

BrainCore Neurofeedback of Indiana



Starting off the day by not eating protein sets the stage for **impaired** attention and concentration.

No amount of medication, parenting, school intervention, or counseling will correct an attention problem that is caused by nutritional deficiency.

Protein - is absorbed by our bodies and used to make neurotransmitters, the chemicals released by our brain cells to communicate with each other so that we can pay attention, learn; control our emotional reactions... Without sufficient protein, it is impossible to pay attention, control our actions, and regulate our moods.

20 grams must be consumed by lunch with at least one-half first thing in the morning.

Item:	Protein:	Calories:	Location:
One Egg	6g	70cal	Refrigerator Section
Natural Turkey 3 slices	11g	60cal	Refrigerator Section
Lowfat Choco Milk 8oz	9g	180cal	*Kroger
Morning Star Farms 2 sausage patties	20g	160cal	Freezer Section
Morning Star Farms 4 links	18g	160cal	Freezer Section
Kashi GoLean Crunch Cereal 1 cup	9g	190cal	Cereal Aisle
Annie's WW & Ched Mac & Cheese	9g	260cal	Whole Food Section
Fage Greek yogurt w/fruit non-fat	13g	120cal	Refrigerator Section
Peanut Butter - 2 Tablespoons	7g	190cal	Next to Jelly

*Organic is best when feasible. Note: Kroger brand milk (Fair Oak Farms) sold locally claims not to use rbSt.

Many companies make protein bars. You may want to watch the calories, sugar, fat, carbs.... But there is something out there to fit you! Keep one in your car, desk, bag, locker, pantry...

Think: A child eats a breakfast that has no fat, little protein and a high glycemic index – let's say a bagel with fat-free cream cheese. Blood sugar goes up, but then soon crashes, which triggers the release of stress hormones like adrenaline. At around 10am, this child has low blood sugar and lots of adrenaline circulating in the bloodstream. This child is jittery and fidgety and cannot pay attention. This looks like ADHD to the teacher.