

LOST TEMPLE FITNESS

Multiple Sclerosis

There is no evidence that a specific diet can prevent, treat or cure multiple sclerosis (MS), according to *Mayo Clinic*. Some special diets can actually be harmful because they contain too much of certain vitamins or not enough of others. (*Mayo Clinic*)

Make sure you talk to your doctor or dietician before making significant changes to your diet.

There is some research that says Vitamin D may have positive effects on the immune system and help with cell growth. Vitamin A, Biotin and omega-3 fatty acids have also been investigated, but there is no definitive studies that show any of these supplements can make a difference in symptoms.

It's important for people with MS to make healthy food choices (*Mayo Clinic*):

- Not getting enough vitamins and minerals can worsen MS symptoms.
- Skipping meals may contribute to low energy levels.
- Some MS symptoms such as depression and MS treatments such as steroids can cause weight gain.
- Weight gain can lead to more health concerns, such as joint stress and cardiac and respiratory problems.
- Alcohol can intensify common MS symptoms, such as imbalance and lack of coordination. (*Mayo Clinic*)

There have been research on several diets listed below, but again, there is no evidence that any of these diets will make a difference. Eat a healthy, balanced diet including low fat, high fiber, low sugar, unprocessed food and limit alcohol intake. The following diets are mentioned in *Multiple Sclerosis News Today*.

Diet (<i>Multiple Sclerosis News Today</i>)	Food to Eat	Foods to Avoid	Questionable or Decrease
<p>Paleo</p> <p>The Paleo diet takes as its inspiration, as its name implies, the diet of our hunter-gatherer ancestors (i.e., Paleolithic times). Basically, it is founded on the concept that the human body cannot handle the highly processed foods of today, and is better adapted to eating foods that are found naturally. These include fresh meat (lean game meats), fish, nuts, vegetables and fruits, but exclude dairy, grains, pulses (certain types of legume, like dried beans, chickpeas and lentils), potatoes, and all processed food.</p> <p>Adjusting to a Paleo diet might not be bad for a person with MS, but extra effort is needed to ensure all necessary nutrients are being supplied, as cutting dairy, grains, and pulses can result in deficiencies in folic acid, thiamine and vitamin B6 (from cereals), calcium and vitamin D (from dairy).</p>	<p>Fruits</p> <p>Vegetables</p> <p>Nuts and seeds</p> <p>Lean meats, especially grass-fed animals or wild game</p> <p>Fish, especially those rich in omega-3 fatty acids, such as salmon, mackerel and albacore tuna</p> <p>Oils from fruits and nuts, such as olive oil or walnut oil</p>	<p>Grains, such as wheat, oats and barley</p> <p>Legumes, such as beans, lentils, peanuts and peas</p> <p>Dairy products</p> <p>Refined sugar and high fructose corn syrup</p> <p>Salt</p> <p>Potatoes</p> <p>Highly processed foods in general</p> <p>Artificial sweeteners: Aspartame, sucralose, cyclamates, saccharin, acesulfame potassium. Use natural sweeteners instead</p> <p>Some vegetable oils: Soybean oil, sunflower oil, cottonseed oil, corn oil, grapeseed oil, safflower oil and others.</p>	<p>Avoid most dairy, especially low-fat (some versions of paleo do include full-fat dairy like butter and cheese).</p> <p>You can also use the paleo diet as a starting point, adding in a few other healthy foods like grass-fed butter and gluten-free grains.</p> <p>(<i>Healthline</i>)</p>

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<p style="text-align: center;">Mediterranean</p> <p>People with multiple sclerosis may benefit from this diet. A large, population-based study, published in 2012, reported that older adults who followed this diet — rich in fruits and vegetables, fish and grains — showed less damage to the brain’s small vessels, damage that occurs as a normal part of aging and that also can be caused by diseases such as MS.</p>	Fruits Vegetables Grains (mostly whole) Olive oil Beans Nuts Legumes Seeds Herbs Spices Seafood	Sugar-sweetened beverages Added sugar Processed meat Refined grains Refined oils Highly processed foods Fast Foods	Red Meat Salt Cheese and yogurt Milk Crème Poultry Eggs Sweeteners, such as honey Wine
<p style="text-align: center;">Diet (Multiple Sclerosis News Today)</p>	<p style="text-align: center;">Swank Diet – Quick Reference www.swankmsdiet.org/the-diet</p>		
<p style="text-align: center;">Swank</p> <p>The Swank diet is probably the best known of all diets associated with multiple sclerosis, having been the subject of MS research for more than 50 years. This low-fat diet is named after Dr. Roy Swank, who developed it in the 1940s.</p> <p>The Swank diet is focused on reducing saturated and regulating unsaturated fats: it allows no more than 15 grams of saturated fat a day (animal fat, and vegetable or other processed oils like coconut oil), and between 20 and 50 grams of unsaturated fats, oils like olive or sesame oil, sunflower, flaxseed or peanut oil. (In general, 5 grams equals 1 teaspoon.)</p>	<p>No processed foods containing saturated fat and/or hydrogenated oils.</p> <p>Saturated fat should not exceed 15 grams per day. Unsaturated fat (oils) should be kept to 20-50 grams/day.</p> <p>Fruits and vegetables are permissible in any amount.</p> <p>No red meat for the first year, including pork. After the first year, 3 oz. of red meat is allowed once per week.</p> <p>White-meat poultry (skinless) and white fish are permissible, but avoid dark-meat poultry and limit fatty fish to 50 grams (1.75 oz)/day.</p> <p>Dairy products must contain 1% or less butterfat unless otherwise noted. Use egg whites only, no yolks.</p> <p>Cod liver oil (1 tsp. or equivalent capsules) and a multi-vitamin and mineral supplement are recommended daily.</p> <p>Whole-grain breads, rice, and pastas are encouraged.</p> <p>Daily snacks of nuts & seeds are good sources of natural oil, and help maintain a good energy level.</p>		

