8 ADHD Snack Ideas Checklist

Remove the decision, not add a rule. Keep blood sugar and focus steadier than willpower alone.

- [ ] Keep a no-prep snack bin at eye level
- [ ] Keep one emergency snack in every bag and room
- [ ] Pair protein with carbs every time
- [ ] Choose snacks you don't have to chew much
- [ ] Pre-portion snacks into grab bags
- [ ] Set a silent recurring reminder, not just a loud alarm
- [ ] Anchor snack times to someone else's schedule
- [ ] Let cold snacks do the reminding, keep one visible in the fridge