

MS Diet STARTER GROCERY LIST

Acid Fruit

- Guavas
- Kiwi
- Melons
- Oranges
- Pinapples
- Passion Fruit
- Strawberries
- Pomegranates

Sub-Acid Fruit

- Apples
- Apricots
- Cherries
- Raspberries
- Blueberries
- Grapes
- Mangoes
- Nectarines
- Peaches

Sweet Fruit

- Bananas
- Papaya
- Raisins
- Seedless Grapes

Starches

- Basmati Rice
- Wild Rice
- Brown Rice
- Potatoes
- Quinoa
- Buckwheat
- Gluten/wheat-free pasta
- Gluten-free bread

Green Vegetables

- Broccoli
- Kale
- Spinach
- Herb leaves
(Rocket / Basil)
- Asparagus
- Lettuce
- Zucchini

Colored Vegetables

- Tomatoes
- Peppers
- Carrots
- Eggplant
- Avocado
- Butternut
- Sweet Potato
- Pumpkin
- Beetroot

White Vegetables

- Cauliflower
- Cabbage
- Onions
- Mushrooms
- Leeks
- Garlic
- Brussel Sprouts

Snacks

- Almonds (raw)
- Cashews (raw)
- Pecans (raw)
- Sunflower
Seeds (raw)
- Dried Fruit
- Olives
- Rice Cakes
- Corn Thins
- Buckwheat
Crackers
- Popcorn kernals

Drinks

- 100% Juice
(not concentrate)
- Herbal Tea
- Mineral Water

Condiments

- Extra Virgin
Olive Oil
- Herb Salt
- Fresh Herbs
- Sundried
Tomatoes
- Ground
Flaxseeds
- Ginger

Milk Substitutes

- Rice Milk
- Almond Milk
- Coconut Milk
- Coconut Cream

Sweeteners

- Honey
- Stevia
- Xylitol
- Agave Nectar



Eating right for Multiple Sclerosis, the natural way to recovery
<http://www.msdietforwomen.com>

Note: This is not an exhaustive list, and is only a recommendation to get you started.

MS DIET CHECKLIST

Foods To Avoid

DAIRY

butter
buttermilk
cheese
cottage cheese
cream
ice cream
whey powder

GLUTEN/WHEAT

barley
biscuits
bread
bulgar
cakes
cookies
cous cous
gnocci
oats
pasta
rye

SUGAR

biscuits
cakes
chocolate
cookies
energy drinks
soda
sweets
table sugar

SATURATED/TRANS FAT

chicken
crisps (potato chips)
deep fried chips/fries
eggs
lard
margarine
pork
red meat
roasted nuts
turkey

CAFFEINE

chocolate
coffee
green tea
normal tea

OTHER

alcohol
artificial sweeteners

Potentially Avoid

LEGUMES & SOY

acacia
adzuki beans
alfalfa
black beans
black soy beans
black-eyed peas
broad beans (fava beans)
butter beans
calico beans
canavalia beans (jack bean)
cannellini beans
carob
cassia
chickpeas (garbanzo beans)
edamame beans
field peas
great northern beans
green beans
green peas
guar gum
Italian beans
karaya gum
kidney beans
lentils
licorice

lima beans
locust beans
mung beans
navy beans
peanuts
pinto beans
Red Bush tea
soy beans
soy oil

split peas
string beans
talca gum
tamarind
tofu
tonka bean
tragacanth gum
urd flour
white beans

CITRUS FRUITS

clementines
lemons
oranges
tangerines

SATURATED FATS

grass-fed red meat

Foods To Embrace

FRUIT & VEG

apples
apricots
artichokes
asparagus
avocado
bananas
beets
"berries"
broccoli
butternut
cabbage
carrots
cashews
cauliflower
cherries
collard greens
corn
dark romaine
grapefruit
grapes
guavas
kale
litchi
mangoes
mushrooms
nectarines
onions
papaya's
parsley
parsnips
peaches

pears
peppers
pineapples
plums
potatoes
prunes
purple cabbage
seaweed
shallots
sorghum
spinach
strawberries
sweet potatoes
tomatoes
turnips
zucchini
watermelon

GRAINS

amaranth
buckwheat
millet
polenta
quinoa
rice (brown/wild/basmati)
teff

MILK SUBSTITUTES

almond milk
rice milk

RAW NUTS & SEEDS

almond nuts
brazil nuts
cashew nuts
chia seeds
flax seeds
hazelnuts
macadamia nuts
pecan nuts
pine nuts
poppy seeds
pumpkin seeds
sesame seeds
sunflower seeds
walnuts

SPICES

garlic
ginger
tumeric

FISH

herring
wild lake trout
wild salmon

SWEETENERS

stevia
agave nectar
xylitol
honey

