



WEBINAR 
WEDNESDAYS

Diet & Nutrition

How to Eat Well with MS (And Actually Enjoy It)

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JANUARY PROGRAMS

JUMPSTART – Jan 13
Get Started with New Habits

YOUR QUESTIONS ANSWERED – Jan 18
Diet & Nutrition

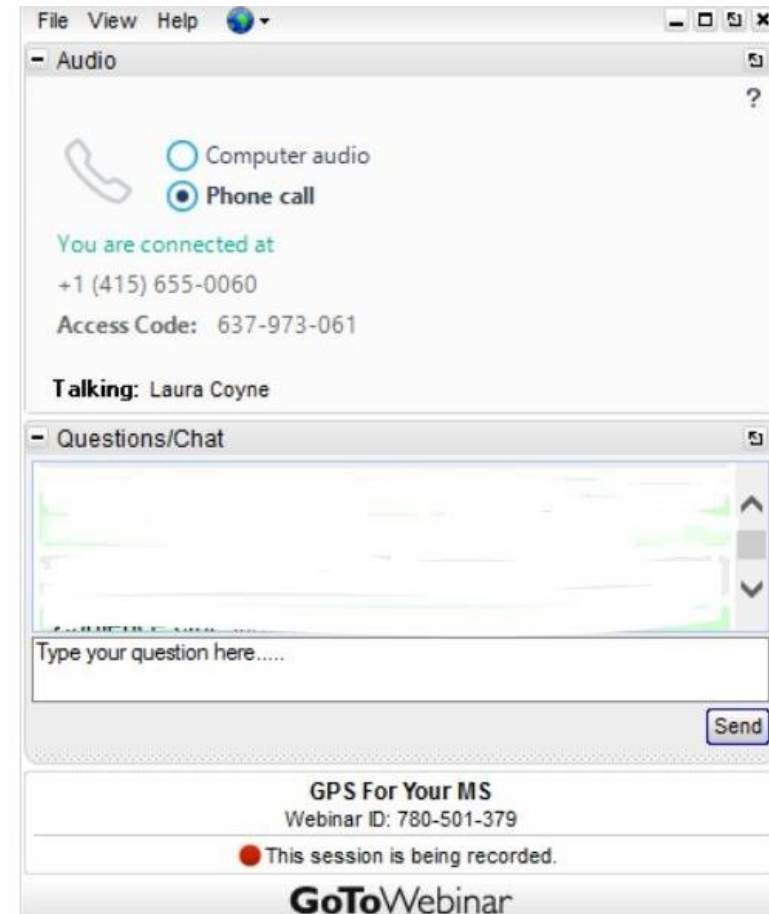
SPECIAL WEBINAR – Jan 19
*COVID-19:
An Update on the Current Landscape*

COACHING SERIES, DIET PART 1 – Jan 19
Making Diet Changes that Stick



How to Ask Questions During the Webinar

Type in your questions using the
Questions/Chat box



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Learning Objectives

Describe the impact of diet on MS risk and MS symptoms

Describe dietary recommendations for people with MS

Consider relevant and realistic nutrition goals

What are you hoping to learn
about the **most** today?

Interactive Poll

Goal Setting

Symptom
Management

Dietary
Recommend-
ations

Supplements

Other

(Put it in the Chat!)

What is your biggest *barrier* to eating well?

Interactive Poll

Financial

Emotional

Social

Physical

Other

(Put it in the Chat!)

