

eat this, not that

Multiple Sclerosis

* Contains gluten | ∞ Contains lactose

| Group | Eat This | Not That |
|------------------------|--|---|
| Fruits | <ul style="list-style-type: none"> • Canned fruit packed in water • Dried fruit, no sugar added • Fresh fruit • Frozen fruit, no sugar added • 100% fruit juice | <ul style="list-style-type: none"> • Canned or frozen fruit packed in syrup • Dried fruit with added sugar |
| Vegetables | <ul style="list-style-type: none"> • Beans and peas • Dark green vegetables • Red and orange vegetables • Starchy vegetables (corn, white potato, sweet potato, peas) • Other (cauliflower, celery, cucumber, green beans, peppers, mushrooms, onions, squash and zucchini) | <ul style="list-style-type: none"> • Deep fried vegetables • Frozen vegetables packed in heavy sauces • Canned vegetables packed in salted water (rinse in a colander to remove excess salt) |
| Grains/Starches | <ul style="list-style-type: none"> • Amaranth • Barley* • Bean-based pastas • Brown rice • Buckwheat • Oatmeal • Wheat berries* • Whole grain, high-fiber cereals* • Whole grain pasta* • Whole grain bread* • Wild rice • Quinoa • Sorghum | <ul style="list-style-type: none"> • White rice • Refined white flour products - bread, bagels, rolls, crackers, cereals, pasta* • Gluten containing foods, if gluten intolerant |
| Protein | <ul style="list-style-type: none"> • Beans • Eggs • Fish • Poultry • Shellfish • Tempeh • Tofu | <ul style="list-style-type: none"> • Processed and smoked meats (deli meats, jerky, hot dogs, sausages, and bratwurst) • Fried meats • High-fat meats |
| Dairy | <ul style="list-style-type: none"> • Low-fat dairy (milk, yogurt, cheese, kefir) ∞ • Plant-based milk alternatives (almond, cashew, coconut, soy) • Plant-based milk alternative yogurts (almond, soy, coconut) | <ul style="list-style-type: none"> • Full-fat dairy (cream, half and half, sour cream, ice cream) ∞ • Lactose containing foods, if lactose intolerant |

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| Nuts/Seeds/Oils | <ul style="list-style-type: none"> • Plain, whole nuts • Plain seeds • Extra virgin olive oil • Canola oil • Nut butters (peanut, almond, cashew) | <ul style="list-style-type: none"> • Salted or sugar-coated nuts and seeds • Butter • Lard |
| Beverages | <ul style="list-style-type: none"> • Coffee • Kombucha (fermented tea) • Kvass (fermented beverage)* • Tea • Water | <ul style="list-style-type: none"> • Sugar-sweetened beverages • Alcohol • Energy drinks |
| Snack Foods | <ul style="list-style-type: none"> • Whole grain crackers* • Air popped popcorn • Fruit leathers • Trail mix • Fruit and nut bars | <ul style="list-style-type: none"> • Salty snacks (crackers, chips, pork rinds, pizza rolls, etc.)* • Sugary snacks (cookies, cakes, pastries, pie, frozen treats, etc.)* |