

Diet <i>(Multiple Sclerosis News Today)</i>	Food to Eat	Foods to Avoid	Questionable or Decrease
<p>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>	<ul style="list-style-type: none"> Fruits Vegetables Grains (mostly whole) Olive oil Beans Nuts Legumes Seeds Herbs Spices Seafood 	<ul style="list-style-type: none"> Sugar-sweetened beverages Added sugar Processed meat Refined grains Refined oils Highly processed foods Fast Foods 	<ul style="list-style-type: none"> Red Meat Salt Cheese and yogurt Milk Crème Poultry Eggs Sweeteners, such as honey Wine