

Published based on [ADHD Diets for Children and Adults](#)

ADHD Diets for Children and Adults

ADHD can be very irritating some times. But are there ways to stop or slow down some of the effects? Research has shown that certain diets may help people with ADHD. Click on the link to get more information on ADHD diets.

What are [ADHD](#) diets? Can they help you or your child? Are there foods you should eat -- and foods to avoid? This article answers questions about ADHD diets, including elimination diets, [supplements](#), and foods that may help improve [ADHD symptoms](#).

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You can also find this article published on [ADHD Diets for Children and Adults](#), and on the tag pages [ADHD](#), [ADHD diets](#), [Webmd.com](#).