Let's Start at the Beginning

- Exact cause of MS remains unknown
- But, a number of risk factors are associated with developing MS
 - Risk genes
 - Previous infection with mononucleosis (Epstein Barr virus)
 - Low Vitamin D (also increases progression)
 - Childhood and adolescent obesity
 - Smoking (also increases progression)

Diet: MS Prevalence & Progression

↓ MS Prevalence

- Diet **HIGH** in:
 - ✓ Whole grains,
 - ✓ Low-fat dairy
 - ✓ Fruit and vegetables
- Diet **LOW**
 - ✓ Saturated fats

↓ Walking Problems

- Diet **HIGH** in:
 - ✓ Fruit
 - ✓ Vegetables
 - ✓ Whole grains

↓ Disease Activity

- Diet **HIGH** in:
 - ✓ Fruits
 - ✓ Vegetables
 - HOLISM study



Diet Quality

- **HOLISM Study**
 - Found that every 10-point increase in diet quality resulted in:
 - **30% reduction** in reported disability levels
 - **Higher reported quality of life scores.**

+

- Higher intake of *Unhealthy* Fats & Elevated BMI

- May promote inflammation with elevations in:
 - IL-6
 - TNF-alpha
 - Leptin



How Does Diet Influence Symptoms?



Fatigue



Mobility



Mood and
Cognition



Bowel and
Bladder



Supplements

- Eat the **RAINBOW** - Your body prefers to get supplements from food!
- Use supplements to correct deficiencies.
- Some supplements to consider would be Fish Oil, vitamin D, and multivitamins.





Supplement Research: Omegas & Antioxidants

- **Polyunsaturated Fatty Acids (PUFAs)**
 - No difference in relapse rate, disability status, or overall clinical status
 - Some studies indicate ↑QoL, physical and mental health
- **Antioxidants**
 - No difference in global impression of worsening
 - No difference in new CNS inflammation



Supplement Research: Vitamin D

New! Study published in November 2021 finds link between low Vitamin D and information processing speed

- Low Vitamin D associated with increased:
 - Physical disability
 - Cognitive impairment
 - Assessed via Symbol Digits Modality Test
- No patient with cognitive impairment had normal Vitamin D levels

Diet Research

Wahls-Modified Paleo vs Swank Diets

- Both diets associated with significant reduction in *fatigue*

Modified Ketogenic Diet (High Fat Low Carb)

- Animal models:
 - ↓Inflammation, ↑ Physical and Cognitive Function
- 2019 human pilot study followed 20 people over 6 months:
 - ↓Weight, ↓ BMI, ↑Mood, ↓Leptin (pro-inflammatory cytokine)

Intermittent Fast or Calorie Restriction

- ↓Weight, ↑ Emotional Wellbeing, ↓ Depression

The Wahls Paleo™ Diet Food Pyramid

Recommended foods:



Eat recommended foods according to your appetite.

