

Diet	Food to Eat	Foods to Avoid	Other
<p>Lupus</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>	<p>Fruits</p> <p>Vegetables</p> <p>Grains (mostly whole)</p> <p>Beans</p> <p>Legumes</p> <p>Seeds</p> <p>Herbs</p> <p>Spices</p> <p>Seafood Foods containing omega-3 fatty acids, such as fish, nuts, ground flaxseed, canola oil, and olive oil may also help fight inflammation.</p>	<p>Certain legumes: Alfalfa seeds and sprouts, green beans, peanuts, soybeans, and snow peas</p> <p>Garlic</p> <p>Added Sugar</p> <p>High Sodium Foods</p> <p>Trans Fat and some Saturated fats</p> <p>Fried Food</p> <p>Fast Food</p> <p>Gluten (<i>see MS Diet</i>)</p>	<p>Alcohol</p> <p>Echinacea</p> <p>Melatonin and Rozerem (ramelteon)</p>