



## Minnesota Center for Multiple Sclerosis

### Patient Resources: Diet & Nutrition for MS

Navigating meal planning and dietary needs while managing chronic exhaustion and pain from multiple sclerosis can be daunting. Fortunately, discovering new recipes and maintaining a meal plan can be made simpler with the following resources.

Always speak with your doctor or nutritionist before making significant changes in diet.



#### MyPlate: Meal Planning & Recipes

MyPlate provides recipes and tools to support building healthy and budget-friendly meals. Explore meals ideas for different stages of life, create recipe collections, and download useful print materials to aid you on grocery trips. MyPlate is free to use and provides a mobile app version to take on the go.

Scan the QR or visit: [myplate.gov](https://myplate.gov)



#### Eat This Much: Diet-Adherence Tools

Eat This Much provides comprehensive meal plans based on your dietary requirements, including keto, vegetarian, vegan, and more. This resource additionally allows custom exclusions to help create meal plans shaped to the user's needs, and offers a free mobile app to take your grocery list with you.

Scan the QR or visit: [eatthismuch.com](https://eatthismuch.com)



#### Additional Recipe Options from AboveMS

We have compiled a playlist of video resources from professional diet and nutrition experts specializing in multiple sclerosis. Scan the QR code above to visit our YouTube channel



#### The Effects of Smoking on MS Patients

The risks of smoking are addressed quite commonly, but recognizing the amplification of these risks as a multiple sclerosis patient is vital. Scan the QR to learn more and receive support.

# Minnesota Center for **Multiple Sclerosis**

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