



**FOOD FOR THOUGHT:**  
*Approaching Multiple  
Sclerosis through Diet &  
Nutrition*

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# WHERE TO START?



Keep your team in the loop



Know your resources



Keep it simple



Turn your mindset from “diet” to “lifestyle”

# WHY DOES FOOD MATTER?

- **In = Out**
- **Aids** in helping the **management** of the incidence, disease course, and symptoms of MS
- Higher diet quality =
  - Increased levels of **physical & mental** quality of life
  - Better management of MS symptoms
    - Fatigue
    - Depression
    - Bowel dysfunction

# WHAT *DIET* TO CHOOSE?

- Swank Diet
- McDougall Diet
- Gluten-free Diet
- Low Carbohydrate Diet/Atkin's Diet
- High Fat Diet
- Low Sodium Diet
- **Ketogenesis Diet \*\***
- **Calorie Restriction/Intermittent Fasting Diet \*\***
- **Mediterranean Diet \*\***
- **Paleolithic / Wahl's Protocol Elimination Diet\*\***

# SWANK DIET

- Low fat diet – limiting saturated fats
- Several limitations to the studies but still used today

# MCDUGALL DIET

- Plant-based
- Very low fat
- Vegan
- Eliminates meat, animal-based fat (fish, dairy, eggs)
- Little evidence

# GLUTEN FREE, ATKINS, HIGH FAT, LOW SODIUM DIETS

- No proven data on Atkins
- No proven data on high-fat diet (other than what is in ketogenesis diet) → can lead to other potential negative health outcomes
- No proven data on gluten-free
- Conflicting evidence on low-sodium diets

# KETOGENESIS DIET

- High fat / Low Carbs
- Anti-inflammatory / neuroprotection
- Potential negative effects to be aware of:
  - Weight loss
  - GI
  - Lipid increase
  - Adherence



# KETO EXAMPLE FOODS

- Meat
- Seafood
- Eggs
- Cheese
- Nuts, butter, oils
- Vegetables (low-carb)
- Small amounts of fruits

# CALORIE RESTRICTION/ INTERMITTENT FASTING

- Complex
- Anti-inflammatory / Neuroprotection / Increased health-related quality of life
- Different variations of intermittent fasting
- “Eat to live, don’t live to eat”

# VARIATIONS OF INTERMITTENT FASTING

- Every other day fasting
- 5:2 diet: fast 2 days per week\*\*
- Intermittent energy restriction: reduced calories (500cal/day) 2 days per week
- Time-restricted: limit food intake to a 4-6 hour window\*\*

# WAHL'S DIET (MODIFIED PALEO)

- Meat & fish – low intake
- Vegetables – leafy, sulfur-rich, deeply colored (spinach, kale, cabbage, onion, mushrooms)
- Fruits (berries)
- AVOID:
  - Highly processed foods
  - Dairy
  - Eggs
  - Gluten
  - Nightshades (white potatoes, peppers, tomatoes, eggplant)

# MEDITERRANEAN DIET

- Low in saturated fats / high in polyunsaturated & monounsaturated fats
- High in fruits / vegetables
- Low in processed foods → low in salt content
- Reduced MS Risk
- Neuroprotective factors / cognitive aging
- Higher QOL ratings than control groups

# MEDITERRANEAN EXAMPLE FOODS

- Olive oil
- Fruits
- Vegetables
- Nuts
- Whole grains
- Moderate intake of:
  - Fish, poultry, wine
- Low intake of:
  - Dairy, red meat, sweets

# FOODS TO AVOID

- Processed foods – this includes lunch meat!
- Large amounts of dairy
- Sweets
- Pop / Soda
- Foods with ingredients you cannot pronounce
- “More than five, won’t help you thrive”

# CURRENT TRIALS

- [Clinicaltrials.gov](https://clinicaltrials.gov) – Multiple Sclerosis & Diet
- Specific diet trials & effect of dietary modifications in MS



# TIPS AND TRICKS

- Grocery shopping – avoid center aisles
- Local if possible
- Homemade dressings/marinades
- H2O is the way to go
- On a budget?
  - Ibotta
  - Whole foods – Amazon member
  - Farmer's Markets

# BREAKFAST

- **Avocado toast:**
  - Sprouted, whole grain toast
  - ½ avocado, smashed
  - Garlic salt to taste for seasoning
- **Berry antioxidant smoothie:**
  - ½ cup frozen blackberries
  - ½ cup frozen raspberries (or sub strawberries)
  - 1/4 cup frozen blueberries (I like wild blueberries)
  - 1 frozen banana
  - 2 cups organic spinach
  - 1 tablespoon flaxseed meal
  - 1 tablespoon almond butter (or your favorite nut butter)
  - ½ cup unsweetened almond milk, plus more as necessary



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## DINNER

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- **Coconut turmeric chicken soup:**
  - 1 yellow onion
  - 2 cloves garlic
  - 1/2 Tbsp grated fresh ginger
  - 2 Tbsp olive oil (or coconut oil)
  - 1/2 Tbsp turmeric
  - 1/2 tsp cumin
  - 1 pinch crushed red pepper
  - 1/2 lb. carrots (about 3)
  - 1/2 bunch celery (about 4 stalks)
  - 1 skinless chicken breast (about 3/4 lb.)
  - 3 cups chicken broth
  - 1 13oz. can coconut milk
  - 1/2 tsp salt (or to taste)





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## SNACKS/SWEETS/SIDES

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- Yogurt (almond milk or coconut milk) with dark chocolate and blueberries
- Whole grain granola with almond milk or coconut milk and sliced bananas
- Chickpea Salad:
  - 15oz. Can of chickpeas
  - 1 pint cherry tomatoes
  - 1/2 cucumber
  - 1/4 cup sliced olives
  - Juice of 1 lemon
  - 1 Tbsp red wine vinegar
  - 2 Tbsp extra virgin olive oil
  - 1/4 cup fresh parsley
  - 3 Tbsp fresh basil
  - 1/4 tsp garlic powder
  - Pepper/salt to taste
  - OPTIONAL: feta cheese



# QUESTIONS

- Visit the Virtual Exhibit Hall and click “Ask a Question” to send in any additional questions you have.