

# Eating Healthy with Multiple Sclerosis

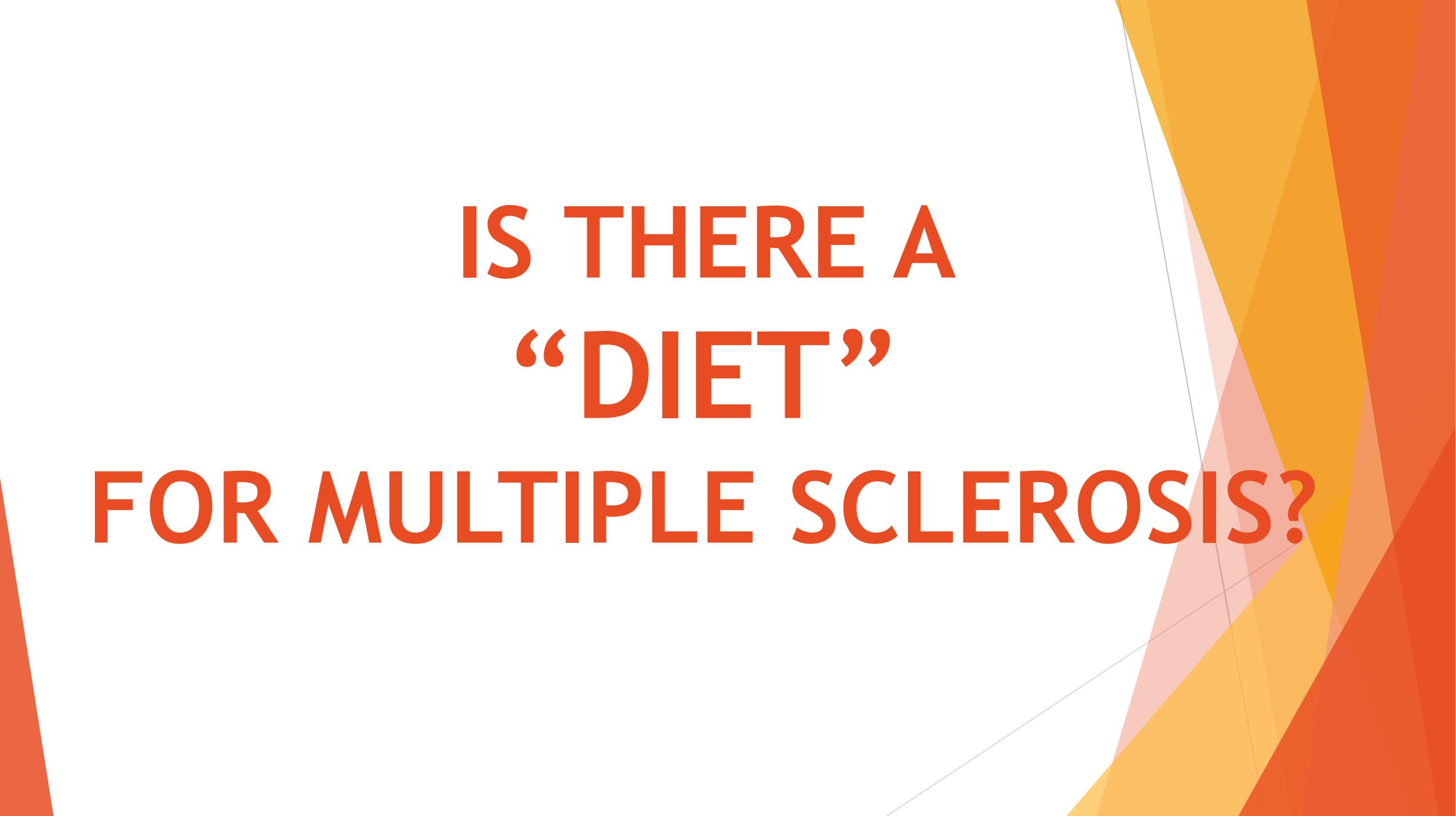
Brooke Bisping, Registered Dietitian  
with Hy-Vee Grand Prairie



