

Side-by-Side Comparison: Impact of Artificial Additives vs. Whole Real Food Diet

<u>Behavioral Outcome</u>	<u>Artificial Additives (Food Colors, Preservatives, and Chemicals)</u>	<u>Whole Real Food Diet (No Additives)</u>
Hyperactivity	Increased hyperactivity, impulsivity, restlessness (McCann et al., 2007; Swanson et al., 2007)	Reduced hyperactivity, better focus and attention (McCann et al., 2007; Pelsser et al., 2011)
Mood Swings & Aggression	Increased irritability, aggression, mood swings (Bateman et al., 2004)	Improved emotional regulation, fewer mood swings (Pelsser et al., 2011; Bateman et al., 2004)
Attention & Focus	Shortened attention spans, difficulty concentrating (Nigg et al., 2012; Liao et al., 2018)	Enhanced attention and concentration, improved working memory (Nigg et al., 2012; Pelsser et al., 2011)
Behavioral Disorders	Increased risk of oppositional defiant behaviors (ODD), impulsive or disruptive behavior (Gurvich et al., 2013)	Fewer behavioral disorders, reduced defiance and impulsivity (Swanson et al., 2007; Bittner et al., 2019)
Socialization & Communication (for ASD)	Limited social engagement, repetitive behaviors (Youssef et al., 2019)	Improved socialization and communication skills, reduced repetitive behaviors (Youssef et al., 2019)
Cognitive Functioning	Impaired cognitive development and learning difficulties (Liao et al., 2018)	Better cognitive function, learning, and memory (Nigg et al., 2012; Liao et al., 2018)
Self-Regulation & Calmness	Increased irritability and poor self-regulation (Bateman et al., 2004; Swanson et al., 2007)	Greater self-regulation, calmness, improved mood (Pelsser et al., 2011; Swanson et al., 2007)
Academic Performance	Poor academic performance due to attention issues and hyperactivity (Swanson et al., 2007)	Improved academic performance due to better focus and attention (Pelsser et al., 2011)

Key Takeaways:

- **Artificial Additives** are linked to **negative behavior** outcomes such as increased **hyperactivity, mood swings, and learning difficulties**.
- A **whole, real food diet** (without chemicals, additives, and preservatives) is associated with **better emotional regulation, enhanced cognitive function, and improved social behaviors**.