Wellness Wednesday

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6 Seemingly Harmless Eating Behaviors That Are Actually Linked To ADHD

Understanding the connection between eating habits and Attention-Deficit/Hyperactivity Disorder (ADHD) can be enlightening, especially for those who may not realize how their behaviors around food are influenced by this condition. Many individuals with ADHD experience unique challenges that can manifest in their eating patterns. Below, we explore six common eating behaviors that may seem harmless but could be indicative of ADHD, along with practical strategies to manage them.

1. Constant Snacking: A Cycle of Irregular Eating

Understanding the Behavior

For many individuals with ADHD, the tendency to snack frequently can stem from difficulties in executive functioning. This can lead to challenges in planning and maintaining regular meal times. As a result, snacking becomes a more manageable option. Unfortunately, this can create a cycle where irregular eating patterns disrupt natural hunger cues.

The Impact of Low Awareness

People with ADHD often struggle with interoceptive awareness, which is the ability to recognize internal bodily signals, such as hunger. This can lead to situations where they only notice hunger when their energy levels are critically low, prompting them to reach for quick, often unhealthy snacks high in sugar and carbohydrates.

Strategies for Improvement

- Establish a Routine: Create a consistent meal schedule to help regulate hunger cues.
- Healthy Snack Options: Stock up on nutritious snacks that provide sustained energy, such as nuts, fruits, and yogurt.
- Mindful Eating: Encourage mindfulness practices during meals and snacks to enhance awareness of hunger and fullness signals.

2. Reliance on Takeout: Convenience Over Cooking

The Convenience Trap

Ordering takeout can be a tempting solution for those with ADHD, as it eliminates the need for meal planning, grocery shopping, and cooking. However, this reliance can lead to unhealthy eating habits and a lack of nutritional balance.

Identifying the Underlying Issues
Executive functioning challenges can make cooking feel overwhelming, leading to reliance on takeout with lower nutritional value.

Steps to Transition
- Set Goals: Define why you want to cook more—health, budget, or skill.
- Start Small: Try simple meals or meal kits.
- Involve Others: Cook with friends or family for motivation.

3. Overeating or Binge Eating

ADHD can make it hard to recognize hunger and fullness cues, often leading to overeating—especially during stress or boredom.

Supportive Strategies
- Set Timers: Eat at regular times.
- Use Visual Cues: Keep healthy snacks visible.
- Get Help: Work with a nutritionist or therapist experienced in ADHD.

4. Spoiling Fresh Produce

Good intentions to eat healthy often end in food waste due to lack of planning or overwhelm.

Practical Fixes
- Buy Less: Purchase smaller amounts.
- Keep Backups: Stock easy or frozen meals.
- Be Kind to Yourself: Focus on progress, not perfection.

5. Repetitive Meal Choices

Familiar foods can feel comforting but limit nutrition variety.

Encouraging Variety
- Add Slowly: Try one new ingredient or recipe weekly.
- Share Ideas: Exchange meal ideas with others.
- Tweak Favorites: Modify familiar recipes for small changes.

6. Sensory Sensitivity

Heightened sensory issues can make some foods unpleasant, leading to selective eating.

Sensory Strategies
- Gradual Exposure: Introduce new foods similar to familiar ones.
- Minimize Distractions: Create a calm eating environment.
- Seek Support: Work with a sensory-aware therapist.

Recognizing the connection between ADHD and eating behaviors can be a crucial step toward improving overall health and well-being. By understanding these seemingly harmless habits and implementing practical strategies, individuals with ADHD can cultivate healthier relationships with food. If you find that these behaviors significantly impact your life, consider seeking guidance from a healthcare professional who can provide tailored support and resources. Remember, small changes can lead to significant improvements over time.

Air Fryer Mushrooms

INGREDIENTS

- 8 ounces white buttom mushrooms
- 1 large egg
- 1 cup seasoned breadcrumbs, or gluten-free crumbs
- 3 tablespoons Pecorino Romano grated cheese
- 2 garlic cloves, finely chopped
- 1 tablespoon fresh rosemary, finely chopped
- 1 tablespoon fresh thyme, finely chopped
- ½ teaspoon kosher salt
- spray oil

Air frying is a cooking technique that circulates hot air around the food, creating a crispy exterior while keeping the inside moist. This method not only reduces the amount of oil needed but also cuts down on calories, making it a healthier alternative to deep frying.

