Eating Healthy with Multiple Sclerosis

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with Hy-Vee Grand Prairie

Hy-Vee
EMPLOYEE OWNED
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

- Fruits
- Grains
- Vegetables
- Protein

Dairy

ChooseMyPlate.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
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!
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.
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?
All you do:

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

All you need:

- Taco Popcorn