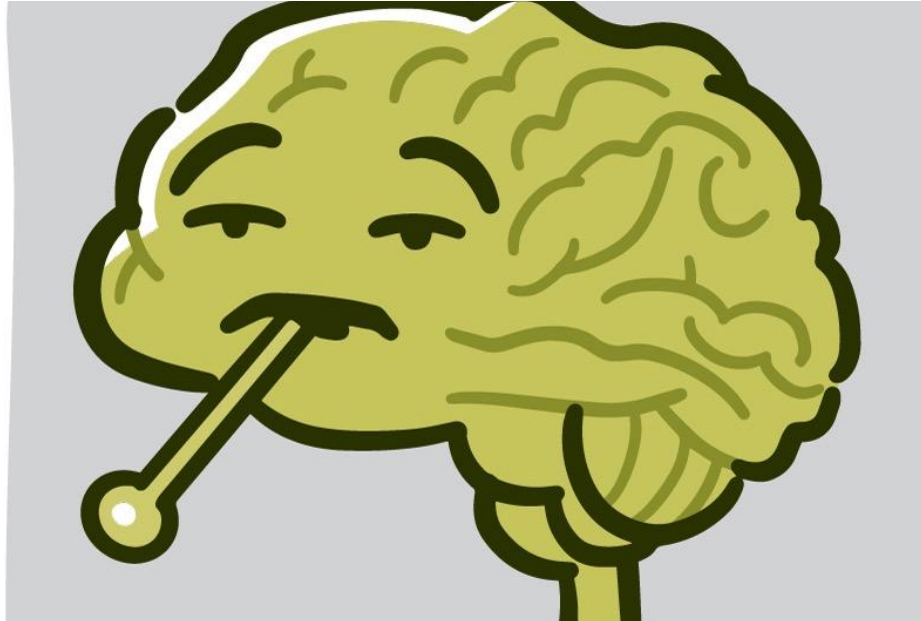
## SUPPORTS LEARNING:

- Neurotransmitter production
- Brain energy
- Cell growth and repair





# INFLAMMATION...



...is affecting many areas in our body, including our BRAINS!

# The Western Pattern Diet



Choices that are NOT going to help to optimize learning are what many kids are eating for lunch everyday - processed food such as chicken strips, fries, jello, store bought pastries, sugary drinks.

# Omega-3 Fatty Acids



Many individuals need to supplement in order to get the recommended amount - sourcing high quality is very important.

# SUGAR



# ARTIFICIAL SWEETENERS



...not a better choice

# FOOD DYES



## COMMONLY FOUND IN:

- Candies
- Baked goods
- Breakfast cereal
- Sports drinks
- Pop
- Condiments
- Salad dressing
- Medication

# WATER

Dehydration can affect:

- Concentration
- Memory
- Neurotransmitter function
- Flow of oxygen & nutrients to the brain
- Mental clarity
- Mood
- Energy levels
- Capacity to learn



# SLEEP

Ages 3 to 5 years - **10 to 13 hours** per night

Ages 6 to 12 years - **9 to 12 hours** per night

Ages 13 to 18 years - **8 to 10 hours** per night





# What everyone can do...

- **Nutrient dense diet focusing on:**
  - Creating balance in the gut
  - Protein
  - Anti-inflammatory foods
- **Reducing food that negatively affect our health:**
  - Processed foods
  - Sugar / Artificial sweeteners
  - Artificial dyes
- **Hydration**
- **Sleep**



Questions



THANK YOU



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