

FEINGOLD DIET FOOD LIST

FEINGOLD DIET FOOD LIST – IF YOU’RE CONSIDERING THIS POPULAR, NATURAL APPROACH TO MANAGING BEHAVIORAL AND LEARNING ISSUES IN CHILDREN, UNDERSTANDING THE PERMITTED AND RESTRICTED FOODS IS ESSENTIAL. THE FEINGOLD DIET, DEVELOPED BY DR. BENJAMIN FEINGOLD, FOCUSES ON ELIMINATING CERTAIN ARTIFICIAL ADDITIVES, PRESERVATIVES, AND SPECIFIC NATURAL FOODS THAT MAY TRIGGER HYPERACTIVITY OR OTHER BEHAVIORAL CONCERNS. CREATING A COMPREHENSIVE FOOD LIST HELPS CAREGIVERS AND PARENTS PLAN MEALS EFFECTIVELY, ENSURING CHILDREN RECEIVE BALANCED NUTRITION WHILE AVOIDING POTENTIAL TRIGGERS. IN THIS DETAILED GUIDE, WE WILL EXPLORE THE COMPLETE FEINGOLD DIET FOOD LIST, INCLUDING APPROVED FOODS, FORBIDDEN ITEMS, TIPS FOR MEAL PLANNING, AND EXPERT INSIGHTS TO ENSURE YOU CAN IMPLEMENT THE DIET SUCCESSFULLY.

UNDERSTANDING THE FEINGOLD DIET

BEFORE DIVING INTO THE SPECIFIC FOOD LIST, IT’S IMPORTANT TO UNDERSTAND THE PRINCIPLES BEHIND THE FEINGOLD DIET. THIS DIET IS DESIGNED TO ELIMINATE:

- ARTIFICIAL COLORS, FLAVORS, AND PRESERVATIVES
- CERTAIN NATURAL SALICYLATES FOUND IN SOME FRUITS AND VEGETABLES
- ARTIFICIAL SWEETENERS
- SOME COMMON FOOD ADDITIVES LINKED TO HYPERACTIVITY

THE GOAL IS TO MINIMIZE EXPOSURE TO THESE SUBSTANCES TO POTENTIALLY IMPROVE BEHAVIORAL SYMPTOMS AND OVERALL HEALTH.

FEINGOLD DIET FOOD LIST OVERVIEW

THE FEINGOLD DIET CATEGORIZES FOODS INTO TWO MAIN GROUPS:

- APPROVED (ALLOWED) FOODS: THESE ARE FOODS FREE FROM ARTIFICIAL ADDITIVES AND LOW IN NATURAL SALICYLATES.
- FORBIDDEN (RESTRICTED) FOODS: THESE INCLUDE FOODS CONTAINING ARTIFICIAL ADDITIVES, HIGH-SALICYLATE FOODS, AND CERTAIN NATURAL INGREDIENTS KNOWN TO TRIGGER SENSITIVITIES.

BELOW, WE OUTLINE EACH CATEGORY IN DETAIL.

APPROVED FOODS ON THE FEINGOLD DIET

EATING THE RIGHT FOODS IS CRUCIAL TO SUCCESSFULLY ADHERING TO THE FEINGOLD DIET. HERE IS A COMPREHENSIVE LIST OF PERMITTED FOODS, WHICH CAN BE USED AS A BASIS FOR MEAL PLANNING.

GRAINS AND CEREALS

- WHITE RICE
- RICE CEREALS (PLAIN, UNFLAVORED)

- OATMEAL (PLAIN)
- CORNMEAL
- PASTA MADE FROM PLAIN WHEAT OR RICE
- CORNFLAKES (WITHOUT ARTIFICIAL COLORS OR FLAVORS)
- QUINOA

PROTEINS AND LEGUMES

- FRESH, UNPROCESSED MEATS (CHICKEN, BEEF, TURKEY, PORK)
- FRESH FISH AND SEAFOOD (AVOID PROCESSED OR SMOKED VARIETIES)
- EGGS
- LEGUMES LIKE LENTILS AND DRIED BEANS (UNSWEETENED, UNPROCESSED)
- TOFU (CHECK LABELS FOR ADDITIVES)

FRUITS (LOW SALICYLATE OPTIONS)

