

Parent Handout: How Nutrition Supports Children with Autism

Why Nutrition Matters

- Helps improve behavior, sleep, focus, and communication
- Reduces inflammation and supports gut health
- Gives parents practical tools they can start immediately

Most Helpful Nutrients

- Magnesium – supports sleep and calm
- Zinc – helps picky eating and sensory issues
- Vitamin D – supports mood and immunity
- Omega-3s – boosts speech and attention

Food Ideas That Support the Brain

- Add berries, greens, and healthy fats
- Reduce artificial dyes and high sugar foods
- Introduce probiotic-rich foods slowly

Diet Approaches That Help Many Children

- GFCF (gluten/dairy-free)
- Low Histamine / Low Salicylate / Low Oxalate
- SCD / GAPS for gut healing

Simple First Steps

- Change one thing per week
- Swap foods instead of removing everything
- Keep hydration and minerals balanced

Success Stories

- Children gaining new words
- Better sleep within weeks
- Improved focus and fewer meltdowns

Contact Information

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