

Autism Spectrum Disorder (ASD) is a developmental disorder characterised by communication challenges, learning difficulties, restricted interests, and repetitive behaviours.

NUTRITION CHALLENGES IN AUTISM SPECTRUM DISORDER

Feeding Difficulties

Eg. picky eating, rigid timings of meals, and limited independent feeding.

Food Hypersensitivities

Eg. sensitivities to different textures, smell, tastes leading to

Avoidant/Restrictive Food Intake Disorder (ARFID)

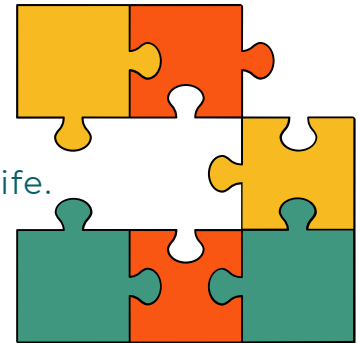
Eg. ARFID causes severe avoidance of food groups leading to potential nutrient deficiencies and impaired quality of life.

GI Disturbances

Eg. Nausea, vomiting, constipation, and diarrhea.

Social Challenges

Eg. Difficulty to dine in social settings, distracted during meal timings.



HOW DO WE MANAGE THESE NUTRITION CHALLENGES?



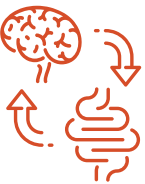
Follow Food Chaining

Food chaining can help in including foods of different textures, flavours, smell one at a time, building variety of food acceptance over time.



Small & Frequent Meals

Offer small portions of meals more frequently to individuals, focus on including foods providing a variety of macronutrients and micronutrients.



Probiotics Supplementation

The gut microbiome diversity helps in improving GI symptoms of ASD. Focus on including fermented foods and drinks (eg. yogurt, kefir, kombucha etc) in your daily meals. Supplementation might be helpful based on RD's recommendations.



Nutrition Supplements

Various nutrient supplements such as omega-3 supplements, vitamin D, B-complex vitamins, iron, vitamin B12 have been studied for benefits in improving behaviour and GI symptoms of ASD. Talk to your RD for more information of nutrient supplements.

If you have a loved one with an ASD, reach out to our Registered Dietitians (RD) for more information on managing Nutrition Challenges in Autism Spectrum Disorder.