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Abstract:

Several studies have suggested that unhealthy dietary patterns of individuals with ADHD, may directly lead to their excess weight gain and obesity. Respectively, it was found that both children and adults with ADHD consumed less healthy foods and more unhealthy foods. We examined whether university students with ADHD are characterized by unhealthy eating patterns and what underlies this connection. We found that: (1) students with ADHD reported similar daily consumption of calories, however, consumed less healthy foods; (2) At the university cafeteria students with ADHD chose to buy less healthy food items than students without ADHD (73% versus 25%); (3) What underlies these choices was

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