

NOTES:

Some facts:

- Mothers with ADHD = increased stress from the demands of home life like meal planning and preparation¹
- Deciding what to prepare for dinner requires tapping into those planning skills that are not always optimal.
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1 = Perez Algorta, G., Kragh, C. A., Arnold, L. E., Molina, B. S. G., Hinshaw, S. P., Swanson, J. M., Hechtman, L., Copley, L. M., Lowe, M., & Jensen, P. S. (2018). Maternal ADHD Symptoms, Personality, and Parenting Stress: Differences Between Mothers of Children With ADHD and Mothers of Comparison Children. *Journal of Attention Disorders*, 22(13), 1266–1277. <https://doi.org/10.1177/1087054714561290>

Executive Functions:

- Activation: Organizing, Prioritizing, Activating to work
- Focus: Focusing, Shifting attention to tasks
- Effort: Regulating alertness, Sustaining effort, Processing speed
- Emotion: Managing frustration, Modulating emotions
- Memory: Utilising working memory, Accessing recall
- Action: Monitoring action, Regulating behavior

SOURCE: Brown, Thomas E. Ph.D. <https://www.browнадhdclinic.com/the-brown-model-of-add-adhd>

Effects of a Disorganized Kitchen:

- **Effects on the home:**
 - Stuff everywhere
 - Wasted time looking for things
 - Duplicate items
- **Effects on relationships:**
 - Arguments over the mess
 - Rushing at the last minute
 - Parent-Child Dynamic

- **Effects on health:**
 - Overweight or obesity
 - Stress & anxiety
 - Heart disease and/or diabetes
- **Effects on the mind:**
 - Brain fog
 - Overwhelm
 - Indecision

You Are What You Eat:

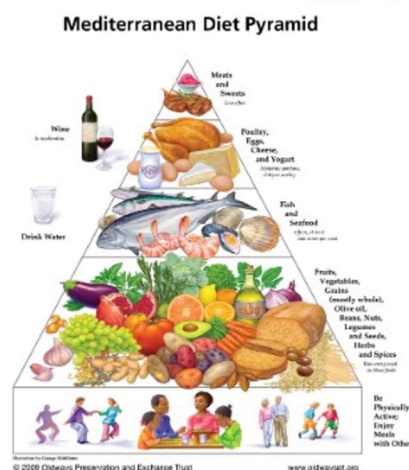
- Protein + Vitamins = Neurotransmitters
- Omega 3 = Brain structures

High Performance Needs High Quality Fuel

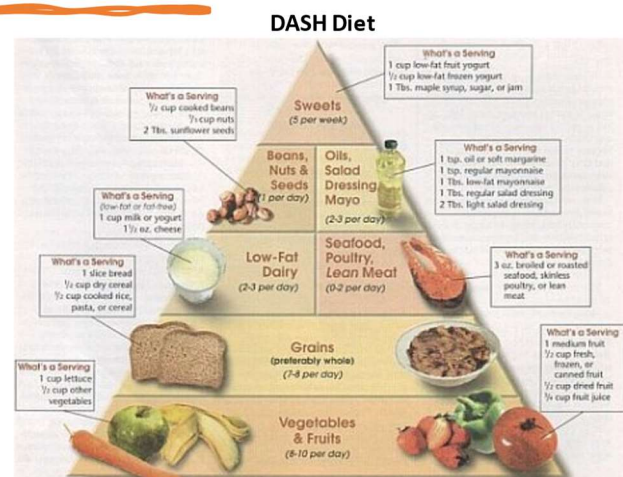
- Hyundai Accent vs Porsche

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Baseline Healthy Eating



SOURCE: <https://oldwayspt.org/traditional-diets/mediterranean-diet>



SOURCE: <https://www.nhlbi.nih.gov/education/dash-eating-plan>

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The Anti-Inflammatory Food Circle

- Food + Lifestyle = Winning combination



SOURCE: Kim Arrey, Kim Arrey Nutrition ©2023

Buy the Right-Sized Plates for Kids Portions

- Adult = 10 inches
- Child = 7 inches

Handy Guide to Food Portions

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



Grains and starches*/Fruits*

Choose an amount the size of your fist for grains or starches, or fruit.

Milk and alternatives*

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



Vegetables*

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives*

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat*

Limit fat to an amount the size of the tip of your thumb.

* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*. © Canadian Diabetes Association, 2014.

SOURCE: <https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/handy-portion-guide.pdf>

Hand Sizing for Proportions

Your hand size is right sized for you to use when figuring out proportions, i.e. shorter people have smaller hands, taller people have larger hands.

