

Diets

For people living with multiple sclerosis (MS), diet could potentially have direct or indirect effect on immune cells and system. Researchers continue to evaluate whether or not nutrition could play a larger role in the risk for MS and the course of the disease.

There are very little data, if any, about specific diets and their role in MS. Common themes include eating more fresh and natural foods, as well as cutting down on processed foods and saturated fats.

Here are some popular diets to consider:

- **Paleolithic or “Paleo” diet**—also called the caveman diet. Suggests eating a high-protein, high-fiber diet like our prehistoric ancestors
- **Wahls elimination diet**—made popular by Terry Wahls, a doctor living with MS. This diet contains some components of the Paleo diet and eliminates all grains, dairy, legumes, and eggs
- **Gluten-free diet**—people allergic to gluten must keep a gluten-free diet to avoid a reaction. Gluten is a specific kind of protein found in wheat, rye, and barley
- **Mediterranean diet**—a low-fat diet that favors fruits and vegetables; monounsaturated fats such as olive oil; foods rich in omega-3 fatty acids, like fish, beans, nuts, whole grains; and limited amounts of red wine and dairy
- **Swank diet**—a low-fat diet that eliminates all red meat

Other Diet Issues:

Salt Intake-Research suggests MS patients with higher amounts of salt in their diet seemed to have worse MS symptoms. This was measured by the amount of salt excreted in their urine

Vitamin D-The effects of vitamin D on immune function in MS have been studied for a number of years. One study showed that those with higher vitamin D levels seemed to do better at 5 years after diagnosis and that vitamin D may affect MS by decreasing relapses. The NIH recommends 600 IU for adults and not to exceed 4000 IU.

Biotin-Another vitamin that may play a role in MS is biotin. Biotin is part of the vitamin B complex. It may help the protective cover on the nerves, called myelin, from being attacked by the immune system.

Basically you need to limit-saturated fats, trans fat, red meats, food and beverages high in sugar, foods high in sodium, highly processed foods.

What to Eat to Reinvigorate With MS

1. Since dehydration leads to fatigue you must drink a lot of water
2. Protein rich fatigue busters are nuts, beans and lean animal proteins.
3. Best snacks are whole-grain crackers, low fat cheese, fresh fruit, low fat or fat free yogurt, low fat granola, low fat or skim milk, frozen blueberries.
4. Boost omega-3 fatty acids like fish, including wild salmon, mackerel, anchovies, and tuna; ground flaxseed; flax oil; leafy green vegetables; and walnuts.
5. Eat a good breakfast. Look for foods with at least 3 grams of fiber like oatmeal, whole grain breads or pancakes, high-fiber cereal. Include some protein — from foods such as eggs, dairy products, soy milk, seeds and nuts, or nut butters.
6. Get extra vitamin D and calcium from fortified milk and orange juice, cod liver oil, and fatty fish, cheese, yogurt, milk, sardines with bones, dark leafy greens, fortified cereal, and soybeans.

In Summary: A diet low in fat, high in fiber, and rich in plant foods-fruits, vegetables, and whole grains, seems to be the most evidence-based diet for the best long-term health of a person living with MS.

Just For Fun

The diet that I try to follow closely resembles the Mediterranean diet. I haven't eaten red meat for years. I do eat fish and free-range chicken. I like fresh vegetables and fruits. I use whole grain products and of course I love the red wine. My downfall is sugar especially in the form of a brownie. Here is a simple recipe that checks all the boxes.

Mediterranean Chickpeas

1 cup	water
¾ cup	uncooked whole wheat couscous
1 tablespoon	olive oil
1	medium onion (chopped)
2	garlic cloves (minced)
15 ounces	garbanzo beans (or chickpeas, rinsed and drained)
14 ½ ounces	no-salt-added stewed tomatoes (cut up)
14 ounces	water-packed artichoke hearts (rinsed, drained and chopped)
½ cup	Greek olives (pitted, coarsely chopped)
1 tablespoon	lemon juice
½ teaspoon	dried oregano
add dash	pepper
add dash	cayenne pepper

<https://www.healthline.com/health/multiple-sclerosis/foods-to-avoid>

<https://www.everydayhealth.com/multiple-sclerosis/diet/foods-avoid-with-multiple-sclerosis/>

https://www.abovems.com/en_us/home/life/diet-recipes/diets-supplements-to-consider.html