# WHAT DOES A HY-VEE DIETITIAN DO?

- ▶ Individual Nutrition Counseling
- ▶ Biometric Screenings
- ▶ Complimentary Store Tours
- ▶ Adult/Kid Cooking Classes
- ▶ Personalized Shopping Assistance
- ▶ Group Presentations





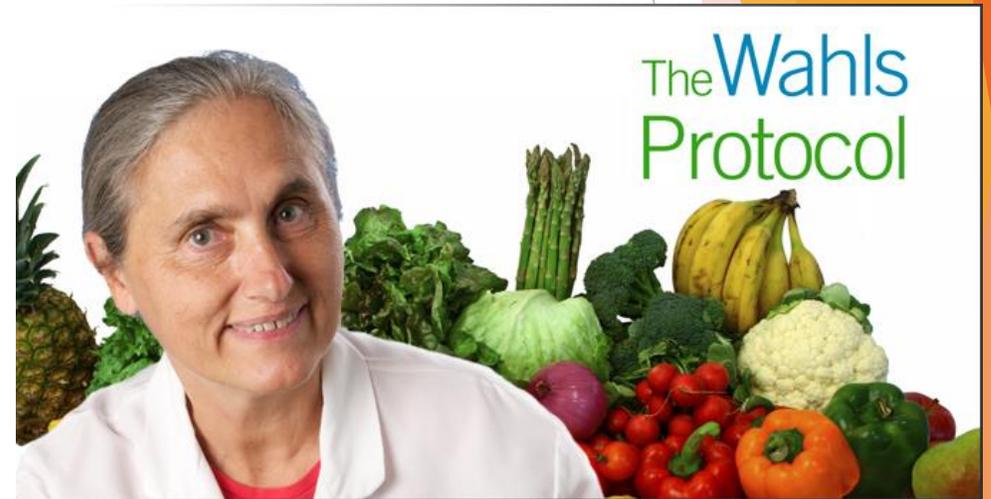
**IS THERE A  
“DIET”  
FOR MULTIPLE SCLEROSIS?**

*“Although there's no special “MS diet,” what and how you eat can make a difference in your energy level, bladder and bowel function, and overall health.”*

**-National Multiple Sclerosis Society**

# CURRENT RESEARCH

- ▶ Doctor Terry Wahls: Paleolithic Diet
- ▶ Swank Diet: Low fat
- ▶ Increase Vitamin D
  - ▶ Deficiency causes onset of MS?
  - ▶ Possible disease progression
- ▶ Decrease sodium intake
  - ▶ High sodium diet = higher relapse rate?

