

key nutrients

Multiple Sclerosis

Certain vitamins, minerals, and nutrients may help reduce the occurrence and severity of flares in those with MS. Below are a list of nutrients and the best suggested food sources.

Fiber*
Best Sources Include:
Whole Grains
Nuts and Seeds
Fruits
Vegetables
Beans and Legumes

Vitamin C
Best Sources Include:
Citrus Fruits (oranges, orange juice, tangerines)
Kiwifruit
Broccoli
Cantaloupe
Baked Potatoes
Red and Green Peppers
Strawberries
Tomatoes

Vitamin E
Best Sources Include:
Broccoli
Spinach
Nuts (peanuts, almonds)
Sunflower Oil and Sunflower Seeds
Wheat Germ

Calcium
Best Sources Include:
Low-Fat Dairy (milk, yogurt, cheese)
Broccoli
Kale
Turnip Greens
Canned Salmon
Fortified Products (soy, rice beverages, tofu, breakfast cereals)

Vitamin D**
Best Sources Include:
Fatty Fish (salmon, tuna, mackerel)
Animal Products (beef liver, cheese, egg yolks)
Mushrooms
Fortified Milk and Dairy Products
Fortified Orange Juice

Selenium
Best Sources Include:
Brazil Nuts
Seafood
Meat (beef, pork)
Poultry
Low-Fat Dairy (milk, yogurt, cheese)

Vitamin A	
Best Sources Include:	
Beef Liver	Salmon
Cantaloupe	Broccoli
Apricots	Mango
Carrots	Squash
Green Leafy Vegetables	Low-Fat Dairy (milk, yogurt, cheese)

* Fiber: Helps with digestive regularity (women: 25 grams per day; men: 38 grams per day).

** Vitamin D: it is challenging to get the recommended amount of vitamin D from food. Discuss with your doctor about adding a supplement to your daily routine.