

## nourishment notes

### Multiple Sclerosis

#### Nourishment Notes



#### **Almonds**

Almonds are an excellent source of protein, fiber, heart-healthy fats and vitamin E. The fiber may help keep the digestive system running smoothly while the vitamin E content can help lower inflammation.



#### **Apples**

Apples are fiber-rich foods important to improving heart health and lowering the risk of certain types of cancer. Apples are also a good source of vitamin C, a nutrient important to those with multiple sclerosis.



#### **Asparagus**

Asparagus is packed with nutrients, including folate, vitamin K and fiber. Asparagus is also high in antioxidants, which may help to lower inflammation and reduce the risk of heart disease and certain types of cancers.



#### **Avocado**

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals and antioxidants to help keep your body working it's best.



#### **Bananas**

Bananas are high in carbohydrates, a type of sugar, that provide your body with a quick burst of energy. They're also helpful with digestive regularity.



#### **Black Beans**

Black beans contain fiber that may help lower cholesterol and promote heart health. They may also help lower inflammation associated with multiple sclerosis.

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#### **Broccoli**

Broccoli is a cruciferous vegetable rich in disease-fighting compounds. It's also packed with nutrients, including fiber to aid in gut health, vitamin C to help with skin health and immune function and folate to promote new cell growth.



#### **Cabbage Slaw**

Cruciferous vegetables are rich in insoluble fiber. Insoluble fiber can help relieve constipation, a common side effect of MS.



#### **Chicken**

Chicken is a lean protein source and may provide your body with the building blocks it needs to build new and healthy cells.



#### **Cilantro**

Cilantro is an anti-inflammatory herb and known to help relieve stomach upset and nausea, two common side effects from certain MS medications.



#### **Cinnamon**

Cinnamon is a powerhouse antioxidant and spice. It contains high amounts of polyphenols, a type of nutrient that helps protect body cells from becoming damaged.



#### **Cocoa Powder**

In moderation, dark chocolate cocoa powder may provide beneficial antioxidants important to reducing inflammation associated with MS.

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#### **Coconut**

Coconut contains medium chain triglycerides. This is a type of fat the body uses instantly for energy! However, the high saturated fat content makes it a treat to be enjoyed in moderation.



#### **Dark Chocolate**

Best consumed in moderation, dark chocolate provides a variety of minerals including iron, magnesium, manganese and copper. High percentages of dark chocolate (60% and greater) contain antioxidants and polyphenols key to lowering inflammation in the body.



#### **Eggs**

Eggs are an excellent source of lean protein, to help grow new cells. They also contain lutein that may promote eye health and choline, important for memory.



#### **Extra Virgin Olive Oil**

Olive oil is rich in monounsaturated fats. These types of fats may help to reduce the risk of heart disease. This is important because women with MS may be at higher risk of developing heart disease. The oleic acid in olive oil may also reduce inflammation.



#### **Kale**

Kale is one of the most nutrient dense foods in the world. It is an incredible source of vitamin K and may also help to lower cholesterol. Kale also contains several types of antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with multiple sclerosis.

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#### **Lentils**

Lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate and iron. A half cup of cooked lentils has about 8 grams of fiber. Fiber is very helpful for preventing constipation, a common side effect associated with MS. Fiber is also beneficial for improving gut health.



#### **Oatmeal/Oats/Old Fashioned Oats/Rolled Oats**

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



#### **Peanut Butter**

If possible, try to buy natural peanut butter as it's free from added oil, sugar and salt. Peanut butter is a plant-based protein option that's also a good source of heart healthy fats.



#### **Pear**

Pears are an excellent source of fiber to help lower cholesterol levels and promote heart health. Pears also contain high amounts of vitamin C, an important nutrient for those with multiple sclerosis.



#### **Pistachio**

Pistachios contain beneficial fats that can help lower cholesterol levels, reducing the risk for heart disease. They also contain vitamin B6, important to energy levels.

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#### **Polenta**

Polenta is made from corn, a whole grain. Whole grains provide energy to the body and can help power you through tiring days.



#### **Quinoa**

Quinoa is a gluten-free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.



#### **Salmon**

Salmon contains high amounts of omega-3 fatty acids to help protect the heart and brain. It's also high in protein, important for building new and healthy cells in the body. Wild caught salmon contains higher levels of vitamin D, an important nutrient in those with MS.



#### **Shrimp**

Shrimp is a great source of astaxanthin, a red pigment in the carotenoid family. Astaxanthin is an antioxidant that may prevent cell damage and improve immune function.



#### **Spinach**

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with MS. It also contains nutrients that may help lower the risk of heart disease and diabetes.



#### **Strawberries**

Strawberries contain high amounts of vitamin C, a nutrient important to the immune system and those with multiple sclerosis. They also may help to prevent inflammation in the body, improve cholesterol levels, and decrease the risk for heart disease.

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#### **Summer Squash and Zucchini**

Colorful fruits and vegetables, such as summer squash and zucchini, may be incredibly beneficial for those with MS due to their high antioxidant levels. Antioxidants may help to slow the disease progression of MS by preventing cell damage caused by free radicals in the body.



#### **Sweet Potato**

Sweet potatoes are a healthy source of carbohydrates to promote energy levels, which can sometimes be low from certain MS medications. They also contain nutrients to help decrease inflammation associated with multiple sclerosis.



#### **Vegetables**

A diet high in anti-inflammatory foods, such as vegetables, may help reduce pain and symptoms associated with multiple sclerosis.



#### **Walnuts**

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation associated with multiple sclerosis.



#### **Whole Wheat Pasta**

Whole wheat pasta is an excellent source of fiber. Fiber is particularly beneficial for those with MS because it can help with digestive regularity and reduces the risk of heart disease.



#### **Wild Rice**

Wild rice is high in antioxidants and fiber, both of which are important for individuals with MS.