

optimal foods for autism

These foods emphasise the nutrients associated with autism (i.e. vitamin A, vitamin D, zinc, magnesium, vitamin B6, vitamin B12, thiamine, vitamin C, glutamine and folate). From a macronutrient perspective, these foods are 48% protein, 17% fat and 13% net carbohydrates.

vegetables

- Chinese cabbage
- watercress
- spinach
- lettuce
- coriander
- chives
- parsley
- endive
- seaweed
- broccoli
- chicory greens
- amaranth leaves
- asparagus
- chard
- okra
- cauliflower
- zucchini
- beet greens
- cabbage
- escarole
- arugula
- sauerkraut
- summer squash
- turnip greens
- banana pepper
- red peppers
- mustard greens
- mushrooms
- radishes
- celery
- kale
- Brussel sprouts
- mung beans
- yeast extract spread
- alfalfa
- peas
- artichokes
- collards
- snap beans

spices

- basil
- dill (fresh)
- paprika
- tarragon
- sage
- marjoram
- thyme

nuts and seeds

- cowpeas
- black beans
- coconut water
- lentils

offal

- liver
- heart
- kidney
- brains

animal products

- chicken breast
- veal
- pork chops
- leg ham
- ground beef
- ground pork
- pork shoulder
- sirloin steak (lean)
- chuck steak
- chicken drumstick
- pork (lean)
- turkey
- whole egg
- beef roast
- porterhouse steak
- cream cheese
- roast pork
- protein powder
- lamb (lean)
- pork loin

- rib eye fillet
- egg yolk
- pork ribs
- roast ham
- roast beef

seafood

- halibut
- salmon
- crab
- white fish
- fish roe
- cod
- octopus
- mussel
- pollock
- rockfish
- caviar
- crayfish
- lobster
- oysters
- haddock
- sturgeon
- clam
- trout
- whiting
- flounder
- starfish
- shrimp
- tuna
- perch
- herring
- scallop
- molluscs
- welk
- sardine
- anchovy
- mackerel
- smelt