The mechanisms for this association include shared genetic transmission, dopamine dysregulation, mood lability, psychiatric comorbidities, low participation in physical activity, and poor eating habits.

Both children and adults with ADHD consume less healthy foods (vegetables, fruits, and dairy products) and more unhealthy foods (fatty, sweet, and processed foods).

Learn more at ADHDAwarenessMonth.org

Information adapted from Dr. Shirley Hershko