

popular diets

Multiple Sclerosis

Managing MS symptoms is important for living your best life. Although there is limited evidence supporting a specific diet to treat or manage symptoms, many with MS choose to follow certain eating patterns. Below are some of the most popular diets within the MS community. Before starting any diet plan, talk with your doctor or a registered dietitian. For more information on eating well with MS, check out the **General Nutrition Recommendations** resource.

Diet	Details
<p>Swank Diet</p>	<ul style="list-style-type: none"> • A low-fat diet emphasizing a very low saturated fat intake. • Encourages whole grains, fruits and vegetables, fish, shellfish, and trimmed poultry. • Small quantities of red meat (3 oz/week) is only allowed after the first year of the Swank Diet. • Rationale: A single study suggested the Swank Diet reduced relapse occurrences, disability, and mortality.
<p>Gluten-Free Diet</p>	<ul style="list-style-type: none"> • Avoid all foods that contain gluten. Gluten is a protein found in wheat, rye, barley, and their products. • Gluten can also be found in products that were processed in the same areas as gluten-containing foods. • Naturally gluten-free foods include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans, and nuts. • Rationale: Many studies show that similar antibodies may be elevated in both MS and celiac disease. Those with celiac disease are prescribed a strict gluten-free diet, therefore it is reasonable to assume a gluten-free diet may be beneficial for those with MS as well.
<p>Mediterranean Diet</p>	<ul style="list-style-type: none"> • Encourages a diet rich in whole grains, vegetables, fruits, legumes, olive oil, and fish. • Limits saturated fat, red meat, poultry, dairy products, and processed food. • Rationale: May lower inflammation.

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<p>Ketogenic Diet</p>	<ul style="list-style-type: none"> • A high-fat, very low carbohydrate diet. • Rationale: May reduce inflammation and slow down cell damage.
<p>Paleo Diet</p>	<ul style="list-style-type: none"> • A high-protein, high-fiber diet emphasizing the dietary patterns of our paleolithic ancestors. • Includes fish, lean meats, fruits, vegetables, and healthy fats. Eggs, nuts, and seeds are also included. • Processed foods are restricted, including refined white sugar. Dairy products, wheat, grains, legumes, potatoes, and refined vegetable oils, like canola oil, are also excluded from this diet. • Rationale: May improve fatigue symptoms.
<p>Wahl's Protocol</p>	<ul style="list-style-type: none"> • A modified Paleo Diet. • Includes meat and fish, vegetables (particularly green leafy vegetables and sulfur-containing vegetables), brightly colored fruits, omega-3 fats, a small amount of gluten-free grains (2 servings or less per week) and supplemental products, like nutritional yeast, kelp, and spirulina. • Excludes gluten-containing grains, dairy products, eggs, legumes, nightshades, sugar, and processed foods. • Includes lifestyle modifications involving stretching, exercise, neuromuscular electrical stimulation, and stress reduction. • Rationale: Current research shows fatigue lowering benefits for Secondary Progressive MS.