

key nutrients

Multiple Sclerosis

Certain vitamins, minerals, and nutrients may help reduce the occurrence and severity of flares in those with MS. Below are a list of nutrients and the best suggested food sources.

Fiber*
Best Sources Include:
Whole Grains
Nuts and Seeds
Fruits
Vegetables
Beans and Legumes

Citrus Fruits (oranges, orange juice, tangerines)
Kiwifruit
Broccoli
Cantaloupe
Baked Potatoes
Red and Green Peppers
Strawberries
Tomatoes

Broccoli
Spinach
Nuts (peanuts, almonds)
Sunflower Oil and Sunflower Seeds
Wheat Germ

Calcium
Low-Fat Dairy (milk, yogurt, cheese)
Broccoli
Kale
Turnip Greens
Canned Salmon
Fortified Products (soy, rice beverages, tofu, breakfast cereals)

Fatty Fish (salmon, tuna, mackerel)
Animal Products (beef liver, cheese, egg yolks)
Mushrooms
Fortified Milk and Dairy Products
Fortified Orange Juice

Selenium
Brazil Nuts
Seafood
Meat (beef, pork)
Poultry
Low-Fat Dairy (milk, yogurt, cheese)

Beef Liver	Salmon
Cantaloupe	Broccoli
Apricots	Mango
Carrots	Squash
Green Leafy Vegetables	Low-Fat Dairy (milk, yogurt, cheese)

* Fiber: Helps with digestive regularity (women: 25 grams per day; men: 38 grams per day).

** Vitamin D: it is challenging to get the recommended amount of vitamin D from food. Discuss with your doctor about adding a supplement to your daily routine.