

Nutritional Strategies for Aging Adults with Autism

3 Main Components to Aging Healthfully

- ✓ **Healthy Cells:** With the right nutrients, function more effectively
- ✓ **Well Balanced Microbiome:** direct connection between our gut and brain and gut and overall health
- ✓ **Balanced Blood Sugar:** affects mood/attention span. High blood sugar linked to diabetes, heart disease, bone loss, high blood pressure, arthritis, dementia.

Benefits of these 3 components:

- ✓ Strengthen immune system
- ✓ Improve digestive health
- ✓ Support brain (cognition, memory, attention, mood)
- ✓ Moderate behavior, mood
- ✓ Prevent chronic disease
- ✓ Improve sleep

3 Main Culprits that negatively affect health

- Sugar and Processed Foods:
 - Excess sugar inflames the system affecting the heart, brain, blood vessels, immune system, bones, weight. Has addictive quality.
 - 4 grams sugar = 1 tsp; goal: no more than 9 tsp added sugar per day
 - Processed contain chemicals/preservatives (BHA, BHT, high fructose corn syrup, artificial sweeteners, MSG, hydrogenated oils, food dyes, bromides) among others
- Food Sensitivities
 - Gluten, dairy, soy, corn, eggs, peanuts
 - Can cause gut issues; may affect mood/behavior/cognition
 - Elimination diet can be very helpful and enlightening
- Stress
 - Chronic stress common for people with autism
 - Look to exercise, meditation, yoga, music, essential oils (contact us for more info)

Text “treats” to 444999
for healthier sweets guide



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Basics of Healthy Diet

- Protein: neurotransmitters, hormones, support immune system, slows carb digestion, helps balance blood sugar
 - Animal: organic pastured eggs, organic chicken, grass fed beef/lamb, wild fish, grass-fed dairy
 - Plant: nuts and seeds, organic tofu/tempeh/edamame, beans and lentils, clean protein powder
- Fat: healthy cell walls, absorb fat soluble vits, boosts cognition/memory/mood, slows absorption of blood sugar
 - Nuts and seeds, coconut, olive oil, avocados, avocado oil
 - Omega-3 deficiencies common in ASD. Sources found in SMASH (Salmon, Mackerel, Anchovies, Sardines, Herring); ground flax, pumpkin seeds, walnuts; Barlean's Swirl; Nordic Naturals supplements
- Carbohydrates: energy, brain function, digestion, waste elimination
 - Emphasis on vegetables, fruit, beans/lentils, sweet potatoes, whole grains (wild rice, quinoa, oats, etc)
 - FIBER: aim for 25 – 30 grams per day

Picky Eating

- **Possible causes:** sensory, need for sameness, nutritional deficiencies, food sensitivities, digestive issues, food additives
- **Helpful tips:** look for healthy foods with similar texture preference; use pureed veggies in dishes; involve in prep; if fans of salt, add quality sea salt to food; give healthier versions of sweets.

10 Ways to Get Started

- ✓ Start reading labels
- ✓ Add 1 more veg serving a day
- ✓ Add 1 more fruit serving a day
- ✓ Make 1 healthy homemade treat to replace sugary treat
- ✓ Upgrade one meal consistently
- ✓ Teach about healthy eating
- ✓ Cut up veggie always available
- ✓ Have client be in kitchen helping
- ✓ Always offer something healthy first
- ✓ Talk to other parents, therapists, caregivers, etc to coordinate healthy eating

For time/convenience/savings:

THRIVE MARKET – save 25% off first order with this link:

<https://nourishinggurus.com/thrive>



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HEALTHY ALTERNATIVES

Sides/Starches/Beans/Pasta

- Lundberg (grains and pilafs)
- Seeds of Change (quick rice)
- Banza pasta, Tolerant pasta
- Annie's Grass-fed mac cheese
- Annie's Gluten-free mac cheese

Chips/Snacks (processed but better)

- Siete Grain Free Tortilla
- Good Health avocado oil potato chips
- Jackson's Honest Sweet Potato
- Terra Plantain Chips
- Annie's Organic Fruit Snacks

Crackers

- Mary's Gone Cracker Thins
- Simply Mills
- Julian's Bakery Paleo Thins
- Lundberg Thin Stackers
- Blue Diamond Artisan Nut Thins
- Annie's Cheddar Bunnies (regular and gluten free)

Cereals (No more than 6g sugar/svg).

- Nature's Path (Mesa Sunrise, Whole Organic O's, Heritage Heirloom Whole Grain Flakes)

Granola Bars

- Lara Bars, RX Bars
- KIND bars (look for 4g sugar)
- Autumns Gold (Costco)

Soups

- Imagine Organic, Amy's

Protein Powders

Go to: <https://wellevate.me/NourishingGurus>
Our picks in the Protocol section

Mixes (pancakes, bread)

- Simple Mills Mixes
- Birch Benders Pancake Mix

Yogurt

- Siggis, all flavors
- Seven Stars, plain
- Stonyfield, organic/grass-fed
- Green Valley (no lactose)
- Redwood Hill Goat Yogurt
- Lava (coconut/pili nuts/plantain)

Organic Meats/Sausages

- Bell and Evans Chicken Nuggets (regular and gluten free)
- Rotisserie chicken, organic only
- Butcher Box (online)
- Coleman
- Aidells/Bilinski organic sausages
- Teton Waters Kielbasa (Costco)
- Organic ground turkey, chicken
- Organic grass-fed beef
- Deli Meat: Plainville Farms, Applegate, Wegmans organic

FREEZER ITEMS

Vegetarian Burgers

- Hilary or Sunshine Burgers

Animal protein

- Bubbas grass-fed burgers
- Tribali (grass fed beef & chicken patties); look online

