

## Diet Chart for Autism

### Sunday

<i>Breakfast</i> (8:00-8:30AM)	Oats Pancakes (small 4-5) + Maple Syrup (2 tsp)
<i>Mid-Meal</i> (11:00-11:30AM)	Banana Shake (1 glass)
<i>Lunch</i> (2:00-2:30PM)	Mushroom n Herb Omlet (1 serving)
<i>Evening</i> (4:00-4:30PM)	Dry Fruits
<i>Dinner</i> (8:00-8:30PM)	Kidney Beans curry (1/2 cup) with 1/4 Fresh Lemon

### Monday

<i>Breakfast</i> (8:00-8:30AM)	Boiled Veg Salad with Egg Whites (2) (1 cup) + Orange Juice (1 glass)
<i>Mid-Meal</i> (11:00-11:30AM)	Tender Coconut water (1 glass)
<i>Lunch</i> (2:00-2:30PM)	Quinoa with Veggie (1 cup)
<i>Evening</i> (4:00-4:30PM)	Yoghurt Smoothie (1 glass)
<i>Dinner</i> (8:00-8:30PM)	Bottle Gourd n Shrimp Salad with Grated Coconut (1 cup)

### Tuesday

<i>Breakfast</i> (8:00-8:30AM)	Paleo Coconut Torte with Blueberries (1/2 cup) + Pineapple Juice (1 glass)
<i>Mid-Meal</i> (11:00-11:30AM)	Tender Coconut water (1 glass)
<i>Lunch</i> (2:00-2:30PM)	BBQ Salmon n Parboiled Rice (1 cup)
<i>Evening</i> (4:00-4:30PM)	Fresh Lime Water (1 glass)

Dinner (8:00-8:30PM)	Chickpea n Paneer Salad (1/2 cup)
<i>Wednesday</i>	
Breakfast (8:00-8:30AM)	Grape Fruit Smoothie (Banana,Lemon,Strawberry,Yoghurt) + 5-6 Almonds
Mid-Meal (11:00-11:30AM)	Cottage Cheese (1/2 cup) with Honey(2 tsp)
Lunch (2:00-2:30PM)	Baked salmon with Coconut milk (1 cup)
Evening (4:00-4:30PM)	4-5 Almonds + 5-6 Raisins
Dinner (8:00-8:30PM)	Avocado Shrimp Salad with Yoghurt (1/2 cup)
<i>Thursday</i>	
Breakfast (8:00-8:30AM)	Quinoa with Apple n Walnuts (1 cup)
Mid-Meal (11:00-11:30AM)	Grapes (1 cup)
Lunch (2:00-2:30PM)	Chicken Green Thai curry with White Parboiled Rice (1 cup)
Evening (4:00-4:30PM)	Yoghurt (1/2 cup) n Cucumber Strips(4)
Dinner (8:00-8:30PM)	Lentil Soup with Parboiled Rice (1/2 cup)
<i>Friday</i>	
Breakfast (8:00-8:30AM)	Meusli n Strawberry with Milk (1 cup)
Mid-Meal (11:00-11:30AM)	Tender Coconut water (1 glass)
Lunch (2:00-2:30PM)	Roasted Chicken n Quinoa Salad (1 cup)
Evening (4:00-4:30PM)	Carrot Strips (4) + Coriander n Mustard Sauce

<i>Dinner (8:00–8:30PM)</i>	Baked Fish with Spinach n Yoghurt Salad (1 cup)
<i>Saturday</i>	
<i>Breakfast (8:00–8:30AM)</i>	Scrambled Eggs(2) with Baked Tomato(2) n Mushrooms (1/2 cup) + Green Tea (1 cup)
<i>Mid-Meal (11:00–11:30AM)</i>	Pomegranate (1/2 cup)
<i>Lunch (2:00–2:30PM)</i>	Simple Baked Salmon curry with Parboiled Rice (1 cup)
<i>Evening (4:00–4:30PM)</i>	Fresh cut Tomatoes with Sprinkled salt (2 med. sized)
<i>Dinner (8:00–8:30PM)</i>	Veg Salad

## Food Items to Limit For Autistic Child

For an autistic child, it's important to consider their individual needs, preferences, and any dietary restrictions they may have. However, there are certain types of food that may be helpful to limit or avoid, as they could potentially exacerbate symptoms or discomfort in some individuals with autism. Here are some general food items to consider limiting or avoiding:

### Processed Foods and Additives:

Processed foods often contain artificial additives, preservatives, and artificial colors that may have a negative impact on some individuals with autism. These additives may affect behavior and attention levels.

### High-Sugar Foods and Beverages:

High-sugar foods and sugary beverages can cause spikes and crashes in blood sugar levels, potentially leading to mood swings and decreased concentration.

### Gluten-Containing Foods:

Some individuals with autism may benefit from a gluten-free diet. Gluten is found in wheat, barley, and rye. Research suggests that gluten may contribute to gastrointestinal issues and behavioral problems in some individuals with autism.

### Dairy Products:

Some individuals with autism may be sensitive to dairy products. Lactose intolerance or a sensitivity to casein, a protein found in milk, can cause digestive issues and discomfort.

### Artificial Sweeteners:

Artificial sweeteners, such as aspartame, saccharin, and sucralose, may cause adverse reactions in some individuals. Opt for natural sweeteners like stevia or honey in moderation if needed.

#### Highly Allergenic Foods:

If an autistic child has known food allergies or sensitivities, it's crucial to avoid those specific allergenic foods. Common allergens include peanuts, tree nuts, soy, eggs, and shellfish.

#### Fried and Greasy Foods:

Foods high in unhealthy fats can contribute to digestive issues and discomfort. Limiting fried and greasy foods is a good practice for overall health.

#### Caffeine:

Caffeine found in coffee, tea, energy drinks, and some sodas can affect sleep patterns, anxiety levels, and behavior in some individuals with autism. It's advisable to limit or avoid caffeinated beverages.

#### Spicy Foods:

Spicy foods can be irritating to the digestive system and may cause discomfort for some individuals. Adjust the spiciness of foods based on the child's tolerance.