

## Healthy Eating with ADD Medications

Medications used for ADHD can commonly cause decreased appetite resulting in weight loss. Here are some tips to help avoid wt loss.

~Enjoy a big breakfast: morning is when appetite will be the best, so eat up while you feel like it. Have a calorie dense breakfast like the breakfast ideas given on the reverse side, and include a source of protein like cheese, peanut butter or an egg if nausea is a problem.



~Just because it's breakfast doesn't mean you need to eat breakfast foods: if you feel like left over pizza or a sandwich for breakfast then do so while your appetite is good.

~Have calorie dense snacks between meals to assure required nutrients and calories are being met and to avoid or reduce nausea, see reverse for great snack ideas.



~Spread, dip, and top foods with extra calories: use non hydrogenated margarine, jam, full fat mayonnaise, or peanut butter on breads. Use full fat salad dressings, hummus or full fat yogurt to dip fruits and vegetables. Top foods with cheese, whipped cream, or high calorie sauces to make the most out of every bite

~Graze on healthy snacks in the evening when medication is wearing off and appetite is improving, or consider moving supper later if medication wears off early in the evening.



**If you continue to struggle with appetite and wt loss consult your physician or the Registered Dietitian in your family physicians office.**



### **Breakfast Ideas**

Grilled cheese made with brick cheese , and a super milk shake ( 1 cup ice cream. 1 cup homogenized milk, 1 pkg Nestlé Breakfast Anytime®) 700 Kcal

Breakfast Fajita (8” tortilla, 2 eggs scrambles, 2 tbsp salsa, and 1 oz cheddar cheese shredded), with a glass of whole milk. 590 kcal

Breakfast parfait (1 Cup full fat yogurt, 1/2 cup granola, 1/4 cup mixed nuts, and 1/4 cup dried fruit) and a cup of Juice - 885kcal

### **Nutrient Dense Snacks**

1/2 Bagel with full fat cream cheese 219kcal

PB Banana roll up (8” tortilla, spread 2 Tbsp peanut butter, place a banana on the tortilla and roll it up) 443 Kcal

1/2 a morning glory muffin with non-hydrogenated margarine and a glass of homogenized milk 410 Kcal



## Morning Glory Muffins



2 cups all-purpose flour  
1 1/4 cups white sugar  
2 teaspoons baking soda  
2 teaspoons ground cinnamon  
1/4 teaspoon salt  
2 cups shredded carrots  
1/2 cup raisins  
1/2 cup chopped walnuts  
1/2 cup unsweetened flaked coconut  
1 apple - peeled, cored and shredded  
3 eggs  
1 cup vegetable oil  
2 teaspoons vanilla extract

### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin liners.

In a large bowl, mix together flour, sugar, baking soda, cinnamon, and salt. Stir in the carrot, raisins, nuts, coconut, and apple.

In a separate bowl, beat together eggs, oil, and vanilla. Stir egg mixture into the carrot/flour mixture, just until moistened. Scoop batter into prepared muffin cups.

Bake in preheated oven for 20 minutes, until a toothpick inserted into center of a muffin comes out clean.

Amount Per Serving Calories: 422