Foods and additives are common causes of the attention deficit hyperactive disorder in children.

**Boris M, Mandel FS.**

North Shore Hospital-Cornell Medical Center, Manhasset, New York.

The attention deficit hyperactive disorder (ADHD) is a neurophysiologic problem that is detrimental to children and their parents. Despite previous studies on the role of foods, preservatives and artificial colorings in ADHD this issue remains controversial. This investigation evaluated 26 children who meet the criteria for ADHD. Treatment with a multiple item elimination diet showed 19 children (73%) responded favorably, P < .001. On open challenge, all 19 children reacted to many foods, dyes, and/or preservatives. A double-blind placebo controlled food challenge (DBPCFC) was completed in 16 children. There was a significant improvement on placebo days compared with challenge days (P = .003). Atopic children with ADHD had a significantly higher response rate than the nonatopic group. This study demonstrates a beneficial effect of eliminating reactive foods and artificial colors in children with ADHD. Dietary factors may play a significant role in the etiology of the majority of children with ADHD.

Publication Types:

- Clinical Trial
- Controlled Clinical Trial
- Randomized Controlled Trial
- Review

MeSH Terms:

- Analysis of Variance
- Attention Deficit Disorder with Hyperactivity/chemically induced
Attention Deficit Disorder with Hyperactivity/etiology*
Child
Child, Preschool
Double-Blind Method
Female
Food/adverse effects*
Food Additives/adverse effects*
Food Hypersensitivity/complications*
Humans
Hypersensitivity, Immediate/epidemiology
Hypersensitivity, Immediate/etiology
Male
Placebos

Substances:

- Food Additives
- Placebos

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