

# TIPS FOR COOKING



Cooking can require a lot of steps, organisation and constant attention. People living with ADHD, may find this difficult. In this tip sheet we share tips from people living with ADHD to make cooking a bit easier.

# 1

## Make it easy and fun

- If cleaning and cutting ingredients feels daunting, buy (frozen) pre-cut ingredients.
- Cook recipes that you feel like cooking and eating. For example, if your concentration only allows one pan, make a one pan-dish.
- Listen to your favourite podcast or an audio book while cooking, and allow yourself only to listen to it while cooking.



# 2

## Prep before you start

- Before starting to cook, make sure you have all the ingredients and equipment for the recipe.
- Read the recipe from start to finish to become familiar with it.
- Clear your workspace before you begin cooking and preparing.
- Wash, peel, and cut everything before you start.



# 3

## Stay organised

- After preparing your ingredients, and before cooking, clean your workspace.
- Use timers to remember cooking times, both for the stove and the oven.
- If needed, use a physical reminder that you are cooking and to stay in the kitchen, such as a closed kitchen door.



# 4

## Don't cook everyday

- Cook big batches and put in the fridge/freezer for easy meals.
- If you live together, alternate turns or cook together some days.
- It is okay to eat out, order food or eat ready-made meals when cooking is overwhelming.



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