- BANANAS
- APPLES (PEELED)
- PEARS
- MELONS (WATERMELON, CANTALOUPE)
- BLUEBERRIES
- STRAWBERRIES (IN MODERATION)
- CANNED FRUIT IN JUICE (WITHOUT ARTIFICIAL PRESERVATIVES)

VEGETABLES (LOW SALICYLATE OPTIONS)

- LETTUCE
- CABBAGE
- CAULIFLOWER
- CARROTS
- SWEET POTATOES
- CUCUMBER
- ZUCCHINI
- PEAS
- GREEN BEANS

DAIRY AND ALTERNATIVES

- MILK (COW'S, GOAT'S, OR RICE MILK)
- PLAIN YOGURT (UNSWEETENED)
- CHEESE (PLAIN, UNPROCESSED)
- BUTTER

FATS AND OILS

- OLIVE OIL
- COCONUT OIL
- VEGETABLE OILS (WITHOUT ARTIFICIAL ADDITIVES)

SNACKS AND SWEETS

- PLAIN POPCORN (AIR-POPPED)
- UNSWEETENED APPLESAUCE

- RICE CAKES
- HONEY (IN MODERATION)
- NATURAL PEANUT BUTTER (WITHOUT ADDED PRESERVATIVES OR ARTIFICIAL FLAVORS)

BEVERAGES

- WATER
- HERBAL TEAS (WITHOUT ARTIFICIAL FLAVORINGS)
- 100% FRUIT JUICES (APPLE, PEAR, OR MELON, IN MODERATION)

FORBIDDEN FOODS ON THE FEINGOLD DIET

TO ADHERE TO THE DIET, CERTAIN FOODS AND ADDITIVES MUST BE AVOIDED ENTIRELY. THESE ARE OFTEN SOURCES OF ARTIFICIAL INGREDIENTS OR NATURAL SUBSTANCES THAT MAY CAUSE SENSITIVITIES.

ARTIFICIAL ADDITIVES AND PRESERVATIVES

- ARTIFICIAL COLORS (E.G., RED 40, YELLOW 5, BLUE 1)
- ARTIFICIAL FLAVORS
- ARTIFICIAL SWEETENERS (ASPARTAME, SACCHARIN)
- PRESERVATIVES LIKE BHA, BHT, AND SODIUM BENZOATE
- CERTAIN PRESERVATIVES AND STABILIZERS IN PROCESSED FOODS

NATURAL SALICYLATES (HIGH SALICYLATE FOODS)

- APPLES (UNCOOKED)
- BERRIES (EXCEPT BLUEBERRIES)
- NUTS AND NUT BUTTERS
- TOMATOES
- ORANGES AND CITRUS FRUITS
- PEPPERS
- SPICES LIKE CINNAMON AND PAPRIKA
- SOME HERBS

PROCESSED AND PACKAGED FOODS

- CANDY WITH ARTIFICIAL COLORS OR FLAVORS
- SODA AND FRUIT DRINKS WITH ARTIFICIAL INGREDIENTS
- COMMERCIAL BAKED GOODS
- CANNED OR PROCESSED MEATS WITH PRESERVATIVES
- INSTANT FOODS AND FLAVORED CEREALS

OTHER RESTRICTED ITEMS

- HONEY (SOME CHILDREN ARE SENSITIVE)
- CERTAIN DRINKS CONTAINING ARTIFICIAL ADDITIVES
- FOODS WITH ARTIFICIAL DYES OR FLAVOR ENHANCERS

TIPS FOR MEAL PLANNING ON THE FEINGOLD DIET

IMPLEMENTING THE FEINGOLD DIET REQUIRES CAREFUL PLANNING. HERE ARE SOME PRACTICAL TIPS:

1. **READ LABELS CAREFULLY:** ALWAYS CHECK INGREDIENT LISTS FOR ARTIFICIAL PRESERVATIVES, COLORS, OR FLAVORS. MANY PACKAGED FOODS MAY CONTAIN HIDDEN ADDITIVES.
2. **FOCUS ON WHOLE FOODS:** FRESH FRUITS, VEGETABLES, MEATS, AND GRAINS ARE YOUR BEST OPTIONS AND NATURALLY FREE FROM HARMFUL ADDITIVES.
3. **COOK FROM SCRATCH:** PREPARING MEALS AT HOME ALLOWS CONTROL OVER INGREDIENTS, REDUCING ACCIDENTAL EXPOSURE TO RESTRICTED SUBSTANCES.
4. **STOCK UP ON ALLOWED SNACKS:** KEEP APPROVED SNACKS LIKE RICE CAKES, PLAIN POPCORN, AND FRESH FRUIT HANDY FOR QUICK BITES.
5. **PLAN FOR SUBSTITUTIONS:** USE NATURAL SWEETENERS LIKE HONEY AND MAPLE SYRUP SPARINGLY, AND OPT FOR HERBS AND SPICES THAT ARE LOW IN SALICYLATES.

