



# How Portion Control Can Support ADHD Management

## ADHD & Eating Behaviours: Finding Balance with Portion Control

ADHD is a neurodevelopmental disorder that often begins in childhood and can persist into adulthood or may only be diagnosed in adulthood. While ADHD primarily affects concentration, impulse control, and organizational skills, it can also impact eating behaviours. Impulsive eating, craving for quick fixes, and difficulties with meal planning are common challenges faced by individuals with ADHD.

## Key Symptoms That Affect Eating Habits

1. **Difficulty Concentrating** - Easily distracted during meals, which may lead to mindless eating.
2. **Impulsivity** - Making quick, unplanned food choices or overeating.
3. **Forgetfulness** - Skipping meals or forgetting to eat until very hungry, leading to overeating.
4. **Disorganization** - Trouble planning meals, leading to last-minute, less balanced food choices.
5. **Low Frustration Tolerance** - Quickly turning to comfort foods or overeating in response to stress or frustration.

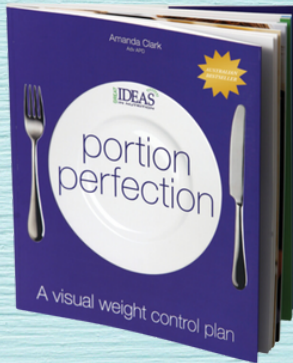




# Tips for Implementing Portion Control with ADHD

## Use Visual Reminders

Place visual cues, like meal prep containers or portion guides, where you can easily see them. This helps reinforce portion habits.



## Set Alarms for Meal Times

If you often forget meals, try setting reminders on your phone or watch to keep a consistent eating schedule per day, such as lunch, until it becomes a habit.



## Stick to a Routine

ADHD often benefits from structure, so try prepping meals at the same time each week to establish a routine.



## Start Small

Begin with portioning one meal per day, such as lunch, until it becomes a habit.



# How Portion Control and Portion Perfection Can Help

With tools like Portion Perfection, individuals with ADHD can work towards more mindful and balanced eating habits, creating a supportive structure that reduces stress and promotes health.

Practising portion control can improve daily eating habits, making it easier to maintain a balanced diet and better manage ADHD symptoms. Here's how a system like Portion Perfection can be supportive:

## 1. Manage Impulsivity with Pre-Portioned Meals

Portion control tools like the Portion Perfection Preppers offer pre-portioned containers, making it easy to prepare balanced meals in advance. Having meals ready and portioned reduces the chance of impulsively choosing less healthy options or eating larger amounts than intended.



## 2. Improves Consistency with Visual Cues

Portion Perfection uses visual portion guides printed on the Portion Perfection Plates, helping individuals with ADHD remember what a balanced meal looks like. These visual aids can encourage consistency and help reduce the risk of overeating or undereating. Check out our additional tools like the Ulla Hydration Reminders which light up when you haven't taken a sip from your water bottle recently.



## 3. Simplifies Meal Planning for Better Organization

ADHD can make meal planning a challenge, but portion control systems simplify this task. By using our correctly portioned recipes, you can streamline grocery shopping and meal prep, reducing the daily stress of decision-making around food. Be sure to get the 4 Week Weight Loss Menu Plan.





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## 4. Reduces Stress by Making Healthy Eating Effortless

Using the Portion Perfection Kit-n-Karry lunchbag, removes the guesswork from portioning meals, lowering stress and frustration around eating. By making healthy eating as easy as “grab-and-go,” it can support consistent, balanced eating without the need for frequent decision-making.



## 5. Supports Mindful Eating and Reduces Overeating

Tools like Portion Perfection encourage mindfulness. The prompts around the outside of the Portion Perfection Plate guide the things to think about whilst eating so that you may feel satisfied from your head, rather than just waiting for your stomach to be full. Listen to our Hypnotherapy Audio regularly to keep your mind on your side.



## 6. Encourages Healthier Snack Choices

For impulsive snackers, using the Portion Perfection Snacker can help manage cravings in a healthier way. Pre-portioning snacks reduces the likelihood of overindulging and helps build more conscious snacking habits.

