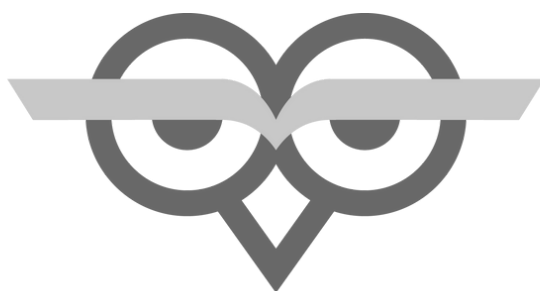


# LIST OF CHEMICALS KNOWN/SUSPECTED TO CAUSE HYPERACTIVITY AND REDUCED ATTENTION

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R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

**Module 3**

There is both research and clinical experience behind the hypothesis that consuming the chemicals listed below can cause hyperactivity and reduced attention span.

I encourage you to remove these additives for at least the duration of these courses. In the future, if you do decide to occasionally allow your child to consume foods with these preservatives or colors or flavors, I recommend that be a rare event.

**These chemicals are not foods.** They are additives designed not to increase nutritive value, but to increase visual appeal, make the food *prettier, more addictive, more flavorful* - all of these so that the manufacturers can hide the fact that **it is essentially junk food with close to zero-nutrition and doesn't naturally carry an appeal to our palate.**

If your child is drawn to these foods, you can have a discussion with them about the reasons that these foods may be appealing. I have listed some of the reasons below that allow for further research, exploration and conversation.

- Addictive Qualities
- Visually striking - bright red, or yellow
- Crunchy
- Flavorful
- Other

Replace these foods with other foods that are also visually appealing, or crunchy, or spicy. In other words, we are trying to replace the “kick” or sensory stimulation these chemicals give with natural boosts from real foods.

Here is a list of some common food preservatives, colors and flavors. I have included Artificial Sweeteners in the list of additives to avoid. **It is worth noting that all of these are non-foods.**

CHEMICALS	CATEGORY	SUSPECTED EFFECT
Sodium Benzoate	Preservatives	<ul style="list-style-type: none"> <li>• Impaired memory and motor coordination</li> <li>• Increased oxidative stress in the brain</li> </ul>
BHA/BHT	Preservatives	<ul style="list-style-type: none"> <li>• May trigger food allergies</li> </ul>
THBQ	Preservatives	<ul style="list-style-type: none"> <li>• Lung and Liver Toxicity</li> <li>• Skin Allergies</li> <li>• Hormone Disruptor</li> <li>• Possible Carcinogen</li> </ul>
Blue 1 and Blue 2 Yellow 5 and Yellow 6 Red 40 and Red 2 and Red 3 Green Coloring Orange Coloring	Artificial Colors	<ul style="list-style-type: none"> <li>• Hyperactivity</li> <li>• Inattention</li> <li>• Impulsiveness</li> </ul>
MSG	Artificial Flavors	<ul style="list-style-type: none"> <li>• Insomnia</li> <li>• Dysregulation</li> <li>• Hyperactivity</li> </ul>

Anything that just lists "Artificial Flavors" or "Artificial Colors" or "Synthetic Additives"		
Sucralose, Splenda, Saccharin, Acesulfame Potassium, Aspartame,	Artificial Sweeteners	<ul style="list-style-type: none"> <li>• Cognitive Struggles</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Migraine</li> <li>• Insomnia</li> <li>• Increased Diabetes Risk</li> <li>• Hormone Disruption</li> <li>• Microbiome Disruption</li> </ul>

**An easy way to do this is to eat home-cooked, real, whole food that does not come in a package.**

Some substitutes for Artificial Food Coloring are:

1. Beet Juice for Red / Pink
2. Blue Green Algae for Blue
3. Chlorophyll or Matcha for Green
4. Curcumin for Yellow

You can also look online for companies that make natural **food-based** food coloring.

## **HOME WORK**

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Q. Where in your child's day are they being exposed to any of the foods above?

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Q. What will you replace these foods with?

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Q. When in the day does your child eat food from a package? Read the labels and check for ingredients listed above.

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**NOTE:**

WHEN ORDERING OUT, SIMPLY ASK THE RESTAURANT, CAFE OR BAKERY WHETHER THEIR FOODS CONTAIN ANY ARTIFICIAL FLAVORS, COLORS OR PRESERVATIVES.

WHEN BUYING FOODS IN PACKAGES, LOOK FOR THIS INFORMATION ON THE INGREDIENTS LABEL.



**Disclaimer:** Vaish Sarathy is a Functional Nutrition Educator, so all information here is for Educational Purposes only. Please check with your child's doctor or nutritionist before implementing any dietary or supplement changes.