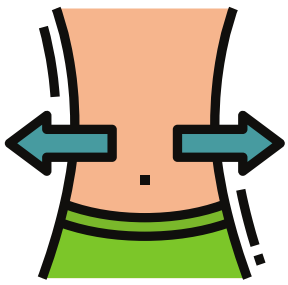


How can people with ADHD eat healthier?



ADHD is associated with unhealthy dietary patterns, which may directly lead to excess weight gain.

People with ADHD know what is better to eat but their behavior does not match their knowledge.



The health risks associated with an unbalanced diet have become the leading factor contributing to the global burden of disease.

Environmental factors emphasizing attractiveness and convenience can influence healthy food choices.



Individuals with ADHD are more influenced by advertising compared to those without ADHD.

Learn more at ADHDAwarenessMonth.org