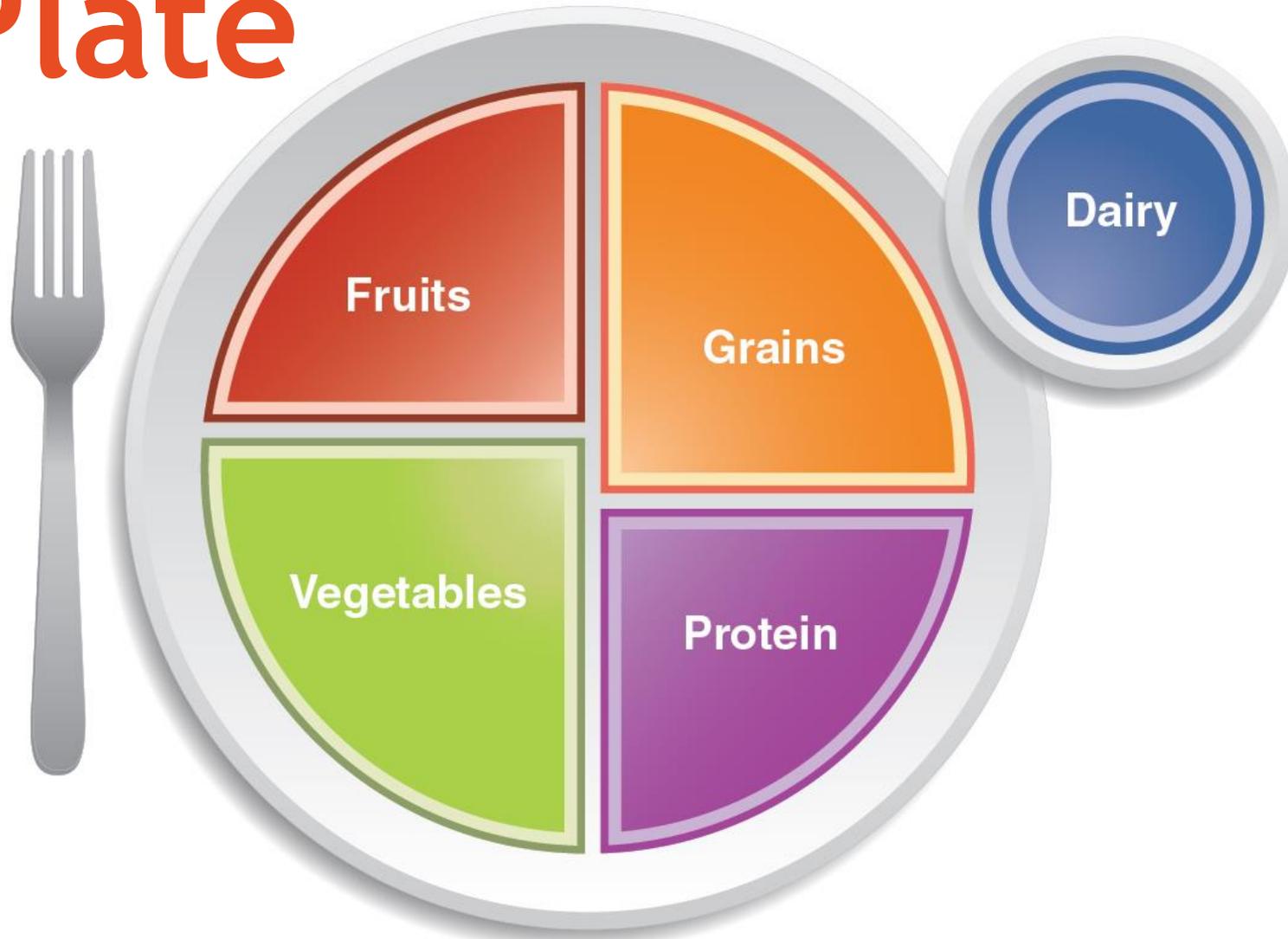


# COMMON FACTORS OF ALL DIETS

- ▶ Decrease saturated fat intake.
  - ▶ Limit red meats, avoid fried foods, choose low fat dairy.
- ▶ Increase fruits and vegetables
- ▶ Avoid highly processed foods.
- ▶ Decrease sodium.
  - ▶ Frozen dinners, deli meats, soups



