

Breakfast and ADHD

A practical guide for parents

Children's Services

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet explains why it is important for a child with ADHD to have a healthy breakfast. It also gives some information on what a healthy breakfast could include.

Why is a healthy breakfast so important?



Breakfast is the first and most important meal of the day.

- Your child will not have eaten for several hours, so it is important that they eat a healthy and balanced breakfast
- This will allow fuel for the brain, including essential vitamins and minerals for the long day ahead
- Skipping breakfast can result in poor concentration, disruptive behaviour, inconsistent learning and fatigue, which means it is vital that your child with ADHD does not skip this meal as it may make the problems develop further

What should be included at breakfast?

A healthy and balanced breakfast should provide 20 – 25% of the daily intake of calories. It is important to try a variety of foods including:

- Grains (bread and cereals) – wholegrain, bread, muffins, cereals including Weetabix and Shreddies. These supply carbohydrates which provide energy. Try to avoid sugary cereals, as they contain up to 50% sugar and salt – however if this is all they eat, getting them to eat is the important thing to remember
- Proteins – eggs, baked beans, sausages, nuts and seeds (peanut butter)
- Fruit and vegetables – providing water, vitamins, minerals and fibre
- Milk, cheese and yoghurt – these provide protein, vitamins and minerals including calcium, and vitamins A and D

In addition, if your child is a fussy eater, favourites like jam and honey can add extra calories needed for energy.

How can I encourage my child to eat a healthy breakfast?

Encouraging your child to eat breakfast will encourage them to continue healthy eating throughout the day.

- Try and aim for something that is not high in sugar, for example sugary cereals, this is because it raises your child's blood sugar levels quickly giving a burst of energy, but then cause a drop just as quickly. This could cause your child to feel tired and grumpy, and also hungry again very rapidly
- Be a good role model and eat breakfast yourself
- Try and sit down for breakfast, however this can be difficult for children with concentration difficulties, but do not worry – the fact they are eating breakfast is important
- Try simple and easy breakfasts – keep to nutritious foods that are easy to prepare and eat

How can I make a quick and easy breakfast?



Being able to prepare quick and easy breakfasts can be vital and very helpful.

- Baked beans on toast, with grated cheese
- Cheese on toast or toasted sandwich
- Bowl of fruit salad topped with yoghurt
- Egg and soldiers
- Cereals with chopped fruit
- Homemade smoothie or milkshake (try banana, mango and strawberry)
- Poached or scrambled egg
- Eggy bread

Serve a glass of fresh fruit juice with breakfast, and a pot of yoghurt and fresh fruit can be included with any of the options above.

What do I make for breakfast when time is short?



- Serve instant porridge where you can add dried fruit, chopped banana and honey
- A fruit smoothie could be shop-bought to save some time
- Two slices of toast with either peanut butter, honey, jam, creamed cheese or marmite
- Toasted bagels, muffin or crumpets with a favourite topping
- Sandwiches and filled wraps can be used. They could be prepared the night before, ready to be grabbed in the morning
- Offer your child a glass of milk, if your child does not eat cereal

Remember – Getting your child to eat something for breakfast is what counts. Changing their current preferences to a healthier option may take a bit of time, but keep persevering.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。