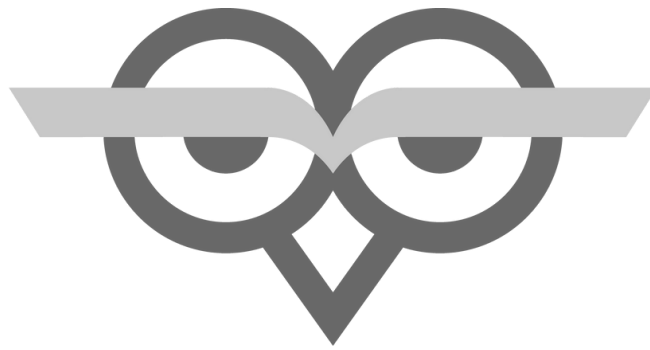


THE LEAST RESTRICTIVE DIET



R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

Module 4

We have come across many types of food additives and biological constraints that can come in the way of your child's focus and learning.

Some factors like high blood sugar can contribute to brain fatigue, hyperactivity. Other factors like dairy and gluten may create gut inflammation that cause pain, discomfort, brain fog and neuro inflammation.

Some food additives like colors are known to directly cause hyperactivity. Some naturally occurring chemicals in healthy foods - salicylates, glutamates and amines - can cause skin issues, behavioral changes and more.

WHEW!!

That's a lot. So what am I asking from you? Remove everything and eat 5 foods??
ABSOLUTELY NOT!

The primary principle behind a child thriving is a LEAST RESTRICTIVE DIET (LRD). Remember factors to consider include:

- Food - or Dietary Factors
- Social Pressures
- Emotional Constraints

the first principle of a Least Restrictive Diet (LRD) is:

- **Remove Non-Foods First.**

Even though this can create a social and emotional restriction, it is the first no-brainer. What are non-foods and where are they present?

- **Food Colors**

Any processed food (food in a package), cup cakes, cakes, pizza sauce, smoothies, milkshakes, etc. In other words, anything in a package, or bought in a restaurant, bakery, pizzeria or coffee shop

****Be suspicious of anything that is colored unless it is a whole food.***

- **Preservatives** - anything in a package, or bought in a restaurant, bakery, pizzeria or coffee shop
- **Artificial flavors** - anything in a package or bought in a restaurant, bakery, pizzeria or coffee shop
- **Artificial Sweeteners** - anything in a package or bought in a restaurant, bakery, pizzeria or coffee shop

When going to a Restaurant, Coffee Shop, Bakery or Pizzeria, ASK them if they use any of the above. Tell them your child is sensitive.

Remember that many of these additives are actually banned in other countries. Famously, Artificial Colors are banned in Europe. You are well within your right to ask, avoid and move your business to places that use clean food.

The second principle of an LRD is

2. Balance Blood Sugar.

You know a lot about this by now.

- Fat-Fiber-Protein at every meal
- Remove refined sugar
- Remove refined carbs
- Eat whole foods mostly

****Remember to look at packaged foods for added sugars, for white flour and white rice, and try to stay away from these too.***

If you find yourself at the edge of these two principles and struggling to move forward, I encourage you to stay here until you are ready to move ahead.

Whether you see results or not (and I am willing to bet you are), staying here will ensure your child is eating real food and minimizing inflammatory and excitatory chemicals in their bodies.

The list of further possible modifications (only with caution) are :

- 3. Eat Whole Foods Only [Increase Micronutrient Density]**
- 4. Add Veggies and Seeds/Nuts [Increase Micronutrient Density]**
- 5. Add Supplements**
- 6. Reduce Salicylates / Amines / Glutamates in your child's diet for a short time**
- 7. Remove Dairy and Gluten.**
- 8. If needed, consider foods that show up in a Food Sensitivity Panel.**

As you notice the results, it will be very obvious to you where to draw the line. I do encourage finding your space of rest. There is no doubt that diet creates change.

Food is a hormone.

Food can modify gene expression.

Food can create inflammation.

Food can quench inflammation.

Food can affect the brain.

THE RISK OF TOO MUCH RESTRICTION

So why do we look for the least restrictive diet? What happens when you keep restricting, and apply every possible constraint on your child's diet?

-Your child may simply not get enough nutrients!

-Microbial diversity in the gut can suffer.

-You can create more inflammation due to the above.

Diets NOT meant to be Long-Term	Diets that can be Long-Term
Low Salicylate	Whole Foods
Low Histamine	Free of Allergens
Low Glutamate (from natural foods)	Gluten Free
Zero Carb	Dairy Free
Keto *	Egg / Nut Free if needed
Auto-Immune Paleo	Zero Preservatives / Added Flavors
GAPS or SCD *	Zero Added Colors
Vegan *	Zero Artificial Sweeteners
Raw Food Diet *	Zero Vegetable Oils
	Low Refined Carbs

***This is my opinion. You will find some varied opinions out there. I don't agree with food restriction - especially good slow-carb restriction for the long-term.**

***Vegan diets can cause deficiencies in essential fats and vitamins, especially for children who have poor digestion.**

If you pick from the list on the right, you are good, you can go as long as you want, as long as you get diverse foods, enough protein and fat.

From the list on the left, be careful. Consult with a nutritionist, preferably a Functional Nutritionist. Trial for short periods of time.

For example, be careful before going on a low histamine GAPS, and monitor nutrient and gut status. This may be necessary for some children, but is not a life-long diet.



Disclaimer: *The information provided in this module is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.*