



EQUAZEN[®]
MINDFULL[™]
NUTRITION

Let's Rethink ADHD.†

A HEALTHY EATING GUIDE FOR KIDS

EQUAZEN[®]
For every mind.™



GREEN LIGHT YELLOW LIGHT RED LIGHT FOODS

Use the Green-Yellow-Red light food system when planning meals and snacks.



- **Green light foods** are the most healthful, nutrient-dense foods. These are delicious, nutrient-packed, whole foods that children are encouraged to eat frequently.



- **Yellow light foods** are less nutritious than green light foods. They might be high in calories and have more sugar, salt, unhealthy fats, or other additives.



- **Red light foods** are “once in a while” foods you want to stop and think twice about before eating. Try to shift more of these to yellow and green light options.

Please use this list as a guide to promote more variety in your child’s diet. We encourage you to provide balanced meals that contain a mix of green light carbohydrates, protein, and fat.

This may help balance your child’s blood sugar and provide their brain with the fuel needed to help them stay alert and focused.



EQUAZEN[®] MINDFULL[™] HEALTHY EATING GUIDE

GREEN LIGHT FOODS

Please use this list as a guide to promote more variety in your child's diet. We encourage you to provide balanced meals that contain a mix of:

- **Green light carbohydrates** - whole grains, oats, fresh fruit, beans & legumes, vegetables, dairy, and plant-based dairy alternatives.
- **Green light proteins** - meat, poultry, & fish, seeds & seed butters, nuts & nut butters, cheese, legumes, eggs, quinoa, tempeh, and tofu.
- **Green light fats** - plant oils (e.g. coconut, olive, avocado), seeds & seed butters, nuts & nut butters, avocado, dark chocolate, ghee, and butter.

This may help balance your child's blood sugar and provide their brain with the fuel needed to be alert and focused for hours.



	Green Light Foods (Eat these often)	Yellow Light Foods (Eat these less often)	Red Light Foods (Save these for occasional treats)
FRUIT	<p>Any fresh, frozen, or canned fruit without added sugar. Examples include:</p> <ul style="list-style-type: none"> • Apples • Bananas • Pears • Dried fruit that's sugar and sulfite-free • Fresh or frozen berries • Grapes • Melon 	<ul style="list-style-type: none"> • Canned fruit in light syrup • Dried fruit with added sugar • Fruit pouches • 100% fruit juice 	<ul style="list-style-type: none"> • Canned fruit in heavy syrup • Dried fruit with sugar and sulfites • Frozen fruit with added sugar • Fruit drinks • Fruit snacks with corn syrup
VEGETABLES	<p>Any fresh, frozen, or canned vegetables without added salt or sauces. Examples include:</p> <ul style="list-style-type: none"> • Broccoli • Carrots • Cauliflower • Green beans • Leafy green vegetables • Sweet bell peppers 	<ul style="list-style-type: none"> • Canned vegetables with salt • Frozen vegetables with cream or cheese sauces • Veggie chips 	<ul style="list-style-type: none"> • Deep-fried vegetables like Tempura
GRAINS AND STARCHES	<p>Whole grain or whole wheat:</p> <ul style="list-style-type: none"> • Breads, bagels, English muffins, pita or flatbread • Crackers or pretzels • Cereals • Pasta <p>Whole grains such as:</p> <ul style="list-style-type: none"> • Amaranth (GF) • Barley • Brown or wild rice (GF) • Potatoes (white or sweet) Corn on the cob or plain frozen corn • Buckwheat (GF) • Oats (may be GF) • Popcorn (GF) • Quinoa (GF) <p>(GF indicates gluten-free options)</p>	<ul style="list-style-type: none"> • Crackers or pretzels made with regular white or wheat flour • Regular bagels, English muffins, pita or flatbread • Pancakes or waffles made with white or wheat flour • White, bakery, or French bread • White pasta or rice <p>Tip: Make homemade pancakes or waffles with whole-grain flour like buckwheat.</p>	<ul style="list-style-type: none"> • Cakes and cookies • Donuts, pastries, or bakery muffins • French fries or potato chips • Sugar-sweetened cereals



