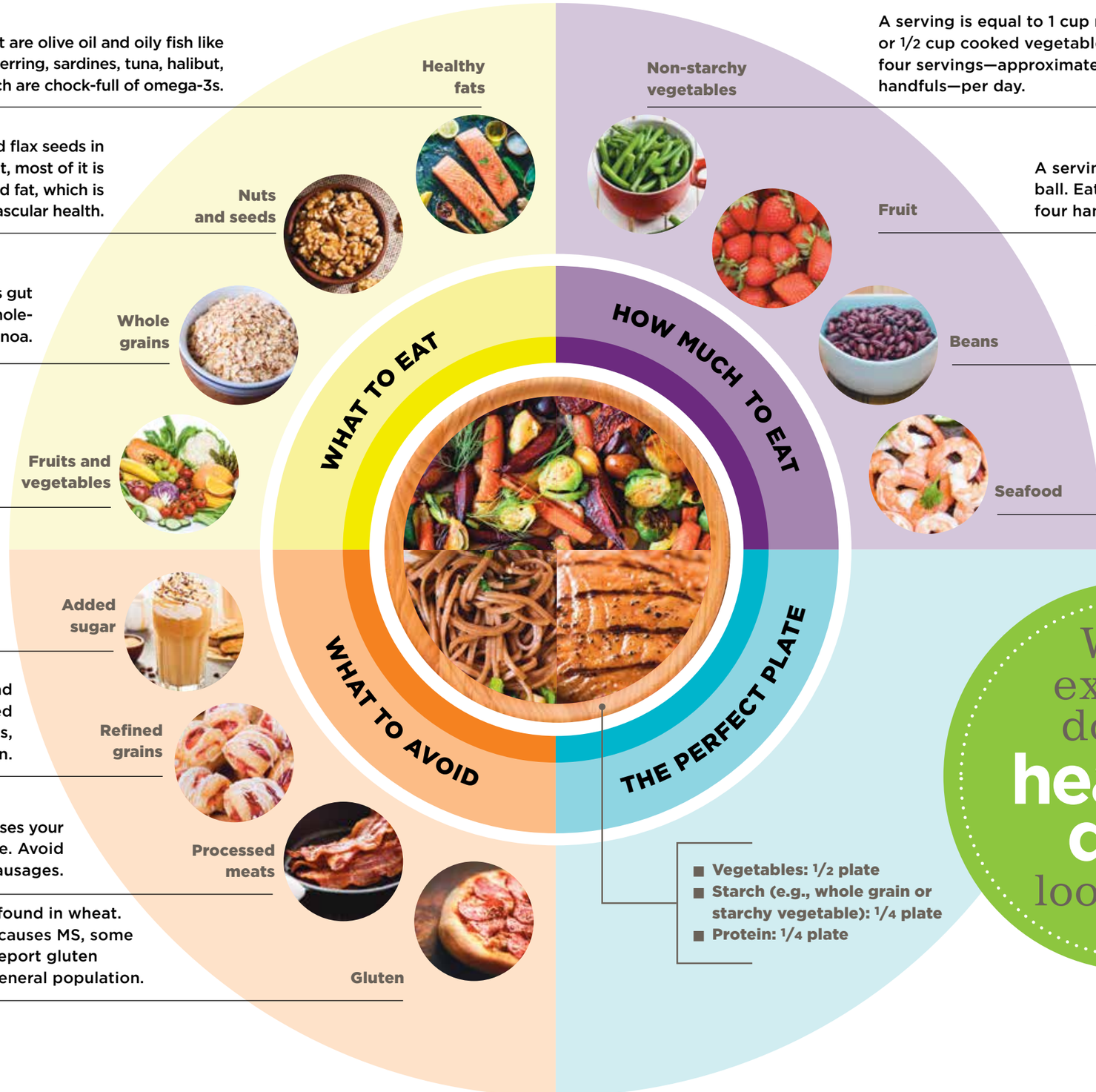
What exactly does a healthy diet look like?



Good sources of healthy fat are olive oil and oily fish like mackerel, lake trout, herring, sardines, tuna, halibut, grouper and salmon, which are chock-full of omega-3s.

Include protein-rich nuts, chia seeds and flax seeds in your diet. Although they are high in fat, most of it is monounsaturated and polyunsaturated fat, which is associated with good cardiovascular health.

Whole grains provide fiber, which promotes gut and heart health. Smart choices include whole-grain bread, brown rice, oatmeal and quinoa.

Fruits and vegetables supply important vitamins and minerals—including antioxidants that can prevent or delay some types of cell damage.

Added sugar—in desserts, beverages, etc.—has been linked to obesity, heart disease, diabetes, cancer, tooth decay and inflammation.

Refined grains like white rice, white bread and baked pastries have been stripped of their fiber and many of their vitamins, making them void of nutrition.

Red meat is high in saturated fat, which raises your cholesterol and may lead to heart disease. Avoid processed meats like hot dogs and sausages.

Gluten is a general name for the proteins found in wheat. Although there's no evidence that gluten causes MS, some studies have shown that people with MS report gluten intolerance in greater numbers than the general population.

A serving is equal to 1 cup raw vegetables or 1/2 cup cooked vegetables. Eat at least four servings—approximately six to seven handfuls—per day.

A serving is about the size of a baseball or tennis ball. Eat three servings—approximately three to four handfuls—daily.

A serving is 1/2 cup cooked beans or legumes. Eat at least three servings every week.

A serving of fish or shellfish is 3 to 4 ounces—about the size of a deck of cards. Eat two or three servings per week.

Learn more at **nationalMSsociety.org/diet**.