

Diet <i>(Multiple Sclerosis News Today)</i>	Food to Eat	Foods to Avoid	Questionable or Decrease
<p style="text-align: center;">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.</p> <p>These include fresh meat (lean game meats), fish, nuts, vegetables and fruits, but exclude dairy, grains, pulses (certain types of legumes, 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 and grains 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>