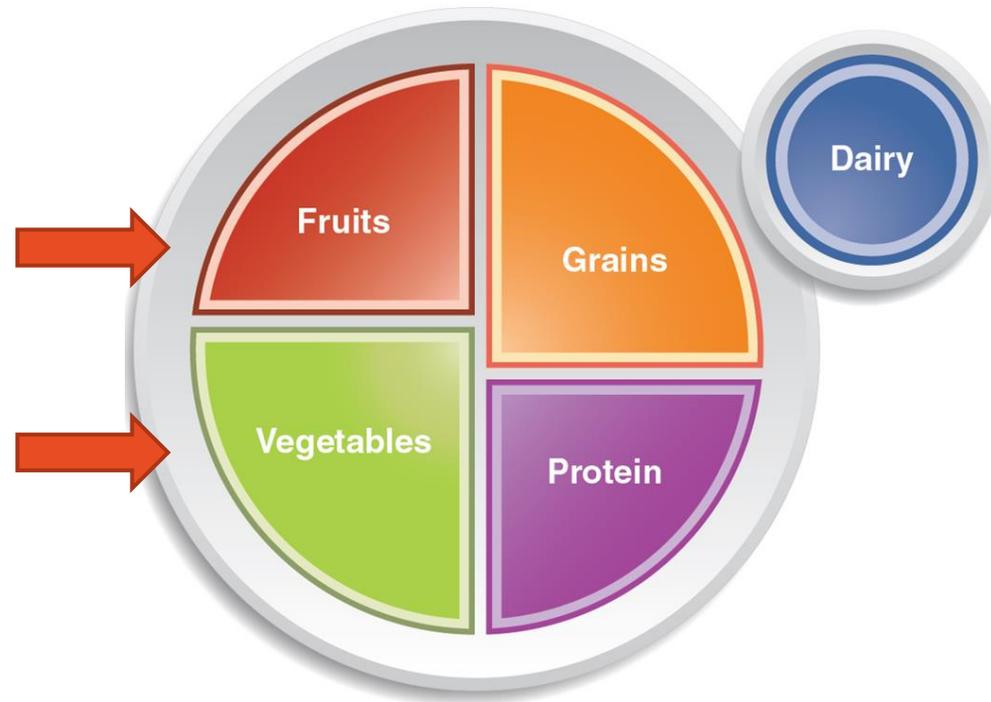
# MyPlate



Choose **MyPlate**.gov

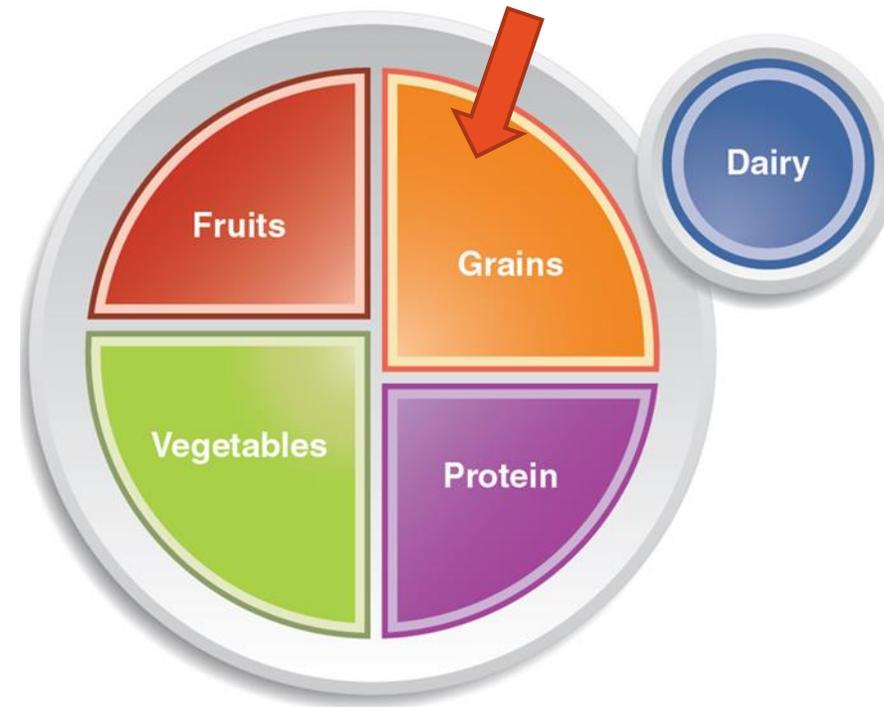
# FRUITS & VEGETABLES

- ▶ Fill half your plate with fruits and vegetables.
- ▶ Choose F & V that are vibrant and dark colors.
- ▶ Place fruits in smoothies, on oatmeal, in omelets, or plain.



# GRAINS

- ▶ Aim for 50% of grains to be **WHOLE** grain options.
- ▶ Be aware of portion sizes: cereal, pasta, rice, etc.
- ▶ Starchy vegetables also included!
  - ▶ Corn, potatoes, peas

