

Top 10 ADHD-Friendly Weight Loss Tips

(From someone who lost 100lbs in one year)

I am not a food expert or scientist. The tips below are what helped me lose a lot of weight in one year. Enjoy and let me know your favourite tips!

1. Harness your hyperfocus

Make your quest to lose weight your new favourite project. Immerse yourself in weight loss TV programmes, articles and recipes. Use your ability to pour your heart and soul into an interest: *your* magic weapon. This will support your mission and channel your fanatical behaviours into something positive.

2. Eat treats

You don't want to feel like you are depriving yourself because it will make you want to give up. When I lost 50kg (8 stone/100lbs) I ate ice cream every day. I ate fancy full-fat ice cream, but I made sure it was only 100g. I love having a pudding after my dinner, and this made it easier. Just account for your calories.

3. Track your diet

This one can be a challenge with ADHD. I use an app to log everything as I weigh my meal. I use a simple kitchen scale and make the process part of my food preparation routine. It won't always be easy — especially on chaotic days — but keep trying. I like to count calories, but studies show recording what you eat makes you accountable, and eat less. It will also tell you where you tend to fall down.

4. Find your mantra.

I find a lot of people tell me I am too strict about my diet, but with ADHD, I don't have a 'middle way.' I am all or nothing. I find things like deciding I won't have snacks, or eat after a certain time, or a calorie limit, makes me focused and able to manage my life. You might find rules too restrictive, so consider finding your one mantra and keeping to it.

5. Forgive yourself

You may have rules, but you are going to break them sometimes. This can make you want to give up and binge. Just try to move on and forgive yourself. You are probably very hard on yourself all the time but you have to allow yourself the space to fail, and then get back on the horse. One binge won't destroy all your hard work.

6. Ignore the haters

Whenever I try to do positive and healthy things, I always find there are people who are negative about it. I think some people feel you are judging them, even though you are not. They might try and encourage you to break

your diet, or tell you that you're doing something wrong. When I say I run, sometimes people respond with reasons why they can't run, or why running is bad for you. Don't let their insecurities knock you off course. Have confidence in your decisions.

7. Love your exercise

Exercise is fantastic when you have ADHD, it helps regulate your dopamine levels and burns off your frenetic energy — as well as calories. However, you have to find something you really love or you will quit. I get bored in the gym, but I love running, yoga and hiking. The intensity of running diminishes my hyperactivity. Yoga helps me calm down. Hiking does both. They help me manage my ADHD symptoms. Why not try something exciting as an adrenaline hunter?

8. Look after your mind

I don't see a weight loss journey as purely a practical programme. It is a way to take care of myself holistically. Yoga is great because it helps me with this, but consider mindfulness practices, journalling, or just using an app where you log a positive mental goal every day. Learn to be in tune with your body and your mind.

9. Explore healthy food and recipes

Research exciting new foods to keep you involved in your diet. There are so many options you are bound to find something you love. Becoming an expert in a new cuisine will appeal to your ADHD brain and keep things interesting. Building a varied sensory landscape should be appealing, and satisfy your lust for novelty.

10. Keep emergency food

There might be times when you don't feel able to control your diet. Keep something relatively low calorie that you enjoy in the cupboard. I love salt and vinegar rice cakes because I feel like I'm having crisps, but they are low calorie. Fruit is another good option. I would choose something that's somewhat indulgent. Let's be honest — for most of us, carrot sticks and celery just won't cut it.

11. Be realistic

It can be frustrating when you aren't losing a lot of weight quickly. It's a real challenge with ADHD so you have to stay motivated and understand it is a long process. It will be worth it in the end!

So there are my top tips!

Yes I know I said 10 and there are 11 — but I have ADHD so I got carried away. I believe in you, even if you have to restart ten times.