

## Neurodiversity and relationship with food

Navigating the world as a Neurodivergent individual has its own unique challenges. The sensory needs that often arise in Neurodiversity can have a significant impact on every day tasks such as eating. Oral sensitivity, hypersensitivity to taste, smell and texture as well as complex relationships with physical body cues such as hunger and satiety can all influence an individual's relationship with food, creating unique and highly individual challenges that affect their ability to make decisions about what and when to eat. During times of sensory overwhelm or low energy, it can be helpful to have easily accessed meal and snack options that require no or minimal preparation.

### Grab & Go

- Up and Go
- Chips
- Flavoured rice crackers
- Custard/yoghurt tub
- Cookies
- Museli bar
- Frozen meals
- Leftovers



### Keeping it Quick

- Cheese & crackers
- A glass of milk with your favourite mixer such as Milo, Sustagen, Ovaltine or Nesquik
- A sandwich with your favourite filling such as jam, cheese, turkey, peanut butter or Nutella
- Yoghurt with granola
- Cereal with milk
- Sushi and edamame beans
- Rice cakes with cottage cheese or fetta and avo



### Easy Eats

- Blended smoothie with banana, yoghurt, peanut butter, honey & milk
- Jam and shaved turkey, cucumber & lettuce sandwich
- Pasta and red/creamy sauce with cheese
- Cheese and crackers with olives, cucumber and tomato
- Ham, cheese, tomato and avo toastie
- Yoghurt with granola, honey and fruit salad
- Smoked salmon, cream cheese and dill bagel
- Baked beans on toast



Please note that this information is for general use only and it is not to be used as a personal medical advice