ADDITIONAL CONSIDERATIONS FOR THE FEINGOLD DIET

- GRADUAL TRANSITION: SOME CHILDREN MAY EXPERIENCE DETOX SYMPTOMS INITIALLY; GRADUAL ELIMINATION CAN EASE THE PROCESS.
- MONITOR SYMPTOMS: KEEP A DIARY TO TRACK BEHAVIORAL CHANGES AND POSSIBLE FOOD SENSITIVITIES.
- CONSULT PROFESSIONALS: ALWAYS DISCUSS DIETARY CHANGES WITH A HEALTHCARE PROVIDER OR DIETITIAN, ESPECIALLY WHEN PLANNING FOR CHILDREN OR INDIVIDUALS WITH SPECIFIC HEALTH CONDITIONS.
- AVOID CROSS-CONTAMINATION: BE VIGILANT ABOUT PROCESSED FOODS, SAUCES, OR CONDIMENTS THAT MAY CONTAIN HIDDEN ADDITIVES.

SAMPLE MEAL IDEAS FOLLOWING THE FEINGOLD DIET FOOD LIST

TO HELP VISUALIZE HOW TO INCORPORATE THE ALLOWED FOODS INTO DAILY MEALS, HERE ARE SOME SIMPLE IDEAS:

- BREAKFAST: OATMEAL TOPPED WITH SLICED BANANAS AND BLUEBERRIES, SERVED WITH A GLASS OF MILK
- LUNCH: GRILLED CHICKEN BREAST WITH STEAMED GREEN BEANS AND A SIDE OF WHITE RICE
- SNACK: UNSWEETENED APPLESAUCE OR RICE CAKES WITH NATURAL PEANUT BUTTER
- DINNER: BAKED FISH WITH ROASTED SWEET POTATOES AND A CUCUMBER SALAD
- BEVERAGES: WATER OR HERBAL TEA WITHOUT ARTIFICIAL FLAVORINGS

CONCLUSION

THE FEINGOLD DIET FOOD LIST SERVES AS A VITAL RESOURCE FOR PARENTS, CAREGIVERS, AND INDIVIDUALS SEEKING TO MINIMIZE

EXPOSURE TO ARTIFICIAL ADDITIVES AND HIGH-SALICYLATE FOODS THAT MAY INFLUENCE BEHAVIOR AND HEALTH. BY FOCUSING ON FRESH, WHOLE FOODS AND READING LABELS DILIGENTLY, IT'S POSSIBLE TO CREATE A BALANCED, NUTRITIOUS DIET ALIGNED WITH THE PRINCIPLES OF THE FEINGOLD APPROACH. REMEMBER, EVERY INDIVIDUAL'S SENSITIVITIES CAN DIFFER, SO PERSONALIZED MONITORING AND PROFESSIONAL GUIDANCE ARE RECOMMENDED TO ENSURE THE DIET'S EFFECTIVENESS AND NUTRITIONAL ADEQUACY.

ADHERING TO THE FEINGOLD DIET REQUIRES COMMITMENT AND AWARENESS, BUT MANY FIND THAT IT CAN LEAD TO NOTABLE IMPROVEMENTS IN BEHAVIORAL SYMPTOMS, ATTENTION, AND OVERALL WELL-BEING. USE THIS COMPREHENSIVE FOOD LIST AS YOUR STARTING POINT FOR PLANNING MEALS AND MAKING INFORMED CHOICES THAT SUPPORT YOUR HEALTH GOALS.

FREQUENTLY ASKED QUESTIONS

WHAT FOODS ARE ALLOWED ON THE FEINGOLD DIET FOOD LIST?

THE FEINGOLD DIET PRIMARILY INCLUDES NATURAL, ADDITIVE-FREE FOODS SUCH AS FRESH FRUITS, VEGETABLES, UNPROCESSED MEATS, WHOLE GRAINS, AND NATURAL SWEETENERS LIKE HONEY OR MAPLE SYRUP. IT EXCLUDES ARTIFICIAL COLORS, FLAVORS, PRESERVATIVES, AND CERTAIN NATURAL SALICYLATES.

