



# Nutrition In Multiple Sclerosis



- ▶ Fruits and vegetables five times a day
- ▶ Cereals and their products in the amount of three to four servings per day
- ▶ Use vegetables, seeds, and fish as substitutes for butter and oil.
  - ▶ More than half of people with MS are overweight or obese. It also applies
  - ▶ It can affect emotions and lead to loss of self-esteem and confidence and also manage mobility problems.
- ▶ A low-fat diet, use vegetable oils instead of animal fats, can reduce the risk of obesity and heart disease, especially if people's level of activity is also low.
  - ▶ Weight loss will be followed by multiple sclerosis. Decreased appetite may also occur, which may be due to depression, cognitive impairment, fatigue, or difficulty swallowing. Some medications that patients with MS can also suppress appetite as a side effect.
  - ▶ Depression is another complex symptom of multiple sclerosis-related to other aspects of MS. Try to eat some carbs protein and have plenty of decaffeinated beverages and avoid alcohol. High levels of alcohol can lower the B vitamins in the body.



## ▶ Harmful Foods In Multiple Sclerosis ◀

People with MS should avoid certain foods, including:

- ▶ High-fat saturated fat foods such as red meat, butter, cheese, and other high-fat dairy products.
  - ▶ Caffeine should also be used in moderation.



## Multiple Sclerosis (MS)



Minimize fatty foods, salt, and sugars. Do exercise properly several times a week and drink plenty of water. A balanced diet consists of major food groups and proteins that help to grow and repair body tissues.

A healthy and balanced diet combined with daily exercise can improve MS symptoms; for example, it can reduce fatigue and improve regular bowel and bladder performance, improve the skin, bones, teeth, and gums, strengthen the heart, and improves muscle strength.

A healthy diet also helps control weight gain and reduces the risk of heart disease and osteoporosis.

The meals are based on starchy foods such as bread, pasta, or rice by quantity. Put lots of fruits and vegetables. Protein can be obtained from animal or plant sources.



Fiber for healthy digestion of food and vitamins and minerals are needed for various cellular processes. Drink water in moderation helps transfer nutrients to the body's cells.

A balanced diet for people with MS should include the following:

- ▶ Fish with omega-3 fatty acids such as salmon, herring, mackerel, tuna, sardines.
- ▶ Chicken or turkey and lean meat.
- ▶ Beans, lentils, soy, and nuts.

Carbohydrates are essential for energy, and fats are essential for essential fatty acids and help absorb vitamins.