



Multiple Sclerosis

nutrition tool kit

Rx meijer
specialty pharmacy

about multiple sclerosis

Living with a chronic condition, like multiple sclerosis, can be challenging, especially when it affects day-to-day life. To help you, our team of registered dietitians has created this resource filled with tools, tips and recipes.

For more information on the role of nutrition in managing multiple sclerosis (MS), please check out our website. You'll find numerous downloads including general nutrition recommendations, key nutrients, tips for shopping on a budget and more!

Our dietitian-tested recipe section includes:

- Food substitutions based on common food allergens and intolerances
- Helpful nourishment notes calling out the benefits of certain foods for Multiple Sclerosis
- Downloadable recipes

And don't miss the ***Empower Your Well-Being*** section focusing on sleep, stress management and movement.

Find all of this and more at meijerspecialtypharmacy.com

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shopping list

Multiple Sclerosis

Navigating the grocery aisles may seem overwhelming, especially when you're feeling fatigued, but we're here to help! Below you'll find some healthy, MS-friendly foods, no matter what section you're shopping in.

* Contains gluten | ☺ Contains lactose

Produce		
— Fruits —		
Apples	Figs	Peaches
Apricots	Grapes	Pears
Blackberries	Honeydew Melon	Pineapple
Blackberries	Jackfruit	Plums
Blueberries	Kiwi	Pomegranates
Cantaloupe	Mango	Raspberries
Cherries	Nectarines	Strawberries
Dates	Oranges	Watermelon

Lean Protein
Beans
Eggs
Fish: Salmon, Tuna, Mackerel
Shellfish: Shrimp, Scallops
White Meat Poultry: Turkey, Chicken

Canned Foods
Canned Beans
Canned Fruit (packed in water)
Canned Salmon
Canned Tuna
Canned Vegetables (no added salt)

Produce	
— Vegetables —	
Artichoke	Kale
Asparagus	Lettuce
Avocado	Mushrooms
Beans	Okra
Beets	Onion
Bell Peppers	Parsnips
Bok Choy	Pattypan Squash
Broccoli	Peas
Broccoli Rabe	Peppers
Brussels Sprouts	Potatoes
Butternut Squash	Pumpkin
Carrots	Radish
Cauliflower	Scallions
Cucumber	Spinach
Corn	Summer Squash
Eggplant	Sugar Snap Peas
Garlic	Spaghetti Squash
Green Beans	Tomato
Hominy	Zucchini
Jicama	

shopping list

Multiple Sclerosis

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Dairy

- Low-Fat Milk (1% or skim) ∞
- Low-Fat Cheese (1% or skim) ∞
- Low-Fat Yogurt (1% or skim) ∞
- Kefir ∞
- Plant-Based Milk (nut varieties, soy, rice)
- Plant-Based Yogurt (almond, coconut, soy)
- Plant-Based Cheese (almond, soy)
- Plant-Based Kefir

Nuts, Oils and Seeds

Almonds	Nut Butters
Avocado Oil	Peanuts
Brazil Nuts	Pistachios
Canola Oil	Pine Nuts
Cashews	Pumpkin Seeds
Chia Seeds	Sesame Seeds
Extra Virgin Olive Oil	Sunflower Seeds
Flax Seeds	Sunflower Butter
Hemp Seeds	Walnuts

Frozen Foods

- Frozen Vegetables (no added sauce, seasoning, or salt)
- Frozen Fruit (no added sugar)
- Frozen, Ready-To-Eat Grains

Beverages

- 100% Juice
- Coffee (decaf or regular)
- Kombucha (fermented beverage)
- Tea (decaf or regular)
- Water (sparkling or regular)

Grains & Starches

Barley*
Bean-Based Pasta (example Banza®)
Brown Rice
Gluten-Free Bread
Old Fashioned Oatmeal
Quinoa
Sprouted Breads (example Ezekiel®)*
Wheat Berries*
Whole Grain Bread*
Whole Grain Pasta*

foods to stock your pantry

Multiple Sclerosis

Keep a power-packed pantry to help maintain your nutritional well-being. Items found on this list can be easily prepared and eaten, which is especially helpful for when energy levels are low.