ARE THERE ANY COMMON FOODS TO AVOID ON THE FEINGOLD DIET?

YES, THE DIET RECOMMENDS AVOIDING PROCESSED FOODS CONTAINING ARTIFICIAL ADDITIVES, SYNTHETIC PRESERVATIVES, ARTIFICIAL COLORS, FLAVORS, AND SALICYLATES. THIS INCLUDES CANDIES, SODAS, CERTAIN PACKAGED SNACKS, AND SOME FRUITS LIKE APPLES, BERRIES, AND ORANGES DUE TO THEIR NATURAL SALICYLATE CONTENT.

CAN I EAT DAIRY PRODUCTS ON THE FEINGOLD DIET?

YES, PLAIN DAIRY PRODUCTS LIKE MILK, PLAIN YOGURT, AND CHEESE ARE GENERALLY ALLOWED, PROVIDED THEY DO NOT CONTAIN ARTIFICIAL ADDITIVES OR PRESERVATIVES. ALWAYS CHECK LABELS TO ENSURE THEY ARE FREE FROM ARTIFICIAL INGREDIENTS.

IS SUGAR ALLOWED ON THE FEINGOLD DIET?

THE DIET PERMITS NATURAL SWEETENERS SUCH AS HONEY, PURE MAPLE SYRUP, AND DATE SUGAR. IT DISCOURAGES REFINED SUGARS FOUND IN PROCESSED CANDIES, BAKED GOODS, AND SODAS, AS THESE OFTEN CONTAIN ARTIFICIAL ADDITIVES OR HIGH LEVELS OF REFINED SUGAR.

HOW STRICT IS THE FOOD LIST ON THE FEINGOLD DIET?

THE FEINGOLD DIET IS QUITE STRICT REGARDING ARTIFICIAL ADDITIVES AND CERTAIN NATURAL SUBSTANCES LIKE SALICYLATES. IT EMPHASIZES EATING WHOLE, UNPROCESSED FOODS AND AVOIDING FOODS WITH ARTIFICIAL INGREDIENTS TO REDUCE BEHAVIORAL AND HEALTH ISSUES BELIEVED TO BE LINKED TO THESE SUBSTANCES.

ADDITIONAL RESOURCES

FEINGOLD DIET FOOD LIST: YOUR COMPREHENSIVE GUIDE TO CLEARER THINKING AND BETTER BEHAVIOR

THE FEINGOLD DIET FOOD LIST IS AN ESSENTIAL RESOURCE FOR ANYONE CONSIDERING THIS DIETARY APPROACH AIMED AT REDUCING HYPERACTIVITY, INATTENTION, AND OTHER BEHAVIORAL ISSUES, ESPECIALLY IN CHILDREN. DEVELOPED BY DR. BENJAMIN FEINGOLD IN THE 1970S, THE DIET FOCUSES ON ELIMINATING CERTAIN ARTIFICIAL ADDITIVES, PRESERVATIVES, AND SPECIFIC NATURAL FOODS THAT MAY TRIGGER SENSITIVITIES OR BEHAVIORAL CHALLENGES. WHETHER YOU'RE EXPLORING THE FEINGOLD DIET FOR YOUR CHILD OR SEEKING TO UNDERSTAND ITS RECOMMENDED FOODS, THIS DETAILED GUIDE WILL WALK YOU THROUGH THE KEY COMPONENTS OF THE DIET AND PROVIDE PRACTICAL TIPS ON NAVIGATING THE FOOD LIST WITH CONFIDENCE.

UNDERSTANDING THE FEINGOLD DIET

BEFORE DIVING INTO THE SPECIFICS OF THE FOOD LIST, IT'S IMPORTANT TO UNDERSTAND THE PHILOSOPHY BEHIND THE FEINGOLD DIET. ORIGINALLY DESIGNED TO HELP CHILDREN WITH HYPERACTIVITY AND LEARNING DIFFICULTIES, THE DIET HYPOTHEZIZES THAT CERTAIN ARTIFICIAL AND NATURAL SUBSTANCES CAN EXACERBATE BEHAVIORAL ISSUES. THE CORE PRINCIPLES INVOLVE:

- ELIMINATING ARTIFICIAL COLORS, FLAVORS, AND PRESERVATIVES.
- REDUCING OR AVOIDING CERTAIN NATURAL FOODS THAT MAY CONTAIN NATURALLY OCCURRING CHEMICALS (LIKE SALICYLATES).
- PROMOTING WHOLE, MINIMALLY PROCESSED FOODS.

