Mini module

Your Plate, Your Values, Your Brain

Neurodivergence and veganism

Your plate can match your values without fighting your brain.



Chosen By You · Choose Yourself. Own Your Growth.

Before we start

What this is

5 short lessons. Simple ideas. One tool each. Go at your own pace.

A safety note

This is not about eating less or cutting foods out. If food feels scary, or your safe foods are very limited, talk to a doctor or dietitian first.

Lesson 1

Why it hits so hard

Justice sensitivity and your values

The big idea

Many ND people feel unfairness deeply. Once you see animal suffering, you can't unsee it.

That's not "too sensitive."

It's your values doing their job.

What the research says

ADHD

Studies found people with ADHD often have higher justice sensitivity. It's linked to rejection sensitivity (RSD) too.

Autism

Many autistic adults describe a strong need for their actions to match their beliefs.

Honest note: research on ND and veganism is thin. We're connecting shared traits, not claiming ND people are "more likely" to be vegan.

Sources: Schäfer & Kraneburg; Bondü & Esser; HeyASD

Your turn

REFLECT

When did you first feel "I can't unsee this"?

TOOL

Write your "why" in one sentence.

Keep it for hard days.

Lesson 2

When food is a sensory thing

Texture, smell and safe foods

The big idea

Texture, smell and surprises matter.

Safe foods are a smart tool, not a flaw. Eating the same meals is fine.



Your reasons can be...

Values

"I can't take part in harm."

Sensory

"Meat feels wrong in my mouth."

Both

Very common. And all valid.

Your turn

REFLECT

Which foods feel safe for you? Why?

TOOL

Make a "safe foods" list.

Circle the vegan ones you already like.

Lesson 3

Easy eating for busy brains

Low-energy meals and the basics

The big idea

ADHD brains can forget to eat or struggle to plan meals.

That's not laziness.

Keep it simple.

Repeating meals is fine.

Sources: Waller scoping review (2026); Alliance for Eating Disorders

Easy meal ideas



Sushi-style wrap

Rice, tofu, veg. Roll it up.



Veggie burger

Patty, bun, salad. Done.



Loaded bowl

Curry, slaw, greens. One bowl.

Tip: keep the basics stocked so a safe meal is always close.

Must know

Take B12

From a supplement or fortified foods. Every vegan needs it.

Ask a dietitian

About iron, omega-3s and vitamin D. Especially if your safe foods are limited.

Well-planned vegan eating can meet adult needs. "Well-planned" is the key word.

Source: Academy of Nutrition and Dietetics position paper (2025)

Your turn

REFLECT

What gets in the way of eating well for you?

TOOL

Pick your 3 low-energy meals.

Write them on your fridge.

Lesson 4

The "cure" myth

You don't need fixing

Myth vs reality

MYTH

"A vegan diet can cure autism or ADHD."

REALITY

No diet cures or treats being ND.

Eat to feel good in your body. Not to seem "less ND".

Source: HeyASD

Your turn

REFLECT

Have you been told food could "fix" you? How did it feel?

TOOL

Spot the red flag.

If someone sells a diet as a cure, walk away.

Lesson 5

Defending your plate

Boundaries at the table

The big idea

Explaining your food again and again is tiring.

It's a form of masking.

You don't owe anyone a debate.



Your turn

REFLECT

Which meal or person drains you most?

TOOL

Pick one calm line. Repeat it.

"This is what works for me."

My story: [Add your own family dinner moment here]

Choose yourself

Your plate is a small, daily act of self-trust.



What's one way your plate can match your values this week?

Share your answer in the community · Chosen By You

Sources and thanks

- Adapted with thanks from HeyASD, "Autism and Veganism" (heyasd.com)
- Schäfer & Kraneburg. ADHD and Justice Sensitivity: A Pilot Study. Journal of Attention Disorders.
- Bondü & Esser. Justice and rejection sensitivity in young people with ADHD symptoms. European Child & Adolescent Psychiatry.
- Waller (2026). Eating behaviours in adolescents and emerging adults with ADHD: a scoping review.
- Alliance for Eating Disorders. ADHD and eating disorders.
- Swedish twin study of 30,795 children on ARFID and co-occurring conditions (2025).
- Academy of Nutrition and Dietetics (2025). Vegetarian dietary patterns for adults.

This module is for education, not medical advice. Please see a doctor or dietitian for your own needs.