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Dr Alex Richardson, one of the UK's leading authority on how nutrition affects behaviour and learning, exposes the truth behind the foods we are feeding our

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How To Improve Your Child's Behaviour And Mood With Better Nutrition We are learning so much about the interconnectivity between Maybe you don't feed your kids chocolate bars before bed

[Food and Behavior: Are they connected? Watch this and See.](#)

You may think that these problems don't affect you since your child doesn't suffer from serious behavioral problems or learning disabilities. Remember, the children in the video were just a regular group of school kids not children selected because they didn't behave well.

[How food affects a child's mood & behaviour - Seriously Kids](#)

Do you know how food affects a child's mood and behaviour? Food can have an impact on their mood and behaviour, disruptive behaviour, to mood swings, learning difficulties, lack of concentration and much more. It can change the behaviour up to half of our children with just the additives and colourings added to the food they eat.

[Can food affect my child's behaviour? - The Centre for ...](#)

Can food affect my child's behaviour? Do comments like these sound familiar? You can tell when my kids have eaten sugar. It makes them bounce off the walls! My child gets so hyper when he eats anything with when they are excited or under stress. If your child seems over-active or hyper,

[Ten Tips To Improve Your Child's Behavior and Learning ...](#)

Ten Tips To Improve Your Child's Behavior and Learning Through Diet. By The simple solution to getting your kid to perform better in school is to eliminate gluten and feed them a high-protein whole foods diet with minimal processed foods. If this doesn't help improve behavior, you can have your child tested for food intolerances by a

[They Are What You Feed Them by Dr Alex Richardson](#)

Dr Alex Richardson, the UK's leading authority on how nutrition affects behaviour and learning, exposes the truth behind the foods we are feeding our children and offers simple, practical solutions all parents can use.

[Behaviour in children: how diet can help | BBC Good Food](#)

Want to help stabilise your child's mood swings and improve concentration? Find out how simple changes to diet might help Studies into the effect food has in altering mood and behaviour in children have had mixed results.

However, the possibility that a healthy, balanced diet could make a