THIS APPROACH AIMS TO CREATE A DIET THAT MINIMIZES POTENTIAL TRIGGERS, THEREBY PROMOTING BETTER FOCUS, CALMER BEHAVIOR, AND OVERALL WELL-BEING.

THE STRUCTURE OF THE FEINGOLD DIET FOOD LIST

THE FEINGOLD DIET FOOD LIST CAN BE BROADLY CATEGORIZED INTO:

- FOODS TO AVOID
- FOODS TO EAT
- OPTIONAL AND LIMITED ITEMS

UNDERSTANDING THESE CATEGORIES HELPS STREAMLINE MEAL PLANNING AND GROCERY SHOPPING WHILE ADHERING TO THE DIET'S PRINCIPLES.

FOODS TO AVOID ON THE FEINGOLD DIET

THE PRIMARY FOCUS OF THE DIET IS TO ELIMINATE SUBSTANCES THOUGHT TO CAUSE SENSITIVITIES OR BEHAVIORAL ISSUES. THESE INCLUDE:

ARTIFICIAL ADDITIVES AND CHEMICALS

- ARTIFICIAL COLORS: RED 40, YELLOW 5, BLUE 1, ETC.
- ARTIFICIAL FLAVORS
- ARTIFICIAL PRESERVATIVES: BHT, BHA, SODIUM BENZOATE, ETC.
- ARTIFICIAL SWEETENERS: ASPARTAME, SACCHARIN, ETC.
- CERTAIN FOOD DYES AND COLORINGS

NATURAL FOODS RICH IN SALICYLATES

SOME NATURAL FOODS CONTAIN SALICYLATES, WHICH MAY TRIGGER SENSITIVITIES IN CERTAIN INDIVIDUALS. THESE INCLUDE:

- FRUITS: APPLES, GRAPES, BERRIES, ORANGES, PEACHES, PLUMS, CHERRIES, AND MORE.
- VEGETABLES: TOMATOES, CUCUMBERS, ZUCCHINI, PEPPERS, EGGPLANT, AND OTHERS.
- HERBS AND SPICES: MINT, CURRY, PAPRIKA, ETC.

PROCESSED AND PACKAGED FOODS

- CANDY AND SWEETS CONTAINING ARTIFICIAL ADDITIVES
- SNACK FOODS WITH ARTIFICIAL FLAVORS OR COLORS
- COMMERCIAL BAKED GOODS
- FAST FOODS AND FRIED ITEMS

BEVERAGES

- ARTIFICIALLY FLAVORED DRINKS
- SODAS
- FRUIT JUICES WITH ADDED COLORS OR PRESERVATIVES
- FLAVORED WATERS OR SPORTS DRINKS

FOODS TO EAT ON THE FEINGOLD DIET

THE FOUNDATION OF THE FEINGOLD DIET IS TO EMPHASIZE NATURAL, MINIMALLY PROCESSED FOODS FREE FROM ARTIFICIAL ADDITIVES AND HIGH IN NATURAL INGREDIENTS WITH LOW SALICYLATE CONTENT.

FRESH FRUITS (LOW IN SALICYLATES)

WHILE MANY FRUITS ARE HIGH IN SALICYLATES AND ARE AVOIDED, SOME ARE CONSIDERED SAFER OPTIONS:

- BANANAS
- PEARS
- MELONS
- CANTALOUPE
- PAPAYA (IN MODERATION)
- LEMONS AND LIMES (USED IN SMALL AMOUNTS)

NOTE: IT'S ADVISABLE TO CONSULT SPECIFIC LISTS OR A DIETITIAN FOR SALICYLATE SENSITIVITIES, AS INDIVIDUAL REACTIONS VARY.

