



Autism and Diet: What You Need to Know

Rosemary Kessick

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Parents have been reporting a connection between autism and diet for decades, but for many years the science behind the connection was elusive. Today, we see a growing body of research to back up parental-reported evidence that certain foods and other environmental sources can affect the developing brains of some children, and trigger adverse behavioural episodes.

Written by an autism expert who has witnessed in her own child the dramatic improvement that can be made through dietary intervention, this book offers an 'easily digestible' guide to the science behind the considerations; strategies for implementing a safe diet; a handy list of ingredients to be avoided; as well as a concise bank of essential resources and useful contacts.

This book offers an accessibly concise guide to all aspects of dietary invention in children with autism, and is an ideal resource for parents, teachers and any other family member or caregiver who needs to know how to help implement a safe and healthy diet for an autistic child.

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