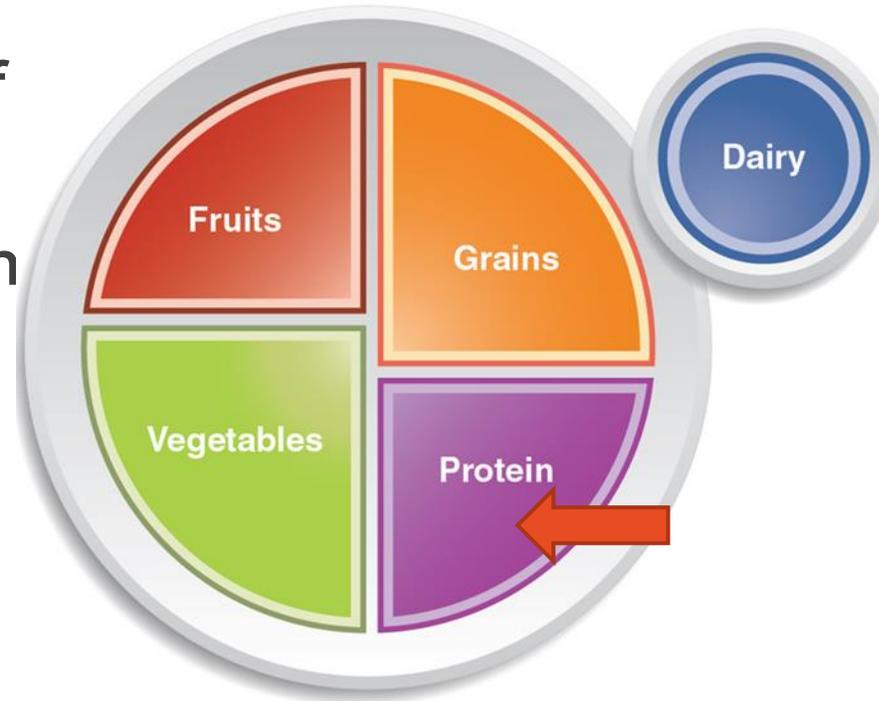


MADE FROM: WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, UNSULPHURED MOLASSES, CONTAINS 2 PERCENT OR LESS OF: OAT FIBER, SALT, SODIUM STEAROYL LACTYLATE (DOUGH CONDITIONER), CITRIC

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), ORGANIC CANE SUGAR, GRAHAM FLOUR, SOYBEAN

