



**The Overcoming MS diet is a comprehensive approach to nutrition designed to help manage multiple sclerosis (MS) symptoms and improve overall health.**

Based on scientific research and demonstrated through the personal experiences of Professor George Jelinek – and now many others who have followed the Program – the Overcoming MS diet emphasises the reduction of saturated fats and the incorporation of plant-based foods and healthy fats.

# Core principles



## 1. Plant focused

The Overcoming MS diet is primarily plant-based, which means a significant portion of the diet comes from vegetables, fruits, grains, legumes, nuts, and seeds. This helps ensure a high intake of vitamins, minerals, and antioxidants that are essential for overall health and well-being.



## 2. Low saturated fat

A crucial aspect of the Overcoming MS diet is significantly reducing saturated fat intake. This involves eliminating or minimising consumption of foods high in saturated fats, such as red meat, processed foods, and dairy products.



## 3. Increased Omega-3

The diet encourages the consumption of foods rich in omega-3 fatty acids, which have anti-inflammatory and anti-degenerative properties. These can be obtained from flaxseed oil, and oily fish like salmon and mackerel. Omega-3 supplements are also recommended if these sources are insufficient.



## 4. Elimination of dairy

Dairy products are excluded from the Overcoming MS diet. This includes milk, cheese, butter, and other dairy derivatives. Instead, dairy alternatives such as almond milk, soy milk, and other plant-based options are suggested.



## 5. Whole foods

Emphasis is placed on consuming whole, unprocessed foods. This means choosing foods in their natural state rather than processed or refined versions. Whole grains, fresh vegetables, and fruits should form the base of daily meals.

## Recommended foods

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### Vegetables and fruits

These should be a major part of the diet, offering essential nutrients and fibre. Aim for a variety of colours and types to maximise nutritional benefits.

### Whole grains

Brown rice, quinoa, whole wheat, oats, and other whole grains are recommended for their fibre content and complex carbohydrates.

### Legumes

Beans, lentils, chickpeas, and other legumes provide protein and essential nutrients without the saturated fats found in animal products.

### Nuts and seeds

These are good sources of healthy fats, protein, and fibre. However, they should be consumed in moderation due to their high calorie content.

### Fish and seafood

Fish, especially oily fish, is encouraged for its omega-3 fatty acids. Aim to include fish in your diet at least three times a week.

## Foods to avoid

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### Red meat and poultry

These are high in saturated fats and should be eliminated from the diet. This includes beef, pork, lamb, and processed meats like sausages and bacon.

### Processed foods

Foods high in trans fats, refined sugars, and additives should be avoided. This includes fast food, snacks like chips and cookies, and sugary drinks.

### Dairy products

As mentioned, all forms of dairy should be excluded. This includes milk, cheese, yogurt, and butter.

### Eggs

Egg yolks are high in saturated fats and should be avoided. Egg whites, however, are a good source of protein and can be included.





## Practical tips

The Overcoming MS diet is not just about what you eat, but how you approach food as part of a holistic lifestyle change to manage MS and enhance overall health.

### Planning and preparation:

Meal planning and preparation are key to adhering to the Overcoming MS diet. Preparing meals in advance and having healthy snacks on hand can help prevent lapses into unhealthy eating habits.

### Education and support

Educate yourself about the diet and seek support from the Overcoming MS community or a nutritionist. Sharing experiences and tips with others can provide motivation and practical advice.



### Mindful eating

Paying attention to what and how you eat can improve your relationship with food. Mindful eating encourages enjoying meals without distractions, which can lead to better digestion and satisfaction.

### Be Consistent

Make these lifestyle changes a permanent part of your daily routine.



### Learn more

By integrating these principles, the Overcoming MS Program empowers individuals with MS to take control of their health and live fuller, healthier lives.

For more detailed information and resources, visit our website on [www.overcomingms.org](http://www.overcomingms.org)