Kitchen Organizing Basics

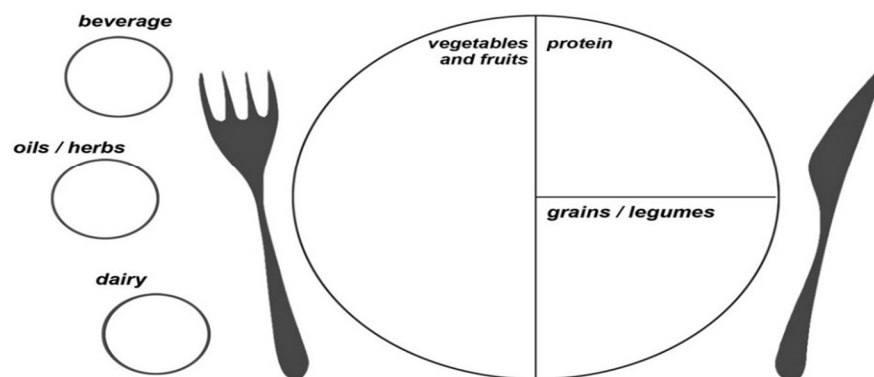
- **In view to cue:** Keep items used daily on counters to not forget e.g. pills, key cooking tools
- **Space makers:** Avoid stacking things on top of each other. Use racks for frying pans, mini shelves for dishes, caddies for packets,
- **Divide & conquer:** Use drawer organizers to keep drawers organized and prevent items from slipping around.
- **Easy access:** Clear pathways to items make it easier to work in your kitchen.
- **Cool organizing:** Invest in produce saving containers to reduce waste, store items purchased in small containers in fridge drawer to make it easy to keep an eye on expiry dates, group items in door by theme like salad dressing condiments in one section, pickled items in another.
- **Functional groupings:** Store items that used together in the same place e.g. mixing bowl with measuring cups, rolling pin with pastry mat.
- **Create zones:** Set-up function stations to reduce movements in kitchen by placing items within a 360o rotation, e.g. coffee station, breakfast station, spice center, baking supplies

5 Steps to an Organized Meal:

1 - Planning:

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The Healthy Plate



SOURCE: Kim Arrey, Kim Arrey Nutrition ©2023

- Start small. Plan one meal at a time. Move up to one day at a time.
- Apps for meal planning: Cozi, Yummly, Meal Prep Pro, Forks Over Knives, Mealime, Paprika, Plate Joy
- Shortcuts:
 - Have the ingredients for 3 pantry meals.
 - Aim for 1 pot meals.
 - Have a buffet of sides.

2 - Shopping:

- Shop the Outer Rim of Your Grocery Store:
 - Make a map of your grocery store so get in and out more quickly and to avoid temptations that are usually in the middle aisles.



SOURCE: <https://extension.psu.edu/the-new-nutrition-facts-panel-on-Aug-23-2023>

New Label

Nutrition Facts	
1	8 servings per container Serving size 2/3 cup (55g)
2	Amount per serving Calories 230
% Daily Value*	
3	Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g
	Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g
4	Includes 10g Added Sugars 20% Protein 3g
5	Vitamin D 2mcg 10% Calcium 200mg 15% Iron 8mg 45% Potassium 235mg 6%
6	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- **Ingredient list:** Ingredients are listed by concentration. First item is the biggest in quantity, last item is the smallest amount. Pay attention to portion size and daily percentages.

Staples: Keep a stash of pantry staples on hand for quick meal preparation:

- Flour
 - Milk
 - Eggs
 - Olive oil
 - Butter
 - Cheese
 - Yogurt
 - Frozen: Vegetables
 - Frozen: Fruit
 - Herbs & Spices (fresh, frozen, or dried)
 - Wine
 - Stock: Chicken
 - Stock: Beef
 - Pasta or Noodles
 - Tomato sauce
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- Produce saving containers can reduce waste and reduce the need to go to grocery store as often.
 - Shortcuts:
 - Buy on sale & freeze.
 - Marinate while freezing.
 - Label container contents & date.

3 - Preparing:

- Preparing lunches: have a snack station, portion out dried snacks into single servings, cut up fruit & veggies on weekend and package into single servings.
- Shortcuts:
 - Do an AM mise en place (i.e. lay out your ingredients in advance).
 - Buy pre chopped or frozen vegetables & fruit.
 - Use kitchen helpers like shoppers.

4 - Cooking:

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Mother Meat - BEEF**Ingredients:**

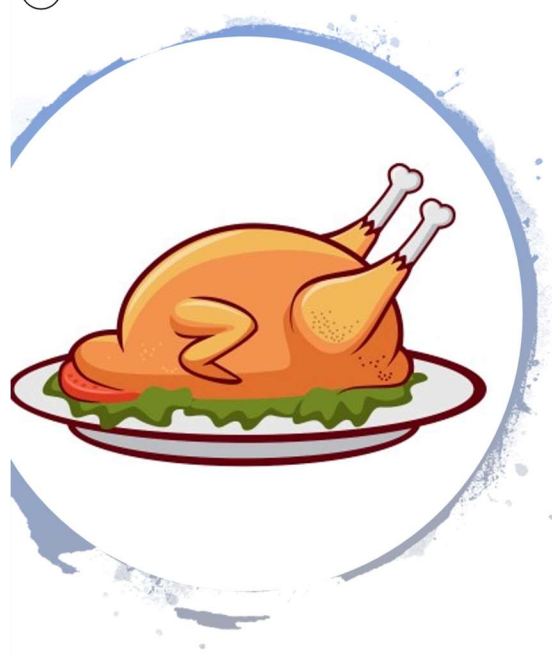
- 5 lbs Ground Beef
- 1 tbsp Salt
- ½ tbsp Pepper
- 2 cups Celery (chopped)
- 2 cups Onions (chopped)
- 2 cups Peppers (chopped)