Grains	
Bean-Based Pastas	Cream of Wheat®
Instant Brown Rice	Low-Sugar Cereal
Old Fashioned Oats	Polenta
Whole Grain Crackers	Whole Grain Pasta
Quick-Barley	Quinoa

Beverages	
100% Fruit Juice (cranberry, prune)	
Coffee (decaf or regular)	
Shelf-Stable Milk Alternatives (almond, coconut, soy)	
Tea (decaf or regular)	
Water (plain or sparkling)	

Protein	
Canned Beans and Legumes	Chicken Stock
Beef Stock	Nut or Seed Butters
Salmon (cans or pouches)	Tuna Fish (cans or pouches)
Raw or Roasted Nuts (almonds, cashews, pistachios, walnuts)	

Vegetables	
Canned Beans and Legumes	Onions
Pasta/Marinara Sauce	Potatoes
Vegetable Juice	Vegetable Stock
Canned, Reduced Sodium Vegetables	

Herbs & Spices (Dried or Powdered)		
Basil	Cinnamon	Cumin
Chili Powder	Garlic	Ginger
Oregano	Italian Seasoning	Pepper
Rosemary	Turmeric	

Oils		
Olive Oil	Canola Oil	Coconut Oil

Other	
Low-Sodium Gravy (to moisten food, if necessary)	
Low-Sugar Pudding	
Flour, cornstarch or commercial thickeners (to thicken liquids, if necessary)	

Fruits	
Canned Fruit (packed in water)	
Dried Fruit	

eat this, not that

Multiple Sclerosis

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Group	Eat This	Not That
Fruits	<ul style="list-style-type: none"> Canned fruit packed in water Dried fruit, no sugar added Fresh fruit Frozen fruit, no sugar added 100% fruit juice 	<ul style="list-style-type: none"> Canned or frozen fruit packed in syrup Dried fruit with added sugar
Vegetables	<ul style="list-style-type: none"> Beans and peas Dark green vegetables Red and orange vegetables Starchy vegetables (corn, white potato, sweet potato, peas) Other (cauliflower, celery, cucumber, green beans, peppers, mushrooms, onions, squash and zucchini) 	<ul style="list-style-type: none"> Deep fried vegetables Frozen vegetables packed in heavy sauces Canned vegetables packed in salted water (rinse in a colander to remove excess salt)
Grains/Starches	<ul style="list-style-type: none"> Amaranth Barley* Bean-based pastas Brown rice Buckwheat Oatmeal Wheat berries* Whole grain, high-fiber cereals* Whole grain pasta* Whole grain bread* Wild rice Quinoa Sorghum 	<ul style="list-style-type: none"> White rice Refined white flour products - bread, bagels, rolls, crackers, cereals, pasta* Gluten containing foods, if gluten intolerant
Protein	<ul style="list-style-type: none"> Beans Eggs Fish Poultry Shellfish Tempeh Tofu 	<ul style="list-style-type: none"> Processed and smoked meats (deli meats, jerky, hot dogs, sausages, and bratwurst) Fried meats High-fat meats
Dairy	<ul style="list-style-type: none"> Low-fat dairy (milk, yogurt, cheese, kefir) ∞ Plant-based milk alternatives (almond, cashew, coconut, soy) Plant-based milk alternative yogurts (almond, soy, coconut) 	<ul style="list-style-type: none"> Full-fat dairy (cream, half and half, sour cream, ice cream) ∞ Lactose containing foods, if lactose intolerant

eat this, not that

Multiple Sclerosis

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Group	Eat This	Not That
Nuts/Seeds/Oils	<ul style="list-style-type: none"> Plain, whole nuts Plain seeds Extra virgin olive oil Canola oil Nut butters (peanut, almond, cashew) 	<ul style="list-style-type: none"> Salted or sugar-coated nuts and seeds Butter Lard
Beverages	<ul style="list-style-type: none"> Coffee Kombucha (fermented tea) Kvass (fermented beverage)* Tea Water 	<ul style="list-style-type: none"> Sugar-sweetened beverages Alcohol Energy drinks
Snack Foods	<ul style="list-style-type: none"> Whole grain crackers* Air popped popcorn Fruit leathers Trail mix Fruit and nut bars 	<ul style="list-style-type: none"> Salty snacks (crackers, chips, pork rinds, pizza rolls, etc.)* Sugary snacks (cookies, cakes, pastries, pie, frozen treats, etc.)*

food and symptom tracker

Date & Time	Food Eaten	Symptoms	Well-Being
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Lunch | Dinner

Crunchy Peanut Quinoa Slaw

15 Mins
Prep Time

0 Mins
Cook Time

6
Servings

≡ 139 Calories 7g Fat 16g Carbs 6g Protein



Ingredients

6 Servings • 1 Cup Serving Size

15 Mins Total Time

Allergens: Peanuts, Soy, Gluten

1 Cup Cooked Quinoa (use the Basic Quinoa Recipe) 

3 Cups Broccoli, Carrot and Cabbage Slaw Mix 

½ Cup Chopped Cilantro, more if desired for topping

¼ Cup Chopped Peanuts (optional)

¼ Cup Smooth Peanut Butter  **3 Tbsp** Low-Sodium Soy Sauce

1 Tbsp Honey **1 Tbsp** Rice Vinegar (optional)

1 Tsp Ground Ginger **2 Tbsp** Lime Juice

Pinch of Red Pepper Flakes

Nourishment Note



Quinoa

Quinoa is a gluten-free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.



