

AUTISM DIET PLAN, WHAT TO INCLUDE WHAT TO AVOID?



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WHO IS AT RISK FOR AUTISM?



Autism treatment includes many diet based therapies that address underlying issues of the child.

AUTISM DIET: –

The road to autism recovery begins with diet. Choosing foods to add and remove from their diet is the first step towards the improvement of health and well-being of child with Autism. Certain food substances (most notably gluten and casein) are known to be problematic for the child with autism, and should be avoided. While some other food items rich in health nutrients are beneficial when added to the diet.

Paying attention to these factors is intended to help balance biochemistry, affect systemic healing and provide relief of **autism symptoms**. In simple terms, these are the underlying tenets of diet for Autism.

GLUTEN FREE/CASEIN FREE (GFCE) DIET



GLUTEN FREE/CASEIN FREE (GFCF) DIET

Gluten is the protein which is present in wheat and other grains also like rye, barley, spelt, kamut and commercial oats. While casein is another kind of protein found in dairy products.

These proteins have been found to be problematic for many children on the spectrum. Including these elements in diet can affect the physical and cognitive functions of a child's body. But avoiding these elements from diet can help in improving many symptoms of Autism. It can help in reducing inattentiveness and hyperactivity, improving attention, decrease digestive disturbances and much more.

GLUTEN CONTAINING FOOD ITEMS



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- Semolina
- Malt
- Hydrolysed vegetable proteins
- Dextrin and maltodextrin
- **Artificial flavors and coloring**
- Soy sauce (unless wheat free)
- Potato chips
- Sauces and gravies
- Hot dogs and Bologna (unless specified gluten free)

CASEIN CONTAINING FOOD ITEMS



CASEIN CONTAINING FOOD ITEMS

- Casein is found in all dairy milk products (cow, goat, sheep)
- Milk chocolates
- Galactose
- Cool whip
- Lactic acid
- Canned tuna
- Butter
- Ice creams
- Whey proteins
- Cheese
- Food items your child can eat on a GF/
CF diet
- Coconut oil, Sesame oil, Olive oil, Ghee (made from butter but casein free)
- Rice milk, Nut milk, Coconut milk

CASEIN CONTAINING FOOD ITEMS

- Quinoa, Amaranth, Buck wheat, Millet, Sorghum flour, Tapioca flour, Nut and seed flours, bean flours, corn (only organic)
- Rice vinegar, Apple cider vinegar, Red and white wine vinegar, balsamic vinegar (Be careful at restaurants, cheap brands of vinegar that use colours or flavors may contain gluten.)
- Meat balls, Ground beef, Lamb, Chicken
- Steamed or boiled vegetables with coconut oil
- Stir fry vegetables
- Salad



CAPAAR

GET UP! GET HERE! GET WELL!

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CONCLUSION



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