FRESH VEGETABLES (LOW IN SALICYLATES)

SOME VEGETABLES ARE LOWER IN SALICYLATES AND SUITABLE FOR THE DIET:

- LETTUCE
- CAULIFLOWER
- GREEN BEANS
- POTATOES
- CARROTS
- ZUCCHINI (IN MODERATION)
- BROCCOLI

GRAINS AND LEGUMES

- WHITE RICE
- OATMEAL (PLAIN, UNFLAVORED)
- CORNMEAL
- QUINOA
- LENTILS (IN SOME CASES)

PROTEINS

- FRESH, UNPROCESSED MEATS: CHICKEN, TURKEY, BEEF, PORK
- FISH (FRESH OR FROZEN, UNPROCESSED)
- EGGS

DAIRY

- PLAIN MILK
- CHEESE (PREFERABLY NATURAL AND WITHOUT ADDITIVES)
- YOGURT (PLAIN, UNSWEETENED)

BEVERAGES

- WATER (STILL OR SPARKLING)
- HERBAL TEAS (UNSWEETENED)
- FRESHLY SQUEEZED FRUIT OR VEGETABLE JUICES (WITHOUT ADDITIVES)

FATS AND OILS

- OLIVE OIL
- COCONUT OIL
- BUTTER (PREFERABLY FROM GRASS-FED COWS)

OPTIONAL AND LIMITED ITEMS

WHILE THE PRIMARY LIST FOCUSES ON AVOIDANCE AND INCLUSION, SOME FOODS MAY BE USED SPARINGLY OR WITH CAUTION:

- SWEETENERS: ONLY NATURAL SWEETENERS LIKE HONEY OR MAPLE SYRUP, PREFERABLY IN MODERATION.
- SNACKS: HOMEMADE SNACKS USING APPROVED INGREDIENTS.
- HERBS AND SPICES: USE FRESH HERBS LIKE PARSLEY, CILANTRO, AND THYME, BUT AVOID SPICE BLENDS WITH ARTIFICIAL INGREDIENTS.

PRACTICAL TIPS FOR NAVIGATING THE FEINGOLD FOOD LIST

1. READ LABELS CAREFULLY: MANY PROCESSED FOODS CONTAIN ARTIFICIAL COLORS, FLAVORS, OR PRESERVATIVES. ALWAYS CHECK INGREDIENT LISTS, ESPECIALLY FOR PACKAGED PRODUCTS.
2. CHOOSE WHOLE, UNPROCESSED FOODS: FRESH PRODUCE, UNPROCESSED MEATS, AND WHOLE GRAINS ARE YOUR BEST OPTIONS.
3. COOK FROM SCRATCH: PREPARING MEALS AT HOME ALLOWS CONTROL OVER INGREDIENTS AND MINIMIZES EXPOSURE TO ARTIFICIAL ADDITIVES.
4. MAINTAIN A FOOD DIARY: TRACKING FOODS AND BEHAVIORS CAN HELP IDENTIFY INDIVIDUAL SENSITIVITIES OR REACTIONS.
5. CONSULT RESOURCES AND EXPERTS: USE THE OFFICIAL FEINGOLD FOUNDATION RESOURCES OR WORK WITH A REGISTERED DIETITIAN FAMILIAR WITH THE DIET.

SAMPLE MEAL IDEAS BASED ON THE FEINGOLD DIET

BREAKFAST:

- OATMEAL TOPPED WITH SLICED BANANAS AND A DRIZZLE OF HONEY
- SCRAMBLED EGGS WITH FRESH LETTUCE AND POTATOES

LUNCH:

- GRILLED CHICKEN BREAST WITH STEAMED GREEN BEANS AND WHITE RICE
- TURKEY AND CHEESE SANDWICH ON PLAIN BREAD (CHECK FOR ADDITIVES) WITH A SIDE OF CUCUMBER SLICES

DINNER:

- BAKED SALMON WITH CAULIFLOWER MASH AND A SIDE OF CANTALOUPE
- BEEF STIR-FRY WITH ZUCCHINI, CARROTS, AND PLAIN RICE

SNACKS:

- FRESH FRUIT LIKE PEARS OR MELONS
- PLAIN POPCORN (HOMEMADE)
- YOGURT WITH HONEY (IF TOLERATED)

FINAL THOUGHTS

THE FEINGOLD DIET FOOD LIST SERVES AS A PRACTICAL GUIDE FOR PARENTS AND INDIVIDUALS SEEKING TO REDUCE BEHAVIORAL ISSUES RELATED TO FOOD SENSITIVITIES. BY FOCUSING ON NATURAL, MINIMALLY PROCESSED FOODS AND AVOIDING ARTIFICIAL ADDITIVES AND CERTAIN NATURAL CHEMICALS LIKE SALICYLATES, MANY FIND IMPROVEMENTS IN FOCUS, MOOD, AND BEHAVIOR. WHILE THE DIET REQUIRES CAREFUL PLANNING AND LABEL READING, ITS EMPHASIS ON WHOLE FOODS CAN ALSO PROMOTE OVERALL HEALTH AND WELL-BEING.

