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What's for Dinner? Tips for Healthy Meal Planning

In this busy world of work and family obligations, social events, and long commutes, dinner can often slide into stressful last-minute decisions.



Add in the symptoms of ADHD, and trying to eat healthy meals without resorting frequently to takeout, eating out, or convenience foods can be a real challenge. Many restaurant and pre-made meals can strain the wallet as well as the waistline. Not only can they be more expensive, but premade and restaurant meals can come in too large portions with more salt and fat than you want in your food. Impulsivity can also contribute to snacking and over-eating. People may even be so overwhelmed that they skip meals. [Read more.](#)

Where to Look for an ADHD Professional

Are you looking for an ADHD professional to help you or your child with an evaluation or treatment plan? Finding the right professional for you makes a difference in treatment and, for many people, how successful treatment can be.

When you are looking for an ADHD treatment provider for your child, a good place to start is with your child's pediatrician. Some pediatricians are well trained in childhood ADHD. The American Academy of Pediatrics recommends that physicians begin the evaluation process for ADHD for children between 4 and 18 years old.

[Learn more.](#)



Ask the Specialist: Will I Outgrow ADHD?

Q: Will I ever get over ADHD? How long will I have to deal with these symptoms?
- Minnesota Teen

A: Over the years, we have had a lot of people ask us the same question. Unfortunately, the majority of people will not outgrow ADHD. We now understand that ADHD is brain-based disorder that affects individuals across the lifespan. [Read more.](#)



Complementary Approaches to ADHD Treatment



Stephanie Sarkis, PhD

We're on YouTube!



HelpForADHD

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What Is ADHD?
3,846 views 3 years ago
General information and introduction to attention-deficit/hyperactivity disorder (ADHD / ADD).

From the National Resource Center on ADHD: A Program of CHADD, providing science-based information about all aspects of ADHD.

Visit our youtube channel on various topics concerning ADHD such as teens and driving, what to expect in

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a classroom setting, nutrition and more.

Do you know which non-medication treatments for ADHD are the most effective? Have you considered the long-term costs and benefits of trying complementary approaches to ADHD treatment?

[Watch here.](#)

Stephanie Sarkis takes a critical look at common interventions for ADHD and how successful they can be for symptom management.

Register

The logo features a stylized orange flower-like icon on the left, followed by the word "ADHD" in a bold, blue, sans-serif font. To the right of "ADHD", the words "in the News" are written in a blue, cursive script font.

- Link between ADHD, vision impairment in children
- 'If you can pay attention, you do not have ADHD' – and 9 other misperceptions about the disorder
- ADHD Diagnostic Scales: Which test is best?
- Living with adult ADHD - let's talk about Sheila

Read these and other articles in the [ADHD in the News weekly digest.](#)

Did You Know?

There are 5 common conditions are sometimes mistaken for ADHD.

- Sleep Apnea Disorder
 - Learning Disability
 - Hearing Problems
 - Mental Illness
 - Thyroid Condition
-

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