AVOID: Dairy, gluten, Eggs, nightshade vegetables,, sugar

Basics of the Swank Diet for Multiple Sclerosis

Avoid



Oils



Processed Food



Saturated fat

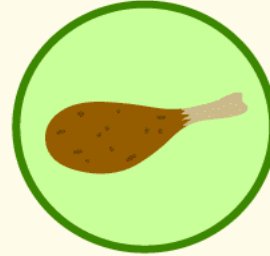


Red meat



Dairy

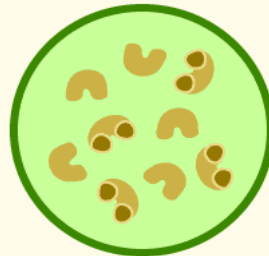
Eat



Poultry



Vegetables



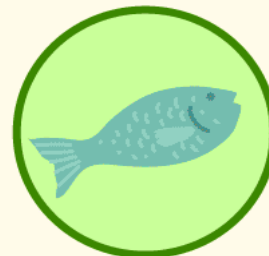
Pasta



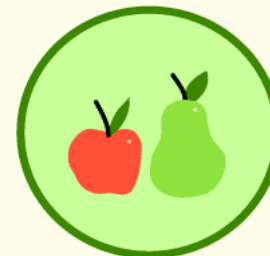
Grains



Eggs



Fish

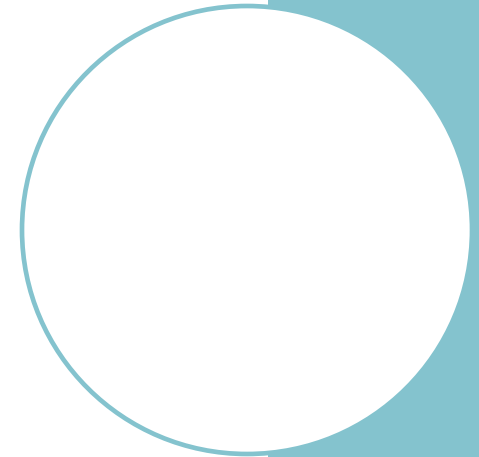


Fruits



Modified Ketogenic Diet (Modified Atkins)

- Mimics the effects of fasting
- High fat, low carbohydrate
- No calorie restriction
- No measuring
- 50 % of calories from fat
- 30 % of calories from protein
- 20 % of calories from carbohydrates



Calorie restriction/fasting diets

- **Intermittent restriction**

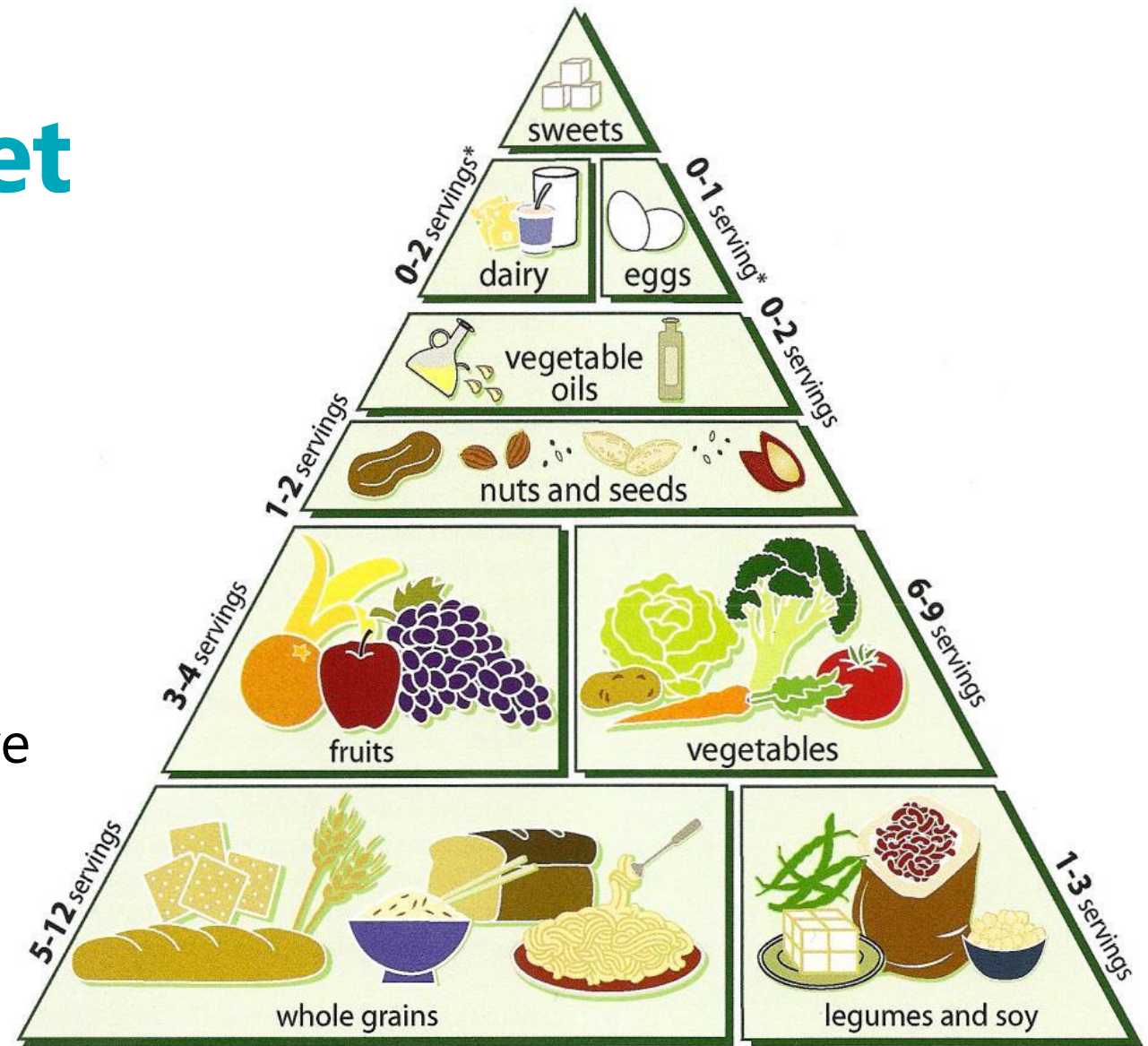
- Intermittent fasting
 - Fasting on alternate days of 2-3 times/week
- Intermittent energy restriction
 - Reducing calories to 500/day 2-3 days/week
- Time restricted feeding
 - Consuming all daily food in 6-8 hours and fasting the rest of the day. (e.g. eating from 12 pm – 8 pm only)

