

# eat this, not that

## Multiple Sclerosis

\* Contains gluten | ∞ Contains lactose

| Group                  | Eat This   | Not That  |
|------------------------|--|---|
| <b>Fruits</b>          | <ul style="list-style-type: none"> <li>• Canned fruit packed in water</li> <li>• Dried fruit, no sugar added</li> <li>• Fresh fruit</li> <li>• Frozen fruit, no sugar added</li> <li>• 100% fruit juice</li> </ul>   | <ul style="list-style-type: none"> <li>• Canned or frozen fruit packed in syrup</li> <li>• Dried fruit with added sugar</li> </ul>  |
| <b>Vegetables</b>      | <ul style="list-style-type: none"> <li>• Beans and peas</li> <li>• Dark green vegetables</li> <li>• Red and orange vegetables</li> <li>• Starchy vegetables (corn, white potato, sweet potato, peas)</li> <li>• Other (cauliflower, celery, cucumber, green beans, peppers, mushrooms, onions, squash, and zucchini)</li> </ul>  | <ul style="list-style-type: none"> <li>• Deep fried vegetables</li> <li>• Frozen vegetables packed in heavy sauces</li> <li>• Canned vegetables packed in salted water (rinse in a colander to remove excess salt)</li> </ul> |
| <b>Grains/Starches</b> | <ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley*</li> <li>• Bean-based pastas</li> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Oatmeal</li> <li>• Wheat berries*</li> <li>• Whole grain, high-fiber cereals*</li> <li>• Whole grain pasta*</li> <li>• Whole grain bread*</li> <li>• Wild rice</li> <li>• Quinoa</li> <li>• Sorghum</li> </ul> | <ul style="list-style-type: none"> <li>• White rice</li> <li>• Refined white flour products - bread, bagels, rolls, crackers, cereals, pasta*</li> <li>• Gluten containing foods, if gluten intolerant</li> </ul>             |
| <b>Protein</b>         | <ul style="list-style-type: none"> <li>• Beans</li> <li>• Eggs</li> <li>• Fish</li> <li>• Poultry</li> <li>• Shellfish</li> <li>• Tempeh</li> <li>• Tofu</li> </ul>  | <ul style="list-style-type: none"> <li>• Processed and smoked meats (deli meats, jerky, hot dogs, sausages, and bratwurst)</li> <li>• Fried meats</li> <li>• High-fat meats</li> </ul>  |

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| <b>Dairy</b>           | <ul style="list-style-type: none"> <li>• Low-fat dairy (milk, yogurt, cheese, kefir) ∞</li> <li>• Plant-based milk alternatives (almond, cashew, coconut, soy)</li> <li>• Plant-based milk alternative yogurts (almond, soy, coconut)</li> </ul> | <ul style="list-style-type: none"> <li>• Full-fat dairy (cream, half and half, sour cream, ice cream) ∞</li> <li>• Lactose containing foods, if lactose intolerant</li> </ul>                     |
| <b>Nuts/Seeds/Oils</b> | <ul style="list-style-type: none"> <li>• Plain, whole nuts</li> <li>• Plain seeds</li> <li>• Extra-virgin olive oil</li> <li>• Canola oil</li> <li>• Nut butters (peanut, almond, cashew)</li> </ul>   | <ul style="list-style-type: none"> <li>• Salted or sugar-coated nuts and seeds</li> <li>• Butter</li> <li>• Lard</li> </ul>   |
| <b>Beverages</b>       | <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Kombucha (fermented tea)</li> <li>• Kvass (fermented beverage)*</li> <li>• Tea</li> <li>• Water</li> </ul>  | <ul style="list-style-type: none"> <li>• Sugar-sweetened beverages</li> <li>• Alcohol</li> <li>• Energy drinks</li> </ul>   |
| <b>Snack Foods</b>     | <ul style="list-style-type: none"> <li>• Whole grain crackers*</li> <li>• Air popped popcorn</li> <li>• Fruit leathers</li> <li>• Trail mix</li> <li>• Fruit and nut bars</li> </ul>   | <ul style="list-style-type: none"> <li>• Salty snacks (crackers, chips, pork rinds, pizza rolls, etc.)*</li> <li>• Sugary snacks (cookies, cakes, pastries, pie, frozen treats, etc.)*</li> </ul> |