

THE WAY YOU EAT DOES NOT REQUIRE A TITLE

Eating Well does not mean something **different** because you are living with MS. There is no “diet” required. A health promoting eating pattern by any name includes:

- *A **variety** of colorful vegetables and fruits
- *Whole grains, beans, legumes, nuts, and seeds
- A **variety** of Lean proteins
- Heart healthy **unsaturated fats**: Omega 3, MUFA, PUFA
- Low-fat **calcium foods** to promote bone health
- **LIMIT** salt, saturated fat, added sugars, and highly refined foods
- **AVOID TRANS FATS ENTIRELY** (partially hydrogenated vegetable oil)

* = FIBER!

THE ROLE OF FOOD IN LIVING WELL WITH MS

- What you eat did not cause MS and will not make it go away.
- Being realistic about the role of food in MS is not being negative.
- Eating well cannot make up for being sleep deprived, stressed out or sedentary. Food is an important part of being healthy with MS, but it is one piece of the puzzle. All the dimensions of wellness work together.
- Food choice plays a role in managing some common MS symptoms but **cannot offset the effects of demyelination**.
- Your body prefers to get nutrients from food. If you do use vitamin or mineral supplements, here are a few tips:
 - More is not better.
 - Supplements are **not regulated**, look for the USP label.
 - Share all **supplements** with your entire healthcare team.

FOOD IS MEANT TO BE PHYSICALLY AND EMOTIONALLY NOURISHING

- **Health Promoting**
 - Variety
 - Balance
 - Flexibility
- **NOT Health Promoting**
 - Restriction
 - Arbitrary Food Rules
 - Fear, anxiety, guilt, or shame around food