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<p style="text-align: center;">Gluten Free</p> <p>Gluten sensitivity or intolerance is suggested in a few studies to be associated with autoimmune diseases such as MS, so that adopting a gluten-free diet may be of benefit to some people with this disease.</p> <p>A gluten-free diet (GFD) is a diet with absolutely no products derived from cereals — wheat, barley, rye and triticale (a cross between wheat and rye) — that contain gluten.</p>	<p>Rice</p> <p>Cassava</p> <p>Corn (Maize)</p> <p>Soy</p> <p>Potato</p> <p>Tapioca</p> <p>Beans</p> <p>Sorghum</p> <p>Quinoa</p> <p>Millet</p> <p>Buckwheat Groats (Also Known As Kasha)</p> <p>Arrowroot</p> <p>Amaranth</p> <p>Teff</p> <p>Flax</p> <p>Chia</p> <p>Yucca</p> <p>Gluten-Free Oats</p> <p>Nut Flours</p> <p><i>Celiac Disease Foundation</i></p> <p>Beans, seeds and nuts in their natural, unprocessed form</p> <p>Fresh eggs</p> <p>Fresh meats, fish and poultry (not breaded, batter-coated or marinated)</p> <p>Fruits and vegetables</p> <p>Most dairy products</p> <p><i>Mayo Clinic</i></p>	<p>Wheat</p> <p>Wheat germ</p> <p>Rye</p> <p>Barley</p> <p>Bulgur</p> <p>Couscous</p> <p>Farina</p> <p>Graham flour</p> <p>Kamut Matzo</p> <p>Semolina</p> <p>Spelt</p> <p>Triticale</p> <p>Durum flour</p> <p>Possible to Avoid or Other Names</p> <p>Avena sativa</p> <p>Cyclodextrin</p> <p>Dextrin</p> <p>Fermented grain extract</p> <p>Hordeum distichon</p> <p>Hordeum vulgare</p> <p>Hydrolysate</p> <p>Hydrolyzed malt extract</p> <p>Hydrolyzed vegetable protein</p> <p>Maltodextrin</p> <p>Phytosphingosine extract</p> <p>Samino peptide complex</p> <p>Secale cereale</p> <p>Triticum aestivum</p> <p>Triticum vulgare</p> <p>Tocopherol/vitamin E</p> <p>Yeast extract</p> <p>Natural flavoring</p> <p>Brown rice syrup</p> <p>Modified food starch</p> <p>Hydrolyzed vegetable protein (HVP)</p> <p>Hydrolyzed soy protein</p> <p>Caramel color (frequently made from barley)</p>	<p>Malt/Malt Flavoring</p> <p>Soups</p> <p>Commercial Bullion Broths</p> <p>Cold Cuts</p> <p>French Fries (Often Dusted With Flour Before Freezing)</p> <p>Processed Cheese (E.G., Velveeta)</p> <p>Mayonnaise</p> <p>Ketchup</p> <p>Malt Vinegar</p> <p>Soy Sauce</p> <p>Teriyaki Sauces</p> <p>Salad Dressings</p> <p>Imitation Crab Meat</p> <p>Bacon</p> <p>Egg Substitute</p> <p>Tabbouleh</p> <p>Sausage</p> <p>Non-Dairy Creamer</p> <p>Fried Vegetables/Tempura</p> <p>Gravy, Marinades</p> <p>Canned Baked Beans</p> <p>Cereals, commercial</p> <p>Chocolate Milk</p> <p>Breaded Foods</p> <p>Fruit Fillings</p> <p>Puddings</p> <p>Hot Dogs</p> <p>Ice Cream</p> <p>Root Beer</p> <p>Energy Bars</p> <p>Trail Mix</p> <p>Syrups</p> <p>Seitan</p> <p>Wheatgrass</p> <p>Instant Hot Drinks</p> <p>Flavored Coffee/Tea</p> <p>Blue Cheeses</p> <p>Vodka</p> <p>Wine Coolers</p> <p>Meatballs, Meatloaf</p> <p>Communion Wafers</p> <p>Veggie Burgers</p> <p>Roasted Nuts</p> <p>Beer</p> <p>Oats & Oat Bram (Unless Certified Gf)</p>