- **Chronic restriction**

- Meal frequency unchanged
- Daily food intake reduced by 20-50%

Mediterranean Diet

- **Reduced Cardiovascular Risk**
- **2019 pilot trial *in MS***
 - ↓ Fatigue
 - ↓ EDSS over time
 - ↓ MS impact scores
 - ↑ Self-reported outcomes
 - No change in QoL or cognitive function



* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

Other Lifestyle Recommendations



Daily Exercise



Water—eight, 8 oz. glasses per day



Sunlight—10 minutes a day to activate vitamin D

Alcohol Intake

- **Don't Overdo It...**
- For most people with MS, the answer is to use alcohol in moderation
- Everyone with MS is different. Have a conversation with your doctor about your habits so you can make smart decisions for yourself.





Eating Well with (*or without*) MS Includes:

- A variety of **colorful plant foods** every day (2c veggies + 1.5c fruit/Day)
- **Whole Grains** (6 oz)
- **Beans, Legumes, Nuts** and **Seeds**
- **Lean Proteins**: again...Variety Matters! (5.5 oz/day)
- Heart Healthy **Unsaturated Fats**: MUFA, PUFA (like Omega 3)
- Low-Fat **Calcium Foods** to support bone health (3 cups low fat dairy/day)
- **Limit** salt, saturated, fat, added sugars, and highly refined foods
- **Avoid** Trans Fats *entirely*

Organic vs. Non-Organic?

- Select a variety of foods from a variety of sources.
- Buy fruits and vegetables in season when possible.
- Read food labels carefully.
- Wash and scrub fresh fruits and vegetables thoroughly under running water.



Diet as Part of Your Overall Well-Being

- Healthy **DIET**
 - *Food is your fuel*
- Regular **EXERCISE**
 - *Focus on what you Can Do*
- **STRESS** Management
 - *Make time to relax*
- Quality **SLEEP**
 - *Rest to repair and reboot*



Making Lifestyle Changes That Last

- With multiple sclerosis, there can be many barriers to achieving your goals.
- However, approaching goal setting in a systematic way can improve your success in achieving goals.

GOAL SETTING

- S** Specific
- M** Measurable
- A** Achievable
- R** Realistic
- T** Timely



Examples of SMART goals:

1. "I will drink **one** full glass of water when I wake up every day this week."
2. "I will fill **half** my plate with veggies at dinner **4** nights this week."
3. "I will try a meditation app **once** this week to learn deep breathing."
4. "I will aim to turn my phone off **30 minutes** before bed at least **3** nights per week to get better quality sleep."



Q & A





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