Selecting the Right Mushrooms

When it comes to making air fryer mushrooms, the type of mushroom you choose can greatly affect the flavor and texture of the final dish. Here are some popular options:

- Button Mushrooms: These are the most common type and have a mild flavor. They are perfect for absorbing seasonings.
- Cremini Mushrooms: Also known as baby bellas, these mushrooms have a deeper flavor and firmer texture, making them ideal for air frying.
- Portobello Mushrooms: These large mushrooms can be sliced into thick pieces and are great for a hearty bite.

Nutrition Information

Serving: 3 /4 cup, Calories: 173.5 kcal, Carbohydrates: 19 g, Protein: 11 g, Fat: 6 g, Saturated Fat: 2.5 g, Cholesterol: 100.5 mg, Sodium: 873 mg, Fiber: 2.5 g, Sugar: 3.5 g



INSTRUCTIONS

How to Make It

1. Clean mushrooms with a damp paper towel and pat dry. If very large, cut in half; leave small ones whole. There is no need to remove the inside of the mushroom.
2. In one bowl, add egg and whisk lightly. In another bowl, mix breadcrumbs, grated cheese, garlic, rosemary, thyme and salt.
3. Dip each mushroom into the egg, letting excess drip off. Roll in the breadcrumb mixture until well coated.
4. Arrange mushrooms in a single layer in the air fryer basket, leaving space between them for air circulation.
5. Air fry 375°F for 8-10 minutes, gently shaking the basket halfway through, until golden and crisp.
6. Once golden brown and crispy, remove the mushrooms and serve immediately with your favorite dipping sauce, such as ranch, garlic aioli or creamy horseradish sauce.
7. Serve: Enjoy immediately as a snack, appetizer, or side.

Variations to Try

Feel free to get creative with your air fryer mushrooms! Here are some variations to consider:

- Spicy Kick: Add cayenne pepper or chili flakes to the breadcrumb mixture for a spicy version.
- Herb Infusion: Experiment with different herbs like oregano or basil for a unique flavor profile.
- Cheesy Delight: Mix in different types of cheese or even a sprinkle of nutritional yeast for a vegan option.

Reference: SkinnyTaste

https://www.menshealth.com/fitness/a32268837/total-body-muscle-dumbbell-workout/

Featured Exercise

Elevated Plank Row:

HOW TO DO IT:

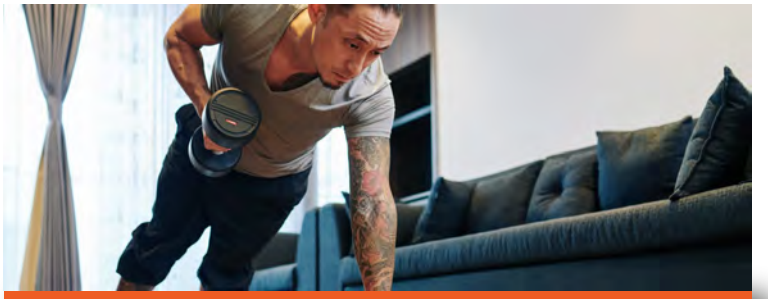
1. Single-Arm Elevated Plank Row
Perform the exercise with one arm at a time, focusing on maintaining stability through your core. This variation increases the challenge and requires greater balance.

2. Weighted Elevated Plank Row
Increase the resistance by using a heavier dumbbell. This will further engage your back muscles and enhance strength gains.

3. Elevated Plank Row with Rotation
After completing the row, rotate your torso towards the side of the dumbbell, engaging your obliques. This adds an additional core challenge and improves rotational strength.

4. Elevated Plank Row with Leg Lift
As you row the dumbbell, lift the opposite leg off the ground. This variation increases the demand on your core and enhances stability.

As a Finisher: Use the elevated plank row as a finisher at the end of your back or full-body workout. Aim for 3 sets of 10-12 reps on each side.



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THE BENEFITS:

The elevated plank row builds both core stability and upper body strength, making it a great addition to any workout. It targets the back and engages the core for improved balance and power.

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

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