## 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 Canyou and 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 CAN and CANNOT eat.
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

## overcoming

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Attached is a simple list of foods that ICAN and CANNOT eat
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Thank you
Your Hongry Customer
$\times$ Meat
$\times$ Dairy: Butter, margarine, milk, cheese K Ege-cream
x Oils: Except for extra virgin olive oil
$\times$ Coconut or coconut products
$\times$ Anything fried or deep fried
$\times$ Chocolate

## CAN contain

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

## Must NOT contain

$\times$ Meat
$\times$ Dairy: Butter, margarine, milk, cheese,
Ee-ream
$\times$ Egg yolk
Oils: Except for extra virain olive oil
$\times$ Coconut or coconut products
$\times$ Anything fried or deep fried
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