

Discover the Overcoming MS diet

The diet aims to significantly reduce saturated fat intake while increasing the intake of healthy, omega-3 fats.

The diet recommends eating foods like:

- Vegetables
- Fruits
- Beans, peas and legumes
- Fish and seafood
- Grains, pulses and pasta
- Herbs and spices
- Seeds and nuts
- Good fats like extra virgin olive oil, flaxseed oil and hemp oil etc
- Plant-based dairy alternatives such as almond milk or soy yoghurt
- Tofu
- Egg white
- Cocoa/cacao powder



The diet avoids saturated fats such as:

- Dairy from cow, sheep, goat
- Land-based animal meat such as lamb, beef, pork and chicken
- Cooking fats such as butter, ghee, lard, vegetable oil
- Coconut oil, cream and milk
- Baked goods unless they are fat-free
- Snacks like crisps, chips, chocolate and party food
- Fast food
- Foods fried and deep-fried in oil
- Egg yolk

Simple changes can make a huge difference to how you feel!