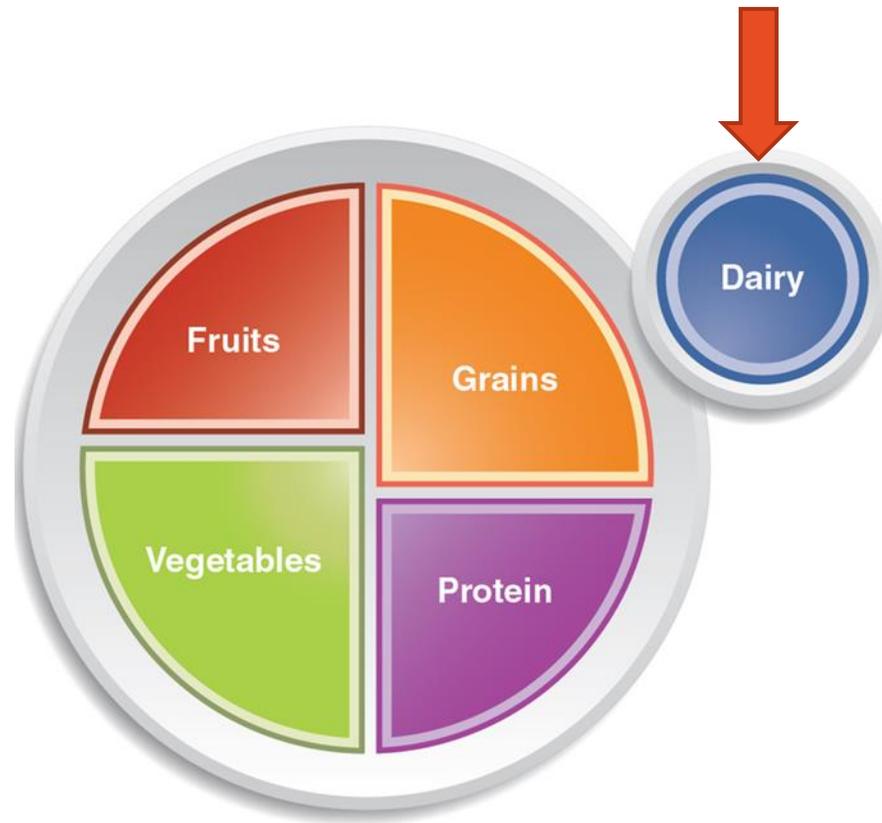
# PROTEIN

- ▶ 1 serving = diameter & width of palm; deck of cards
- ▶ Avoid fatty meats which contain saturated fats: beef, steak, untrimmed meats.
- ▶ Fish and trimmed poultry are good choices.
- ▶ Beans, nuts, and seeds!



# DAIRY

- ▶ Choose no fat or low-fat dairy products.
  - ▶ Milk, cheese, yogurt
- ▶ Some studies recommend eliminating dairy.
- ▶ No conclusive evidence as of now that this is helpful.



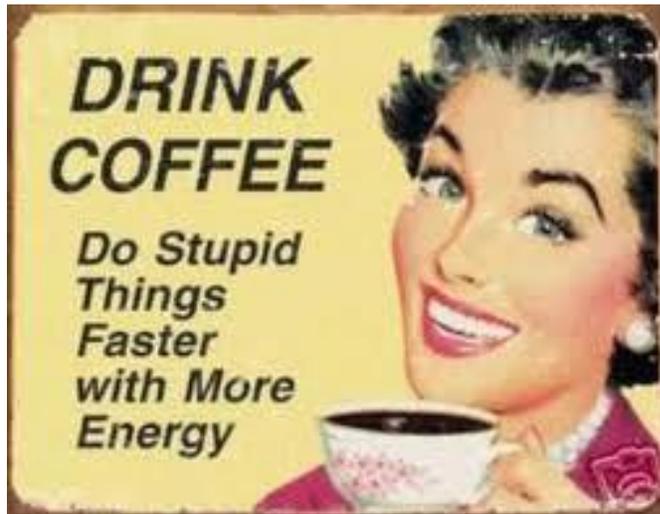
# GENERAL NUTRITION TIPS

1. Eat consistently throughout the day.
2. Monitor daily intake of added sugars.
3. Consume adequate fiber (25-30 grams).
4. Choose healthy fats.
5. Drink more water!



# STRUGGLING WITH FATIGUE?

- ▶ Never go more than 4 hours without food.
  - ▶ Add healthy snacks in between meals.
- ▶ Avoid large helpings or sugary snacks.
- ▶ Don't overdose on caffeine! 😊



# QUESTIONS?



# Hy-Vee Dietitian Recipes!

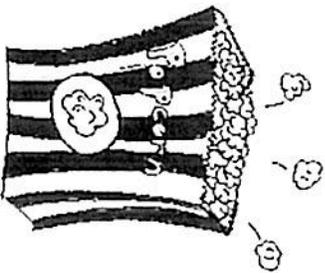
## Wild Ranch Popcorn

### All you need:

- 1 oz packet Hy-Vee Ranch Dip Mix
- 4.8 oz Boom Chicka Pop Sea Salt Popcorn
- Hy-Vee Olive Oil Cooking Spray

### All you do:

- Empty popcorn into large bowl.
- Spray popcorn generously with olive oil cooking spray and toss to coat.
- Sprinkle contents of ranch packet evenly onto popcorn.
- Toss to coat.
- Enjoy! :)



## Taco Popcorn

### All you need:

- 1/8 teaspoon Garlic Powder
- 1/8 teaspoon Onion Powder
- 1/8 teaspoon Cumin
- 1/8 teaspoon Paprika
- 1/8 teaspoon Chili Powder (not hot)
- 1/4 teaspoon Salt
- 4.8 oz Boom Chicka Pop Sea Salt Popcorn
- Hy-Vee Olive Oil Cooking Spray

### All you do:

- Empty popcorn into large bowl.
- Spray popcorn generously with olive oil cooking spray and toss to coat.
- Combine first 6 ingredients in small bowl.
- Sprinkle spice combination evenly onto popcorn.
- Toss to coat. Enjoy! :)

