

Pediatric Nutrition Specialist and Organizations

Reviewed and compiled in October 2025

Disclaimer:

This material is for informational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Always consult your child's healthcare provider or specialists for guidance tailored to their individual needs. Information presented here is based on current research and expert recommendations, but may change over time. Individual results may vary.

Here's a list of **websites, organizations, and specialists** that focus on **metabolic health, low-carb diets, and pediatric nutrition for special needs children**, including approaches for managing **neurodivergent behaviors** like ADHD, autism, and more. Many of these resources emphasize **dietary interventions** to help improve **brain health, behavior, and overall wellness**.

1. The Charlie Foundation for Ketogenic Therapies

Focus: The Charlie Foundation is a nonprofit organization dedicated to promoting **ketogenic diets** as a treatment for neurological conditions, including epilepsy and neurodevelopmental disorders. The foundation offers educational resources for parents and healthcare providers on the use of **low-carb, ketogenic diets** to improve brain health and behavior.

Website: <https://www.charlifoundation.org/>

2. The Autism Research Institute

Focus: This organization provides evidence-based information on various approaches to **autism spectrum disorder (ASD)**, including **dietary interventions** such as **gluten-free, casein-free, and low-carb diets**. It's a great resource for families seeking nutritional advice for managing **autistic behaviors** and improving **neurodevelopmental health**.

Website: <https://www.autism.org/>

3. The Nutrition and Behavior Clinic (by Dr. Elizabeth Mumper)

Focus: Dr. Elizabeth Mumper specializes in **integrative medicine** and nutrition for children with **autism, ADHD, and other neurodevelopmental disorders**. She advocates for **nutrient-dense** diets and therapeutic nutritional interventions to improve **behavioral health** in neurodivergent children.

Website: <https://www.nutritionandbehavior.com/>

4. The Institute for Integrative Healthcare Studies

Focus: This organization provides educational courses for healthcare professionals on **functional medicine** and **integrative nutrition** for treating conditions like **autism, ADHD**, and other neurodevelopmental challenges. It also covers **low-carb** and **ketogenic diets** for improving metabolic health and brain function.

Website: <https://www.integrativehealthcare.org/>

5. The Autism Nutrition Library

Focus: This online resource provides information on how **diet** (including **low-carb** and **gluten-free/casein-free diets**) can help improve the **behavior** and **health** of children with **autism**. It includes success stories, scientific research, and practical advice on dietary interventions.

Website: <https://www.autismnutrition.com/>

6. The Paleo Mom (Sarah Ballantyne)

Focus: Sarah Ballantyne advocates for **paleo nutrition**, which is **low-carb, anti-inflammatory**, and **nutrient-dense**. Her website and books offer practical advice on how **paleo diets** can benefit children with **autoimmune conditions, autism**, and **ADHD**, helping improve behavior and health through diet.

Website: <https://www.thepaleomom.com/>

7. The Ketogenic Diet Resource

Focus: This site focuses on **ketogenic diets** for a variety of health conditions, including **epilepsy, neurodegenerative diseases, and neurodevelopmental disorders**. It provides resources and expert guidance on using a **low-carb, high-fat** diet to improve brain health and function, particularly for children.

Website: <https://www.ketogenic-diet-resource.com/>

8. The Nutrition Therapy Institute

Focus: The institute offers training on **functional nutrition**, including topics on how **nutritional therapy** can benefit children with **autism, ADHD**, and other **neurodivergent conditions**. It also emphasizes the role of **dietary fats** and **low-carb eating** in managing behaviors and improving brain health.

Website: <https://www.nutritiontherapyinstitute.com/>

9. The Center for Nutritional Interventions in Neurodevelopmental Disorders (CNI)

Focus: The CNI is dedicated to exploring how **dietary changes** can be used as an effective intervention for children with **autism, ADHD**, and other **neurodevelopmental disorders**. They emphasize **whole food diets**, including **low-carb** and **anti-inflammatory** approaches.

Website: <https://www.nutritionalinterventions.org/>

10. The Low-Carb Kids Foundation

Focus: This organization is focused on providing education and resources for families looking to adopt a **low-carb lifestyle** for children, particularly those with **behavioral disorders, ADHD, and autism spectrum disorders**. It offers support for parents in transitioning to a **low-carb, nutrient-dense** diet.

Website: <https://www.lowcarbkids.org/>

Bonus: Mind Foundation (Neurodevelopmental Disorder Nutrition)

Focus: The **Mind Foundation** focuses on how **dietary interventions**, including **low-carb, ketogenic, and gluten-free** diets, can be used to improve cognitive function, behavior, and well-being in children with **neurodevelopmental disorders** like ADHD, autism, and learning disabilities.

Website: <https://www.mind-foundation.org/>

Other Trusted Evidence Based Medical Professionals (General Population/Adults)

1. Dr. Ben Bickman

Specialty: Metabolic health, insulin resistance, obesity, and diabetes.

Website: <https://www.benbickman.com/>

2. Dr. Georgia Ede

Specialty: Psychiatry and nutritional psychiatry.

Website: <https://www.diagnosisdiet.com/>

3. Dr. Jason Fung

Specialty: Nephrology and obesity.

Website: <https://www.dietdoctor.com/authors/jason-fung>

4. Dr. Mark Hyman

Specialty: Functional medicine and integrative medicine.

Website: <https://drhyman.com/>

5. Dr. Robert Lustig

Specialty: Pediatric endocrinology and obesity.

Website: <https://www.robertlustig.com/>

6. Dr. Shawn Baker

Specialty: Orthopedic surgery.

Website: <https://www.shawn-baker.com/>

7. Dr. David Perlmutter

Specialty: Neurology and brain health.

Website: <https://www.drperlmutter.com/>

8. Dr. Eric Westman

Specialty: Obesity and internal medicine.

Website: <https://www.drewmd.com/>

9. Dr. Peter Attia

Specialty: Medicine, longevity, and performance.

Website: <https://peterattiamd.com/>

10. Dr. Ted Naiman

Specialty: Family medicine.

Website: <https://www.paleophysicist.com/>

Bonus: Diet Doctor

Website: <https://www.dietdoctor.com/>