Cabbage Slaw

Cruciferous vegetables are rich in insoluble fiber. Insoluble fiber can help relieve constipation, a common side effect of MS.



Peanut Butter

If possible, try to buy natural peanut butter as it's free from added oil, sugar and salt. Peanut butter is a plant-based protein option that's also a good source of heart healthy fats.

Allergen Swap

Peanuts Replace the peanut butter with a seed butter, such as sunflower butter; omit chopped peanuts.

Gluten Use a gluten-free soy sauce.

Soy Use a soy-free soy sauce.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Salad

In a large mixing bowl, combine the pre-cooked quinoa, cabbage slaw and cilantro.

3. Make the Dressing

In a small mixing bowl, whisk together the dressing ingredients. Add more water for a thinner sauce.

4. Add Dressing to Salad

Add sauce to quinoa mixture. Stir together. Serve with peanuts and additional cilantro if desired.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: cookieandkate.com

What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



Large Mixing Bowl



Small Mixing Bowl



Whisk



Mixing Spoon

Fatigue Buster

- Sit on a stool or chair while preparing this recipe. Sitting uses less energy than standing.
- Use the Basic Quinoa Recipe and freeze leftovers to enjoy when cooking isn't a high priority. Quinoa can also be used in recipes throughout the week.
- Use bottled lime juice instead of squeezing your own to reduce prep work.

Dinner

Lemon Feta Polenta with Asparagus and Shrimp

20 Mins
Prep Time

25 Mins
Cook Time

4
Servings

522 Calories **32g Fat** **38g Carbs** **25g Protein**



Ingredients

4 Servings **45 Mins Total Time** **Allergens:** Shellfish, Dairy

5 Cups Water	1 Cup Polenta, dry
1 Tbsp Extra Virgin Olive Oil	4 oz Feta Cheese, crumbled
Zest of 1 Lemon	2 Tbsp Lemon Juice
Salt and Pepper, to taste	
1 lb. Fresh Asparagus, woody ends removed	
2 Tbsp Extra Virgin Olive Oil	Salt and Pepper, to taste
1 lb. Raw Shrimp, peeled and deveined	2 Tbsp Butter
2 Tbsp Extra Virgin Olive Oil	3 Cloves Garlic, minced
2 Tbsp Lemon Juice	1 Tbsp Fresh Parsley, minced
1 Tbsp Fresh Dill, minced	Salt and Pepper, to taste

Allergen Swap

Shellfish Omit shrimp and replace with diced chicken breast, adjust cooking time accordingly.

Dairy Omit feta cheese and replace with a dairy-free cheese.

Nourishment Note



Shrimp

Shrimp is a great source of astaxanthin, a red pigment in the carotenoid family. Astaxanthin is an antioxidant that may prevent cell damage and improve immune function.



Asparagus

Asparagus is packed with nutrients, including folate, vitamin K and fiber. Asparagus is also high in antioxidants, which may help to lower inflammation and reduce the risk of heart disease and certain types of cancers.



Polenta

Polenta is made from corn, a whole grain. Whole grains provide energy to the body and can help power you through tiring days.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 425°F. Cover two baking sheets with a layer each of parchment paper.

3. Cook Polenta

Bring 5 cups of water to a boil in a medium-sized sauce pan. Stir in the polenta and bring to a boil. Reduce the heat to low and cook, stirring often, until the polenta becomes soft and smooth, about 25 minutes.

4. Prepare Asparagus

Meanwhile, prepare the asparagus by placing spears, with woody ends removed, on a parchment-lined baking sheet and drizzling with extra virgin olive oil. Sprinkle with salt and pepper.

5. Roast Asparagus

Roast asparagus for 12-15 minutes, depending on the thickness of the spears.

6. Prepare Shrimp

While asparagus roasts and polenta cooks, prepare the shrimp. In a small, microwave-safe bowl, melt the butter in the microwave. Once melted, add the extra virgin olive oil, minced garlic, lemon juice and fresh herbs.

7. Marinate Shrimp

Add the raw shrimp to the bowl and stir well, coating the shrimp in the herb mixture.

