

más allá del síntoma



Can Diet Influence ADHD?

What Scientific Research Suggests:

For decades, Attention-Deficit/Hyperactivity Disorder (ADHD) has primarily been understood through the lenses of neurobiology, behavior, and clinical treatment.

When ADHD is discussed, the conversation often focuses on neurotransmitters, psychological interventions, and medication. In recent years, however, another question has increasingly appeared in scientific research:

Could diet also influence how the brain functions?

According to the current scientific literature, the answer is nuanced but intriguing. Nutrition does not replace evidence-based medical or psychological treatments. ADHD is a complex condition with genetic,

neurological, and environmental components.

However, recent studies suggest that certain dietary patterns may influence processes related to attention, mental energy, and emotional regulation.

At **Instituto Clínico González & Talavera**, we approach mental health from an integrative perspective. The mind, body, and lifestyle are part of the same system, and within that system, nutrition may also play a meaningful role.

Diet and the Brain: What Science Is Exploring

Research in neuroscience and nutritional psychiatry is examining how certain nutrients may influence attention and emotional regulation.

Omega-3

Found in foods such as salmon and sardines, as well as nuts and seeds. These fatty acids contribute to the structure of neurons and to brain communication. Some studies have observed modest improvements in attention and impulsivity in children with ADHD.

Iron and Zinc

These minerals help support the production of neurotransmitters involved in motivation, mental energy, and concentration.

The Gut-Brain Axis

Recent research is also exploring how the gut microbiome may influence inflammatory processes and emotional regulation.

Rather than focusing solely on eliminating specific foods, many experts recommend maintaining balanced and regular eating patterns.

Research on nutrition and mental health continues to evolve, but it is increasingly clear that emotional well-being is shaped by multiple factors: the brain, the body, the environment, and daily habits.

Understanding how these elements interact can help create conditions that better support attention, emotional regulation, and healthy development.

Conoce nuestros productos:



If you would like to learn more evidence-based practical strategies to improve attention, organization, and emotional regulation in individuals with ADHD, we invite you to explore our “Banditas for ADHD” cards, designed to turn scientific insights into simple tools for everyday life.

Podcast



www.banditas.net

