OMS Diet: A Practical Guide

Useful links

<u>Understanding the science behind the OMS dietary recommendations:</u>

A guide to the OMS diet on the Overcoming MS website: https://overcomingms.org/oms-program/guide-oms-diet

OMS webinar from 2020 The OMS diet: healthy eating at home with Sam Josephs: https://overcomingms.org/exclusive-resources/refresh-oms-2-oms-diet-healthy-eating-home-sam-josephs

Omega 3 supplementation and flaxseed oil: https://overcomingms.org/recovery-program/diet/role-fats-ms/omega3-supplements

Dairy and MS

Why should you avoid dairy in your MS diet: https://overcomingms.org/recovery-program/diet/dairy-and-ms

The Role of Fats in MS

Why the OMS program recommends a low-saturated fat diet: https://overcomingms.org/recovery-program/diet/role-fats-ms

Understanding the different kinds of fats in our diet: https://overcomingms.org/about-multiple-sclerosis/ms-encyclopedia/types-fats

A useful visual guide to understanding fats: https://overcomingms.org/recovery-program/diet/role-of-fats-ms/visual-guide-fats

Replacing whole eggs in recipes

Alternatives to using whole eggs in cooking and baking: https://overcomingms.org/latest/what-can-i-use-instead-egg-recipes

Recipes

The Recipe section of the OMS website - a growing resource of recipe ideas and inspiration, with new recipes being added all the time: https://overcomingms.org/resources/recipes