Food that nourishes my body

Food gives my body nutrients for everyday jobs.



The tiny idea

Food and water are tools that help my body do its everyday jobs. Different foods bring different helpful parts.

Look inside: what is happening?

Food, water, and body helpers

1. **Food + drinks**
   bring nutrients, water, and energy
2. **Gut breaks food down**
   small parts can be absorbed
3. **Blood carries nutrients**
   cells use them for everyday jobs
4. **Liver, kidneys, gut**
   process substances; waste leaves

Try this

Draw or name a meal you like. A new food can sit nearby without needing to taste it.

Remember: Exploring food can happen one small step at a time. No pressure to eat everything.

A scripture to keep

“To strengthen the body and to enliven the soul.”

Doctrine & Covenants 59:19

A true thing about me

I can keep familiar foods and explore new ones at my own pace.

Little food helpers in my body

Foods support everyday jobs in different ways. You can explore at your own pace.

1. Colorful fruit and vegetables

Strawberries, oranges, sweet peppers, and broccoli provide vitamin C, which is part of the body's antioxidant defenses. Broccoli, cabbage, and cauliflower contain plant compounds, including sulforaphane precursors, that researchers study for how they support cellular defense pathways.

2. Fiber + water

Oats, beans, pears, berries, and vegetables can provide fiber. Fiber and enough fluid help stool move comfortably. Regular drinks support hydration, and the kidneys help balance fluids and filter blood.

3. Protein foods

Beans, lentils, tofu, eggs, nuts, seeds, poultry, and meat bring protein. The body uses amino-acid building blocks from protein, including cysteine, glycine, and glutamate, to make glutathione for everyday cell work.



Water + fiber help digestion

Oats, beans, pears, berries, and vegetables can add fiber. Fiber helps stool hold water and move comfortably, while regular drinks support hydration. The kidneys help filter blood and balance fluids as part of the body's everyday care.

A cell helper called glutathione

Glutathione is a helper our cells make from building blocks in food. It helps cells with everyday reactions and antioxidant protection. Scientists are studying glutathione in autistic groups and exploring what different patterns may mean. Every person's body and needs are unique.

Food variety can be limited by sensory preferences, pain, constipation, chewing/swallowing needs, anxiety, or access. Familiar foods count. A new food can be nearby without tasting it.

A new food can sit nearby. Looking, smelling, or touching is exploring, too.

Glutathione and body pathways

Research and individual support

What researchers are exploring

Glutathione is an antioxidant that cells make from glutamate, cysteine, and glycine. Studies have reported lower average levels of some glutathione markers in autistic groups, while results vary across studies and individuals. These findings make glutathione and related antioxidant pathways important topics for continued research and family-clinician conversations. Protein foods provide amino-acid building blocks. Broccoli, cabbage, and cauliflower contain glucosinolate-derived compounds, including sulforaphane, that researchers study for cellular defense pathways. Small studies have also explored concentrated sulforaphane and other supplements; evidence is still developing, and different people may respond differently.

What about supplements?

N-acetylcysteine (NAC) provides cysteine, one of the building blocks for glutathione. Studies have explored NAC, glutathione, vitamin C, and related supports. A small 2025 pilot did not find changes in the behavior and biological outcomes it measured; this is one early data point in a developing field. These approaches may be worth discussing for an individual child; a clinician or pharmacist can help consider the goal, product, dose, other medicines, and follow-up.

A practical, low-pressure plan

- Start with her real eating pattern, growth, symptoms, and comfort. These details help show which nutrition supports may fit her.
- If her food range is very narrow, or there is constipation, pain, fatigue, or a growth concern, ask her pediatric clinician whether a registered dietitian, feeding therapist, or targeted evaluation is appropriate.
- For a supplement or other pathway support, ask what goal it may serve, what research is available, how the product and dose fit her age and medicines, and when to check in. Higher doses and multi-ingredient products deserve extra planning with her clinician or pharmacist.

Sources to explore

Chen et al., Oxidative stress marker differences in children with autism (2021 meta-analysis)
Williams et al., Glutathione, vitamin C, and cysteine in autistic children (2025 pilot trial)
Magner et al., Sulforaphane treatment in children with autism (2023 trial)
NIH Office of Dietary Supplements, Vitamin C
NIDDK, Eating, Diet, and Nutrition for Constipation in Children
MedlinePlus, Protein in Diet
NIDDK, Your Kidneys and How They Work
NIH NCCIH, Dietary Supplements for Children and Teens

Sources checked September 2026. Research can change; these links are for further reading.