Meal Options:

1. Minestrone soup
2. Tacos
3. Sloppy Joes
4. Chow mein
5. Spaghetti sauce
6. Stuffed peppers
7. Curry beef



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**Mother Meat - CHICKEN****Ingredients:**

- 11 lbs Chicken (4 whole roaster chickens cut up into pieces)
- 4 tsp Salt
- 2 tsp Pepper
- 3 tbsp Parsley
- tsp Basil, dried
- 1 tbsp Chicken stock (condensed)
- 1 Bay leaf
- 4 Carrots
- 1 Onion (chopped)
- 4 Qt Water

Meal Options:

1. Chicken casserole
2. Chicken soup
3. Enchiladas
4. Hot chicken sandwich
5. Chicken Salad
6. Chicken Pot Pie
7. Chicken chili

- **Shortcuts:**

- Do some bulk chopping.
- Use an Insta-pot or slow cooker.
- Use premade seasoning mixes.

5 - Cleaning:

- Stack to start dishes: Put like with like, e.g. utensils together, bowls together; just tell yourself to get the water ready, this should make it more likely that you start washing the dishes
- Shortcuts:
 - Limit the number of dishes to one of each for each family member.
 - Color code dishware by assigning different colors to each family member.
 - Cook using one pot or pan.

Getting outside help:

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Getting Outside Help – Summary Guide

TYPE OF HELP		PLANNING	SHOPPING	PREPPING	COOKING	CLEANING
Take-Out & Delivery						
Online Grocery Shopping						
Weekly Meal Prep kits						
Community Kitchens						
On Site Meal Prep Centers						
Weekly Meal Delivery Service						
Personal Chef						

 = More challenging  = Requires some effort  = Easy

SOURCE: Nathalie Pedicelli, Organize.Thrive.Monetize ADHD Coaching ©2023




WHAM Helps with Goal Setting:

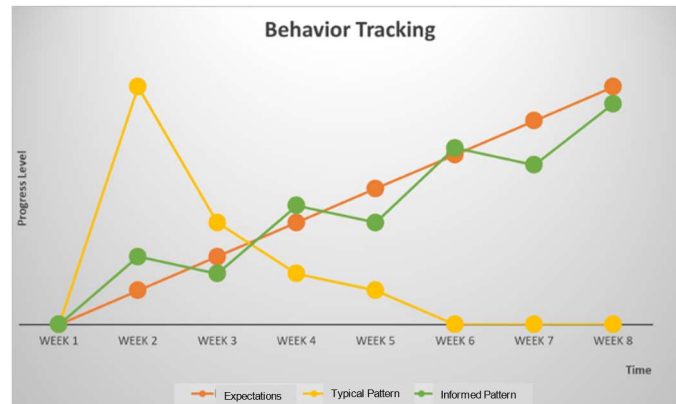
- What = What do you want to do
- How = How do you want to do it
- Apply = Do it
- Modify = Modify if necessary

SOURCE: Kim Arrey, Kim Arrey Nutrition ©2023

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ADHD HABIT FORMATION

- **Hope Line:** 
 - Our expectations
- **Hare Line:** 
 - Typical ADHD pattern
- **Tortoise Trail:** 
 - Informed ADHD pattern



When **Hope Line** \neq **Hare Line** = Frustration & Disappointment

SOURCE: Nathalie Pedicelli Organize Thrive Monetize ADHD Coaching. ©2020

59

Key Points:

- **Eating Key Points:**
 - Whole diet approach; first start with the Mediterranean diet /DASH diet.
 - Use the Plate Planner to plan your meals and fill your pantry, fridge and freezer.
- **Organizing Key Points:**
 - Invest time in setting up your kitchen for easy food prep.
 - Use some containers to organize spaces.
 - Consider ADHD-friendly tools like a slow-cooker.

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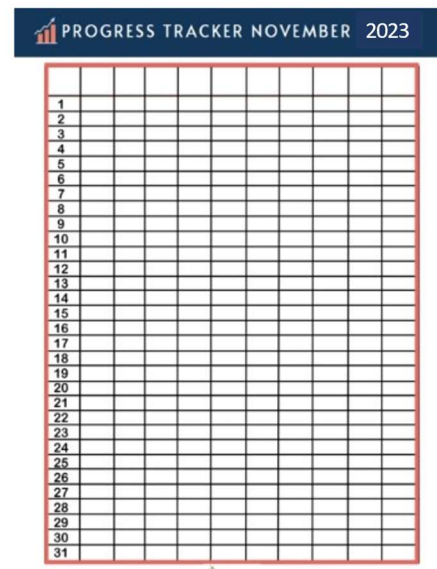
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