	Green Light Foods (Eat these often)	Yellow Light Foods (Eat these less often)	Red Light Foods (Save these for occasional treats)
DAIRY OR DAIRY SUBSTITUTE	<ul style="list-style-type: none"> • Cow, goat, or plant milk (unsweetened) • Cottage cheese • Plain Greek yogurt • Kefir (unsweetened) • Regular or dairy-free cheese 	<ul style="list-style-type: none"> • Sweetened Greek yogurt (without artificial color) <p>Tip: Make flavored yogurt by adding mashed fresh or frozen fruit, or cocoa powder and a drizzle of honey to plain Greek yogurt.</p>	<ul style="list-style-type: none"> • Sweetened, flavored milk • Ice cream or frozen yogurt • Pudding • Yogurt with artificial colors or sweeteners
PROTEIN	<ul style="list-style-type: none"> • Beef or pork • Chicken or turkey • Fish or seafood • Legumes/dried beans such as kidney, pinto, chickpeas, lentils • Eggs • Tofu or tempeh (organic), seitan • Nut or seed butter such as peanut, almond, cashew, walnut, soy, sunflower, tahini • Whey or vegan protein powder (without artificial sweeteners or colors) 	<ul style="list-style-type: none"> • Burgers • Chicken nuggets or strips • Fish sticks <p>Tip: Make healthier burgers at home using lean, grass-fed beef and whole-grain buns. Dip skinless chicken breast or wild fish in seasoned panko and bake or cook in an air fryer.</p>	<p>Processed meats such as:</p> <ul style="list-style-type: none"> • Bacon • Hot dogs • Sausages • Deli meats such as salami, bologna, corned beef • Pepperoni
FATS	<ul style="list-style-type: none"> • Almond oil • Avocado oil (and avocado) • Coconut oil • Flaxseed oil • Olive oil (olives) • Sesame oil • Walnut oil • Wheat germ oil • Nuts, seeds, and nut butters 	<ul style="list-style-type: none"> • Corn oil • Cottonseed oil • Safflower oil • Soybean oil • Sunflower oil • Butter/ghee • Cream cheese • Heavy cream • Sour cream • Bottled salad dressings 	<ul style="list-style-type: none"> • Creamy salad dressings • Solid shortenings • Sweetened whipped cream
SNACKS AND BEVERAGES	<ul style="list-style-type: none"> • Any fruits or vegetables • Hummus or bean dips • Roasted chickpeas • Trail mix • Unsweetened dark chocolate • Air or stove-popped popcorn • Smoothies made with green light ingredients • Unsweetened herbal tea • Water and sparkling water without added sugar or artificial sweeteners 	<ul style="list-style-type: none"> • Granola or cereal bars • Nitrate-free jerky • Packaged popcorn or crackers • 100% Juice boxes 	<ul style="list-style-type: none"> • Candy • Chips • Fruit drinks • Soda (regular or sugar-free) • Sports drinks

HEALTHY TIPS TO FOLLOW:

- Choose whole grains instead of refined (white) grains to provide the body and brain with steady energy. Good choices include oatmeal, brown rice, quinoa, and buckwheat (adjust for gluten-free options).
- Offer a “rainbow on the plate.” Vary the fruits and veggies you offer for each meal and snack and aim to eat all the colors (yellow, orange, red, purple, blue, green) each day. Choose fresh or plain frozen fruits and vegetables.
- To help build strong bones, children need calcium-rich foods like milk, no added sugar yogurt, cheese, or calcium and vitamin-D fortified milk alternatives several times a day. Leafy green vegetables are also a good source of calcium and magnesium.
- Go lean with protein. Choose fish or skinless poultry more often over red meats. Change it up with plant-based meals such as beans, lentils, nuts, or nut butters.
- Include healthful fats each day: Choose nuts, seeds, avocados, olives, and olive oil.
- Don’t sugarcoat it: Choose foods and beverages that don’t have artificial sweeteners or sugar as one of the first ingredients. Sugar provides empty calories and is void of any added nutrition.
- Make your own desserts by using more green light ingredients and reducing sugar in recipes.



MY PLATE PLANNER FOR CHILDREN AND TEENS

The plate method is a simple way to learn healthy portion sizes. Just split the plate into three parts: the largest part is for fruits and vegetables.

Note to adults preparing meals for young children: Use a smaller plate or serve smaller portions if you don't have different plate sizes.

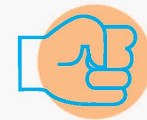


YOUR HAND CAN HELP YOU MEASURE THE RIGHT AMOUNT OF FOOD TO EAT.

Note to adults preparing meals for young children: Use the size of your child's hand to guide their portion sizes.



Palm of your hand
Amount of lean protein



Your fist
Amount of rice, cooked pasta, or cereal



Your thumb
Amount of cheese



Tip of your thumb
Amount of peanut butter

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EQUAZEN® PRO IS A CLINICALLY PROVEN MEDICAL FOOD TO IMPROVE FOCUS, ATTENTION, ACADEMIC PERFORMANCE AND BALANCED MOOD*

EQUAZEN® PRO is a medical food to address fatty acid deficiencies common in people with ADHD and some related neurodiverse conditions that cannot be resolved by normal diet modification alone. In clinical trials* among kids and teens with ADHD, the EQUAZEN® PRO formula showed on average significant improvements in focus, attention, academic performance, and balanced mood. USE UNDER MEDICAL SUPERVISION. *20 clinical studies include 6 ADHD clinical trials.