

## Health Report

Volume 4

Issue 71

### **YOUR CHILDREN'S DIET MAY BE MAKING THEM NAUGHTY**

According to the Center for Science in the Public Interest (CSPI), if your child is misbehaving or not paying attention, their diet could be causing their actions.

In a recent report, CSPI said that certain foods can cause or aggravate behavioral problems for some kids. Ritalin is the usual "solution" to these behavioral problems, but the drug causes many side effects and could lead to long-term problems.

According to report author, Michael Jacobson, PhD, making small adjustments to a child's diet can treat the symptoms without the side effects. Doctors believe it could also improve the child's ability to focus and handle frustrations.

Artificial colors, such as FD&C Red 40 and Yellow 5 are among the most common to trigger behavioral problems. They are found in many foods, and the National Institute of Health has suggested these be banned from foods primarily consumed by children.

Artificial preservatives may cause hyperactivity, learning difficulties and behavior problems. These preservatives, most commonly BHA, BHT and TBHQ, are found in everything from cereal to peanut butter.

Salicylates, which can be found in apples, oranges, grapes, berries and tomatoes, can also lead to these behavior problems.

Nutritionist Kathleen Bratby suggests replacing these with foods containing natural preservatives and reintroducing the foods to your child one at a time in order to recognize the foods that affect the behavior of your child.

*SOURCE: Woman's World, April 4, 2000.*