# Overcoming

#### Dear Chef...

I have been diagnosed with multiple sclerosis and what I eat is vital for my health.

My dietary requirements are very precise and I can only eat certain foods. Can you please help me by advising what I can eat from your menu or suggesting any dishes that can be modified?

Attached is a simple list of foods that I CAN and CANNOT eat.

I am sorry to cause any inconvenience. Please do not hesitate to come out and talk to me if you are uncertain or unable to help.

Thank you,

Your Hungry Customer

www.overcomingms.org

#### **Must NOT contain**

- × Meat
- **★ Dairy**: Butter, margarine, milk, cheese, ice-cream
- × Egg yolk
- × Oils: Except for extra virgin olive oil
- × Coconut or coconut products
- × Anything fried or deep fried
- × Chocolate

#### CAN contain

- ✓ Fish, inc shellfish: Boiled, grilled, baked
- ✓ Vegetables & green leaves: Raw, boiled, steamed or baked without oil
- ✓ Salad: Tomato, pepper, cucumber, celery
- ✓ Grains: Wheat, couscous, rice, quinoa, barley, legumes, beans, oats
- ✓ Soya / soya milk / almond milk / oat milk
- Egg white only
- ✓ Fruit
- ✓ Nuts
- ✓ Spices
- ✓ Alcohol / coffee / tea / herbal teas

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Grains: Wheat, couscous, rice, quinoa, barley, legumes, beans, oats

✓ Soya / soya milk / almond milk / oat milk

✓ Fish, inc shellfish: Boiled, grilled, baked

✓ Vegetables & green leaves: Raw. boiled.

× Dairy: Butter, margarine, milk, cheese,

× Oils: Except for extra virgin olive oil

× Coconut or coconut products

× Anything fried or deep fried

- Egg white only
- ✓ Fruit
- ✓ Nuts

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ice-cream

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× Chocolate

CAN contain

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