

# Autism Diet Plan for Nigerian Children

Recipes & Shopping List - By Dr. Pascaline

## Introduction

Are you a Nigerian parent navigating the autism journey with your child? This free diet plan is tailored just for you. Inspired by the GAPS (Gut and Psychology Syndrome) diet, this plan will help reduce inflammation, improve digestion, and support your child's overall health and behavior naturally.

## Why Diet Matters in Autism

- Link between gut health and brain health
- Food sensitivities common in children with autism
- Benefits of a healing diet

## Foods to Remove Immediately

- Gluten (wheat, bread, pasta)
- Casein (milk, cheese, yogurt)
- Sugar and artificial sweeteners
- Processed foods and snacks

## Foods to Introduce

- Bone broth (rich in minerals)
- Fresh fruits and vegetables
- Fermented foods (like ogiri, iru, kombucha)
- Organic protein: goat meat, chicken, fish
- Healthy oils: palm oil, coconut oil, avocado

## Sample Weekly Meal Plan (Nigerian Style)

Day 1:

- Breakfast: Mashed ripe plantain with avocado
- Lunch: Rice with vegetable soup (no seasoning cubes)

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- Dinner: Grilled fish with steamed ugu and carrots

Day 2:

- Breakfast: Pap (fermented millet) with coconut milk
- Lunch: Yam porridge with vegetables
- Dinner: Chicken pepper soup with unripe plantain

Day 3:

- Breakfast: Scrambled eggs with tomatoes and scent leaf
- Lunch: Rice and ofe akwu (homemade)
- Dinner: Boiled sweet potatoes with coconut oil and fish

## Nigerian Shopping List (Autism-Friendly)

- Proteins: Chicken, goat meat, fish, snails, eggs
- Carbs: Unripe plantain, sweet potatoes, brown rice, millet
- Vegetables: Ugu, waterleaf, carrot, cucumber, okra, spinach
- Fats & Oils: Coconut oil, palm oil, olive oil
- Others: Ogiri, iru, fermented foods, herbs and spices

## Tips for Parents

- Cook from scratch
- Read food labels
- Observe and document changes in behavior
- Be patient-healing takes time
- Stay connected to your faith and support community

## Want More?

Visit [www.autismparentingblog.com](http://www.autismparentingblog.com) for more resources, recipes, and faith-based support.

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With love and hope,

Dr. Pascaline