

## MY CHILD HAS ADHD AND HAS LOST WEIGHT, WHAT CAN I DO WITH MEALS?

**ADHD medicines can reduce your child’s appetite. Here are some quick and easy ways to boost nutrition with everyday foods.**

- Use full- fat milk (blue top) and full- fat butter or margarine. Avoid using low-fat products like skimmed milk or low- fat spreads
- Aim for 3 meals and 3 snacks at regular times, daily.
- Your child may feel hungrier in the evening when the affects of their medicine starts to wear off.

Aim for at least a pint of full -fat milk every day – you could add it to hot chocolate or try it in milkshakes	Try adding butter, full-fat margarine, mayonnaise and/or grated cheese to mashed potatoes, pasta and vegetables
Add jam, honey or syrup to toast or porridge	Use hummus, avocado or peanut butter on toast or crackers
One tablespoon of double cream in potatoes, soups, sauces or puddings adds an extra 135 calories per portion	Fry foods in a healthy oil like rapeseed, sunflower or olive oil
Fruit Juice/ smoothie and lemonade mixed with a blob of ice cream makes a refreshing drink	Try to include a pudding after main meals e.g. ice cream, custard or cake

Ask to be referred to a Dietitian if your child has not stopped losing weight after doing this for 4 weeks

### These foods are high in fat and sugar. Won’t my child’s diet be unhealthy?

Your child has a poor appetite and needs more calories to gain weight. We recommend the use of healthier fats and spreads with rapeseed, olive or sunflower oil as they promote good heart health.

***Dental Health Message:** Brush teeth twice a day for 2 minutes daily with a toothpaste containing 1450 parts per million fluoride. Everyone should have regular dental checkups to make sure your mouth stays healthy.*

### I have heard other parents talking about special drinks on prescription. Should my child have these?

If your child’s weight and height are in the healthy range for their age, it is better for your child to eat normal foods.

Your Doctor will keep a check on your child’s growth and weight gain. If these are not in the healthy range for their age, they will ask for advice from a Dietitian.

Specialist supplement drinks are sometimes used. A high calorie diet is always used first. These drinks are not a substitute for meals and snacks. The Dietitian can work with you to help increase your child’s food intake.