



MS Therapy Centre Highland

long-term therapies for people living with long-term conditions

DIET

Because of the quite evident relationship between MS and geographical area, one of the first areas of research into MS investigated the significance of diet and how it might explain the occurrence and progression of the disease.

As a result, there is now a large amount of statistical data which strongly suggests that striking nutritional balance can contribute significantly to the well-being of an MS sufferer.

WHAT THE RESEARCH DISCOVERED

There is a close correlation between MS and the eating of saturated fats. To an MS sufferer, both the amount of fat and the type eaten should be considered of importance.

SATURATED FATTY ACIDS (FATS)

These are not essential foods for us. We need fat in our bodies as a protective layer, to keep us warm and as a store of food to provide energy. We make our own fat reserves from other foods as well as fat. Saturated fat is found in meat, milk, butter, lard etc.

POLYUNSATURATED FATTY ACIDS (PUFAs)

These fats are essential to us and we cannot make them from other foods. PUFAs fall into two groups and come from two sources. Evening Primrose Oil, Liver, Kidney, some Meats etc.

Other sources are from Green Vegetables, Linseeds and Fish.

It has been shown that the blood contents of many MS sufferers carries unusual fats which are more saturated than in people without MS. This can be changed (it takes approximately one year) by eating much less saturated fat and more PUFA'S.

The Myelin Protective Nerve Cover should also contain PUFA'S, but people with MS tend to have saturated fat in their Myelin.



RECOMMENDATIONS

It seems only sensible to provide the correct building materials by eating the right fats. It is suggested that the eating of saturated fats should be reduced and unsaturated fats should be increased. Increasing the intake of vitamins and fibre - good for everyone - will be of even greater advantage if you are coping with MS.

The extent to which you want to change your foods to eat is up to you. The following is a table of the good and the bad of healthy MS eating.

EAT PLENTY OF PROTEIN FOODS:

Lean Meat, Poultry, Rabbit, Offal, Game, Fish, Nuts and Pulses.

FATS AND OILS:

Sunflower, Linseeds, Margarine, Seed Oil, Flower Seed Oil, or "Linsuit Gold", (high in Polyunsaturates).

DAIRY PRODUCE:

Skimmed Milk, Low-Fat Yoghurt, Cottage of Curd Cheese.

FRUIT AND VEGETABLES:

Fresh Fruit, Fresh Vegetables, especially Dark Green Vegetables and Salads.

CEREALS:

Wholemeal Bread and Wholegrain Cereals and Flours.

TRY TO AVOID

PROTEIN FOODS:

Fatty Meat, Processed Meat Products, Coconut, Peanuts.

FATS AND OILS:

Butter, Lard, Suet, Dripping, Solid Vegetable Oils, Hard Margarines.

DAIRY PRODUCE:

Full Cream Milk, Skimmed Milk with added Vegetable Fats, Cream, Hard Cheeses, Processed Cheeses, and Ice Cream.

CEREALS:

Refined Cereal Products, Sugar and Sugary Products.

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