

all natural moms guide to the feingold diet sheri davis

All Natural Moms Guide to the Feingold Diet Sheri Davis is an invaluable resource for parents seeking to improve their children's health through diet. The Feingold Diet, developed by Dr. Ben Feingold in the 1970s, is designed to help individuals who experience behavioral issues linked to food additives, artificial colors, and certain natural substances. This guide, particularly through the insights of Sheri Davis, offers practical advice, meal plans, and an understanding of how to implement this diet effectively. In this article, we will explore the principles of the Feingold Diet, its potential benefits, and how to navigate this dietary approach as a family.

Understanding the Feingold Diet

The Feingold Diet is primarily aimed at reducing hyperactivity and behavioral problems in children. It focuses on eliminating:

- Artificial colors and flavors
- Preservatives
- Certain natural additives, such as salicylates

The underlying belief is that some children may have sensitivities to these substances, which can lead to various behavioral issues, including hyperactivity, irritability, and mood swings.

The Philosophy Behind the Feingold Diet

At its core, the Feingold Diet promotes a holistic approach to health. This means that by eliminating specific additives from a child's diet, parents may see improvements not only in behavior but also in overall well-being. Sheri Davis, an advocate for the diet, emphasizes the importance of whole, unprocessed foods. Unlike many modern diets that may rely on convenience, the Feingold Diet encourages a return to natural eating.

Benefits of the Feingold Diet

There are several potential benefits of following the Feingold Diet, particularly for children with behavioral issues:

- **Improved Behavior:** Many parents report significant improvements in their child's behavior after eliminating problematic foods.
- **Increased Focus:** Children may show better concentration and reduced impulsivity.
- **Better Sleep Patterns:** Some parents notice that their children sleep better when on the diet.
- **Healthier Eating Habits:** The diet encourages the consumption of whole, nutrient-dense foods, leading to overall healthier eating patterns.

Potential Challenges

While the Feingold Diet can offer many benefits, it is not without its challenges. Parents may face:

- **Social Situations:** Children may feel left out during parties or gatherings where food is served that does not adhere to the diet.
- **Limited Food Choices:** Some families may struggle to find suitable alternatives to their favorite snacks and meals.
- **Time-Consuming Preparation:** Preparing meals from scratch can be time-intensive, especially for busy families.

Implementing the Feingold Diet

Starting the Feingold Diet requires careful planning and preparation. Here's how to get started:

Step 1: Educate Yourself

Before diving into the diet, it's crucial to understand its principles thoroughly. Sheri Davis recommends:

- Reading the Feingold Association's guidelines.
- Joining support groups or forums for families following the diet.
- Consulting with healthcare professionals who are familiar with the Feingold Diet.

Step 2: Create a Meal Plan

Meal planning is essential for success on the Feingold Diet. Consider the following tips:

1. Start with Whole Foods: Focus on unprocessed fruits, vegetables, grains, and proteins.
2. Read Labels: Become proficient at reading food labels to avoid hidden additives.
3. Plan Snacks: Healthy snacks are crucial. Think about options like nuts, seeds, and fresh fruits.

Step 3: Remove Problematic Foods

Begin by eliminating all foods that contain artificial colors, flavors, and preservatives. This may include:

- Processed snacks
- Fast food
- Certain condiments

It's also essential to be aware of natural substances such as salicylates found in certain fruits and vegetables.

Step 4: Monitor Behavior and Health

As you begin the diet, keep a journal to track any changes in your child's behavior and health. This can help identify specific triggers and the effectiveness of the diet.

Recipes for the Feingold Diet

Here are a few simple recipes that align with the Feingold Diet principles:

Breakfast: Oatmeal with Fresh Fruit

- Ingredients: Rolled oats, water or milk, fresh berries or bananas.
- Instructions: Cook oats according to package instructions. Top with fresh fruit for sweetness.

Lunch: Quinoa Salad

- Ingredients: Quinoa, cucumber, bell pepper, olive oil, lemon juice, salt.
- Instructions: Cook quinoa, then mix with diced vegetables. Drizzle with olive oil and lemon juice.

Dinner: Grilled Chicken with Steamed Vegetables

- Ingredients: Chicken breast, your choice of vegetables (such as broccoli, carrots), olive oil, herbs.
- Instructions: Season chicken with herbs and grill. Steam vegetables until tender.

Conclusion

The **All Natural Moms Guide to the Feingold Diet Sheri Davis** is a comprehensive resource for parents looking to make dietary changes for their children. By understanding the principles of the Feingold Diet, implementing it thoughtfully, and preparing delicious meals, families can navigate the challenges and enjoy the benefits of this holistic approach to health. As always, it's important to consult with healthcare professionals when making significant changes to a child's diet, ensuring a safe and effective transition.

Frequently Asked Questions

What is the Feingold Diet as presented in Sheri Davis's guide?

The Feingold Diet is a dietary approach aimed at reducing hyperactivity and behavioral issues in children by eliminating artificial additives, colors, and certain preservatives from their diets.

Who is Sheri Davis and what qualifies her to write about the Feingold Diet?

Sheri Davis is a parenting expert and advocate for natural living, known for her work in promoting healthier dietary options for children. Her personal experiences and research into the Feingold Diet inform her guide.

What are some common foods to avoid on the Feingold Diet?

Common foods to avoid include those containing artificial colors, flavors, and preservatives, such as processed snacks, sodas, and certain candy brands.

How does the Feingold Diet propose to improve children's behavior?

The Feingold Diet suggests that removing specific artificial ingredients can reduce hyperactivity and improve focus and behavior in children who are sensitive to these additives.

What are the key components of the All Natural Mom's Guide to the Feingold Diet?

Key components include meal planning, shopping lists, recipes, and tips for transitioning to a Feingold-compliant diet while maintaining a natural lifestyle.

Can adults also benefit from the Feingold Diet according to Sheri Davis?

Yes, Sheri Davis suggests that adults can also benefit from the Feingold Diet, especially those who may experience sensitivities to artificial additives.

What are some substitutes for common processed foods on the Feingold Diet?

Substitutes include whole, unprocessed foods like fresh fruits, vegetables, whole grains, and homemade snacks that do not contain artificial ingredients.

How can parents implement the Feingold Diet in a family setting?

Parents can implement the diet by involving the whole family in meal planning, cooking together, and

educating children on healthy eating habits while gradually eliminating problematic foods.

What resources does Sheri Davis provide for families following the Feingold Diet?

Sheri Davis provides various resources including detailed guides, recipe ideas, support community links, and tips for navigating social situations while adhering to the diet.

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