

shopping tips

Multiple Sclerosis

When it comes to grocery shopping, our registered dietitians recommend a few helpful shopping tips.

When heading to the store, try some of the following suggestions to create a smoother shopping experience.



At The Store: Shopping Tips

- Bring the “Reading a Food Label” handout to the store to make reading food labels easier.
- Fill your cart with whole foods—foods that have been processed as little as possible—from all food groups.
- Stock up on fruits and vegetables, the more colorful the better. Aim for 2 cups of fruits and 2 ½ cups of vegetables daily. Try them fresh, frozen, canned, or dried.
- Seek whole grains, lean protein foods, low-fat dairy, and healthy beverage options to round out your cart.
- To ease fatigue, look for food items that have already been washed, cut, pre-cooked, or can be easily prepared, like bagged salads, rotisserie chickens, pre-cut fruit, chopped vegetables, etc.
- Take a family member or friend to the store with you to help reach items, push the cart and assist in other ways.
- Go to familiar stores so you know where grocery items are located, as well as restrooms.
- Shop at non-peak times to avoid becoming overly tired.



At Home: Shopping Tips

- Use the “Multiple Sclerosis Shopping List” and “Meal Plan” to help keep you organized and prepared.
- Order online – more and more grocery stores have online ordering options. Check out your local store to see what they offer and if they deliver!