

## RESOURCES:

The Autism Revolution - <http://www.autismrevolution.org/>

Grain Brain - <https://www.drperlmutter.com/books/grain-brain-by-david-perlmutter/>

The Magic Pill - [https://www.youtube.com/watch?v=61GitUC\\_678](https://www.youtube.com/watch?v=61GitUC_678)

## PALEO / MODIFIED KETOGENIC DIET:

- YES FOODS:
  - Meat, fish (ideally white fish that are small and wild or wild salmon / rainbow trout)
  - Vegetables
  - Fruit
  - Nuts / Seeds
  - Best beans - black beans, red kidney, red lentil and white navy beans
  - Good flours include almond, coconut, sesame, red lentil or chickpea flour
  - Rice can be replaced by cauliflower rice, buckwheat, chickpea rice, zucchini rice or quinoa
  - Up to 12 eggs daily (eggs do not lead to high cholesterol and improve brain function)
- NO FOODS:
  - Grains including gluten, corn, millet, wheat, amaranth, spelt, rice etc.
  - Dairy including cheese, yogurt and milk
  - Limit bananas and potatoes
  - Aim for less than 6 tsp of sugar daily (= 24 grams)
  - Try to stay under 12 tsp of sugar daily (=48 grams)
  - 1 tsp of sugar = 4 grams
- **helpful handouts include:**
  - 90/10 which gives ideal percentages of foods
  - Food suggestions which give ideas on how to replace typical foods
  - Paleo breads:
    - <https://www.sliceoflifefoods.ca/>
    - <https://unbunfoods.com/>

## STEPS TO FOLLOW TO TRANSITION TO THE PALEO DIET

### STEP ONE:

- Reduce dairy (yogurt, cheese, milk) in your child's diet
- Dairy "alternatives" can be used (see food suggestions handout for ideas)
- Increase vegetable intake – ideally children eat veggies every meal
- Most nutrient dense vegetables are green leafy vegetables
- Ensure optimal water intake (1oz of water per kg of body weight)

### STEP TWO:

- Remove dairy
- Give your child protein with every meal
- Good sources of protein include meat, fish, eggs, nuts and nut butters, lentils, beans

- If possible, soak your beans and lentils to help improve digestive, reduce gas and increase mineral status - <https://farmhouseguide.com/benefits-of-soaking-lentils/>
- Increase healthy fats in your child's diet: avocado, nut and nut butters, seeds, eggs, olive oil, coconut oil, hemp oil, pumpkin seed oil
- Increase fiber intake, intake depends on age, size and activity level (see fiber rich foods handout)

2-3 years old 14 grams 4-8 years old 17-20 grams 9-13 years old 22-25 grams 14-18 years old 25-31 grams

\*\*Smoothies are a great way to increase both healthy fats and protein

### **STEP THREE:**

- Reduce complex carbohydrates, ideally complex carbohydrates amount is less than 6 tsp daily (no more than 24 grams)
- Pick a day and count the amount of sugar that your child consumes
- 1tsp=4grams

*1 tsp of sugar causes inflammation and triggers glutamate for up to 5 hours*

### **STEP FOUR:**

- CONGRATULATIONS! YOU ARE NOW READY TO MAKE A FULL LEAP TO 100% PALEO BY REMOVING ALL DAIRY & COMPLEX CARBOHYDRATES.