

Nutrition, Behavioral Programming, Autism

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Abstract

Proper nutrition is crucial for optimal neurodevelopment. Development and functioning depend on many factors, including adequate nutrition. Failure to optimize nutrition early in life can have profound long-term implications for mental health and quality of life. The role of nutrients in cognitive, emotional, and neural development and behaviour will be outlined in the presentation. We show that the personalized interventions, including nutrients, their interaction with other micro- and macronutrients and the way in which they are organized in the food matrix are of crucial importance for neurodevelopment and behaviour. Patients (children and adults) with autism often have the comorbidity disorder: ARFID (avoidant/ restrictive food intake disorder). Restrictive nutrition affects the development, leads to changes in behaviour, and impairs quality of life.

For children with autism, nutritional interventions are needed. Supplements and specialty foods with special textures or flavours can help overcome food selectivity.