

general nutrition recommendations

Multiple Sclerosis

A healthy, balanced diet is important for everyone, but when you have MS the foods you eat may play a role in how well you feel and how your condition progresses. There is no one diet that is recommended for those with MS, however below you will find some easy ideas for nourishing your body to help you feel your best.

Nutrition Recommendations	
<p>Limit Saturated Fats</p> <p>Choose a diet that is low in saturated fats. Foods that tend to be high in saturated fats include butter, cheese, and full-fat dairy products. Saturated fats can also be found in fatty cuts of beef, pork, or lamb. Tropical oils, like coconut, palm and palm kernel oils are also high in saturated fats.</p>	<p>Get Your Omega-3's</p> <p>Eat foods that are rich in omega-3 fatty acids. Studies have suggested that omega-3 fatty acids may be beneficial for those with MS. Good sources of omega-3 fatty acids include cold water fatty fish (salmon, mackerel, herring, trout), flaxseeds, walnuts, and chia seeds. Omega-3's can also be found in plant oils (flaxseed oil, canola oil) and fortified foods like omega-3 enriched eggs and orange juice.</p>
<p>Eat Fiber-Rich Foods</p> <p>Try to eat fiber-rich foods. Fiber is naturally found in plant foods, like fruits, vegetables, nuts, seeds, beans, and whole grains. Getting adequate fiber helps with regularity, improving gut health, lowering cholesterol and feeling full. Aim for 25-38g of fiber daily.</p>	<p>Colorful Produce</p> <p>Include colorful fruits and vegetables with every meal. Fruits and vegetables provide essential vitamins and minerals, fiber, and antioxidants. Try to eat at least five servings of fruits and vegetables daily.</p>
<p>Choose Whole Grains</p> <p>Foods like brown rice, whole grain bread, whole wheat pasta, and old-fashioned oatmeal are excellent sources of whole grains. Try to have whole grains make up at least half of the grains you eat.</p>	<p>Select Calcium-Rich Foods</p> <p>Calcium-rich foods maintain bone health. Good sources of calcium include milk, cheese, yogurt, dark leafy greens, almonds, and calcium-fortified foods. Make it a goal to eat (or drink!) 3 calcium-rich foods daily.</p>
<p>Get Your Vitamin D</p> <p>Vitamin D may play an important role in MS. Your doctor may prescribe a vitamin D supplement, but you can also get it from some foods. Good sources of vitamin D include vitamin D fortified products (milk, yogurt, orange juice), egg yolks, and fatty fish.</p>	<p>Monitor Alcohol Intake</p> <p>If you choose to drink alcohol, talk to your doctor to determine if any of your medications interact with alcohol. Always drink in moderation.</p>