The objectives were to examine whether the number of snacks, type of snack, and attitude of mothers were associated with dietary behaviors of children with ADHD.

Attention-Deficit Hyperactivity Disorder (ADHD) is a mental disorder of the neurodevelopmental type commonly seen in children growth process. It occurs as a result of inattention, hyperactivity, and impulsivity at a developmentally inadequate level causing functional impairment in two or more scenes. Although it may gradually diminish or disappear, symptoms remain in 10 to 60% of the cases in adulthood. While school life is part of the child’s daily life, eating habits are less known. Compared to adults, it is difficult to supply to these children daily food with sufficient and adequate nutrients comprised of three meals. Thus, it is necessary to consume snacks such as fruits as meal replacement. Snacks have an emotional significance as well as replenishment of nutrients that are not sufficiently obtained from normal meals: children gain rest and pleasure through snack time. Saying that, little is known about the dietary behaviors of Korean children with ADHD.

A total of 223 school children aged 7–10 years old and their mothers, all from Daegu City, Korea were enrolled in the study. Parents completed the questionnaire related to their socioeconomic status, frequency of children’s snacking, kinds of snack, reasons for snacks, and preparation of snack. The frequency of snacking was 7-point Likert scales ( 1: Twice a day, 2: Once a day, 3: 3 times a week, 4: Once a week, 5: Twice a month, 6: Less than once a month, 7: Little to eat ). Teachers were informed of the study and requested to cooperate. The children were screened using Korean ADHD Rating Scale by their school teachers.

Data were analyzed using SAS version 9.3 (SAS Institute, Inc.). Significant differences were defined as $P < 0.05$. Student’s $t$-test were used to determine significant differences between groups.

The frequency of intake of food suitable for snacking was low, and the frequency of intake of processed foods or snacks with high sugar content was high. The present study revealed increased consumption of confectionery snacks and carbonated beverages in ADHD children.