REMEMBER, DIETARY CHANGES SHOULD BE UNDERTAKEN THOUGHTFULLY AND IDEALLY UNDER THE GUIDANCE OF A HEALTHCARE PROFESSIONAL OR REGISTERED DIETITIAN, ESPECIALLY FOR CHILDREN OR INDIVIDUALS WITH EXISTING HEALTH CONDITIONS. WITH PATIENCE AND DILIGENCE, ADHERING TO THE FEINGOLD DIET FOOD LIST CAN BE A MANAGEABLE AND REWARDING STEP TOWARD BETTER HEALTH AND BEHAVIORAL STABILITY.

Feingold Diet Food List

feingold diet food list: The Autism & ADHD Diet Barrie Silberberg, 2009-04-01 Huge changes| A different child| A miracle | Vast improvements This is what parents are saying about an amazing diet that is showing extraordinary results in helping children eliminate many traits and symptoms associated with autism spectrum disorders, ADHD, celiac disease, and other conditions. The Gluten-Free, Casein-Free (GFCF) Diet, as well as removing all artificial dyes and preservatives, is hugely effective for thousands of families. The Autism & ADHD Diet is your complete guide to the GFCF Diet. Barrie Silberberg, a mother who honed her skills using the GFCF Diet with her son, who was diagnosed with ASD, gives you everything you need to know to put the diet into action with your child, including: What the GFCF Diet is and why it's so effective How to start the diet Where and how to buy GFCF foods How to avoid cross-contamination How to understand labels on packaging How to make this diet work day-to-day Packed with parent-proven tips and the best resources for the diet, The Autism & ADHD Diet will alleviate all of your questions and provide a variety of ways to make this diet work best for you and your family.

feingold diet food list: Encyclopedia of Diet Fads Marjolijn Bijlefeld, Sharon K. Zoumbaris, 2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting, presenting the important people, concepts, and criticisms involved and examining the pros and cons of different plans. This A-to-Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices. The authors help to identify effective means of losing weight and maintaining a healthy lifestyle, placing particular emphasis on weight-loss programs aimed at young people who struggle most with obesity, eating disorders, and body image. The book explores what works, what is potentially dangerous, and what scientists are discovering about nutrition, while also offering sustainable advice for keeping fit. The second edition of Encyclopedia of Diet Fads includes many updated, expanded, and completely new entries, as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet, the Zone Diet, Weight Watchers, and Medifast. The book is organized by alphabetical entries regarding nutrition, exercise, and famous and infamous diet-promoters. Readers can learn more about an area that interests them through cross-referenced sections and a prolific list of additional resources. A selection of appendixes contains practical information such as how to evaluate diets and recipes.

feingold diet food list: Encyclopedia of Attention Deficit Hyperactivity Disorders Evelyn B. Kelly, 2009-09-10 Written for students and general readers, this comprehensive encyclopedia provides entries on the history, theories, symptoms, tests, treatments, and current and future research for Attention Deficit Hyperactivity Disorder (ADHD). Attention Deficit Hyperactivity Disorder—and the arguments relative to its diagnosis and treatment—have been prominent in health news for the last twenty years. In 2005, more than 100 physicians signed documentation in the

medical community validating ADHD as a mental disorder. The Encyclopedia of Attention Deficit Hyperactivity Disorders traces the disorder's history in detail for students and adults, identifying the people, places, tests, symptoms, treatments, and current and future avenues of research for this disease. Striking young children and with a ratio of 2:1 males to females, the symptoms of ADHD can persist well into adulthood, making education and a career difficult for patients. Whether researching the disease for personal or educational purposes, readers will find this encyclopedia provides a complete foundation in everything related to ADHD.

feingold diet food list: The Food Intolerance Bible Antony J. Haynes, Antoinette Savill, 2008-04-01 Discusses how to identify different types of food intolerances, describes how to construct a diet plan that avoids those foods and improves digestive function, and provides over seventy recipes that lack problem ingredients.