8. Pour Shrimp On Baking Sheet

Pour coated shrimp onto the other parchment-lined baking sheet and sprinkle with salt and pepper.

9. Bake Shrimp

When asparagus is done, remove from oven and cover to keep warm. Lower oven temperature to 350°F. Bake shrimp for 9-14 minutes, depending on the size of the shrimp, or until the shrimp are opaque in color and springy to the touch.

10. Combine & Serve

When polenta is done, stir in the extra virgin olive oil, feta cheese, lemon zest and lemon juice. Plate polenta and top with roasted asparagus and baked shrimp. Garnish with fresh herbs, if desired. Serve and enjoy!

11. Wash Hands

Wash hands with soap and water.

What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



Large Microwave-Safe Bowl



Microwave



Baking Sheet (2)



Parchment Paper



Medium-Sized Sauce Pan



Spoons (2)



Microplane/Zester

Fatigue Buster

- Purchase frozen, peeled, deveined shrimp. Simply thaw in the refrigerator or in a colander under cold running water.
- Purchase pre-minced, jarred garlic.
- Purchase lemon juice instead of squeezing fresh lemons.
- Use 1 tsp each of dried herbs instead of fresh.
- Top with an alternative steam-in-bag vegetable option, like broccoli.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

Breakfast | Snack

Power Green Smoothie

5 Mins

Prep Time

0 Mins

Cook Time

1

Serving

314 Calories **14g** Fat **43g** Carbs **10g** Protein



Ingredients

1 Serving

5 Mins Total Time

Allergens: Nuts

1 Banana, frozen



½ Cup Mixed Berries, frozen

1 Tbsp Ground Flaxseed Meal

1 Tbsp Creamy Peanut Butter

¾ Cup Vanilla, Unsweetened Almond Milk

2 Cups Fresh Spinach



Allergen Swap

Nuts Swap peanut butter for sunflower seed butter; omit almond milk and replace with a nut milk-free milk alternative.

Nourishment Note

Spinach



Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with MS. It also contains nutrients that may help lower the risk of heart disease and diabetes.

Banana



Bananas are high in carbohydrates, a type of sugar, that provide your body with a quick burst of energy. They're also helpful with digestive regularity.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients & Enjoy

Add all ingredients to a blender and blend to desired consistency. Add more frozen ingredients or almond milk to thicken/thin smoothie, respectively. Enjoy immediately!

3. Wash Hands

Wash hands with soap and water.

Recipe adapted from: minimalistbaker.com

What You'll Need



Blender



Measuring Cups



Measuring Spoons



Large Glass

Fatigue Buster

- Peel and freeze several bananas at once so you have some handy in the freezer.
- Purchase pre-washed baby spinach for a quick smoothie addition.

Snack

Strawberry Yogurt Popsicles

10 Mins
Prep Time

4-5 Hours
Cook Time

9
Servings

24 Calories **0g** Fat **4g** Carbs **2g** Protein (Based on 1 Popsicle)



Ingredients

9 Servings • **4 Oz** Popsicles

4-5 Hours Total Time

Allergens: Dairy

1 lb Strawberries, stems removed and halved



1 Tbsp Lemon Juice

1 Cup Vanilla Greek Yogurt

1 Tbsp Honey

Allergen Swap

Dairy Omit Greek yogurt and use a dairy-free version

Nourishment Note



Strawberries

Strawberries contain high amounts of vitamin C, a nutrient important to the immune system and those with multiple sclerosis. They also may help to prevent inflammation in the body, improve cholesterol levels, and decrease the risk for heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

In a food processor, blender, or using an immersion blender, puree the strawberries and lemon juice until smooth.

3. Whisk Ingredients

In a bowl, whisk the yogurt and honey until no lumps are visible.

4. Fill Popsicle Molds

Fill the popsicle molds (or 4 oz sample cups) by alternating 1 Tbsp fruit puree and 1 Tbsp of yogurt. Continue alternating until the molds are filled to $\frac{1}{4}$ -inch from the top (about 3 Tbsp of yogurt and 4 Tbsp fruit puree).

5. Freeze

Freeze for 1 hour. Remove from the freezer and insert popsicle sticks, leaving about 2 inches of each stick in the mold. Return to the freezer for another 3 to 4 hours, or until firm.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from: simplyrecipes.com

What You'll Need



Cutting Board



Knife



Small Mixing Bowl



Whisk



Blender



Measuring Spoons



Popsicle Molds & Popsicle Sticks

Fatigue Buster

- Use semi-thawed frozen strawberries instead of washing and slicing fresh strawberries.