feingold diet food list: Foods & Nutrition Encyclopedia, Two Volume Set Marion Eugene Ensminger, Audrey H. Ensminger, 1993-11-09 Foods and Nutrition Encyclopedia, Second Edition is the updated, expanded version of what has been described as a monumental, classic work. This new edition contains more than 2,400 pages; 1,692 illustrations, 96 of which are full-color photographs; 2,800 entries (topics); and 463 tables, including a table of 2,500 food compositions. A comprehensive index enables you to find information quickly and easily.

feingold diet food list: Guide To Autism And Diets Susan Zeppieri , 2022-10-25 Nourishment assumes a huge part in one's wellbeing and development. The soundness of babies, kids, and moms can all profit from better nourishment, as could the probability of creating non-transmittable sicknesses at any point like diabetes and cardiovascular illness, as well as the time span they live. The fundamental advantage of any unique eating regimen is typically the abatement or disposal of handled, pre-bundled feasts, like those with dyed flour, refined sugar, fake flavors, varieties, and additives. All in all, changing to a more regular eating regimen is related with better wellbeing results.

feingold diet food list: Handbook of Clinical Behavioral Pediatrics Alan M. Gross, Ronald S. Drabman, 2013-03-07 Since 1978, the editors have collaborated on several research projects and spent many hours at conventions discussing research, graduate education, and patient care. The idea for this volume arose when we both concluded that the area of behavioral pediatrics needed a how to book. Several important scholarly reviews had recently appeared. They presented excellent summary information concerning the general assumptions and theories underlying the area of behavioral medicine with children. But these volumes devote very little attention to the application of clinical methods. What was needed, we thought, was a book that would allow graduate students and practicing clinicians the opportunity to peer into the minds of eminent practitioners and understand their thinking. Thus the book was conceived. Editing books represents a special kind of challenge. One has to sell an idea to a group of distinguished colleagues. They have to believe enough in that idea to devote the considerable time and effort necessary to bring thought into reality. In this case, there were two ideas we tried to sell to our colleagues.

feingold diet food list: The Kid-Friendly ADHD & Autism Cookbook, 3rd edition Pamela J. Compart, Dana Godbout Laake, 2020-01-28 The Kid-Friendly ADHD & Autism Cookbook, 3rd Edition explains the best diets for children with food intolerances and hypersensitivities that stem from altered biochemistry and which may be causing problems in learning, behavior, development, attention, sensory responses, sleep, and digestion. The authors provide guidelines to help parents determine which diets may be helpful for their child's specific symptoms and needs. One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that negatively affect their behavior, focus, and development. Linked to this is the challenge of finding ways to get their children to eat the healthy foods that will improve their nutrition. This book provides suggestions for feeding picky eaters, including those with texture issues. The 3rd edition of The Kid-Friendly ADHD & Autism Cookbook provides a current and greatly expanded review of the most commonly used diets that are important in the treatment of ADHD and autism. There are recipes appropriate to specific diets as indicated by icons and descriptors with each recipe. The

authors share details about just how and why each diet works, examine specialty ingredients in-depth, and provide extensive resources and references. The specialty diets covered include: Gluten-free, casein-free, soy-free Feingold diet: low phenol, low salicylate diet Specific Carbohydrate Diet (SCD) and Gut and Psychology Syndrome Diet (GAPS) Anti-yeast/candida diets, or Body Ecology Diet Low Oxalate Diet (LOD) FODMAP (Fermentable Oligo-, Di- and Mono-saccharides, And Polyols) Anti-inflammatory diet Rotation diet Despite the restrictions of these diets, this cookbook offers an array of tasty choices that kids and the whole family will love, including shakes, muffins, breads, rice and beans, vegetables, salads, main dishes, stews, and even sweets and treats. You'll also find recommendations for school lunches and snacks. This comprehensive guide and cookbook is chock-full of helpful info and research, and includes more than 150 kid-friendly recipes, suitable to the variety of specialty diets.

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Load Theory, which explains that developmental delays are caused not by one single factor, but by an overload of environmental stressors on genetically vulnerable individuals. Because every person with autism is unique, this book guides readers to the therapies that may be right for each individual, helping to make the difference between management and healing. New research on topics like stem cells, cannabis, and dentistry is now included.

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with the information they need to fully utilize nutritional medicine by enabling them to adjust medication dosage with diet, diagnose and correct nutrient deficiencies, and counsel patients on food selection. An emerging recommendation may soon be, take 2 cups of kale, and call me in the morning.

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