

TAKE THE QUIZ

SHOULD I EAT  
**DIFFERENTLY**  
BECAUSE I HAVE  
MULTIPLE SCLEROSIS?



# SHOULD YOU EAT DIFFERENTLY BECAUSE OF MS? IT DEPENDS...

Take the quiz and find out. Answer each question with **YES** or **NO**.

<b>1. MS SPECIFIC SYMPTOMS</b>	<b>YES</b>	<b>NO</b>
Are your bowels irregular?		
Do you experience fatigue?		
Do cognitive challenges make meal planning and preparation difficult?		
<b>TOTAL</b>		

<b>2. IN ADDITION TO MULTIPLE SCLEROSIS I HAVE</b>	<b>YES</b>	<b>NO</b>
Type 2 Diabetes		
Hypertension		
High LDL Cholesterol		
Osteoporosis		
Obstructive Sleep Apnea		
<b>TOTAL</b>		

<b>3. IN THE LAST MONTH</b>	<b>YES</b>	<b>NO</b>
I prepared most of my own meals at home.		
I ate at least 3 cups of vegetables and fruits each day		
I ate a large <b>variety</b> of vegetables and fruits throughout the week		
1/4 (or less) of my plate was meat, poultry or fish at each meal		
At least half of the grain products I ate such as bread, cereal and pasta were <b>whole grain</b>		
I consume low-fat calcium foods every day		
<b>TOTAL</b>		

4. OTHER IMPORTANT HEALTH PROMOTING HABITS	YES	NO
I was <b>aware of and responded to my body's hunger and fullness cues</b> as I ate this week		
I managed my stress		
I abstain from tobacco products		
I included 30-60 minutes of moderate intensity physical activity in my day <b>every day</b> for the last 7 days		
I read nutrition labels and used the information on them to make informed food choices		
I modified recipes and food preparation to decrease saturated fat, sodium and/or added sugars		
I modified food choices to <b>increase the nutrient density</b> of my meals		
I limited or avoided alcohol intake		
I slept 7-8 hours per night with no difficulty		
<b>TOTAL</b>		

## WHAT DO YOUR RESPONSES REVEAL?

### 1. MS SPECIFIC SYMPTOMS

If you answered **YES to 1 or more** of these questions, then you may benefit from a change in meal planning strategies or food choices to help with symptom management.

### 2. IN ADDITION TO MULTIPLE SCLEROSIS I HAVE

If you answered **YES to one or more** of these questions, then you may benefit from a change in dietary habits to keep one or more comorbid chronic health conditions well managed. Dietary interventions and exercise have been well documented to be of benefit to improving health status and outcomes with these conditions. If you are living with MS as well as another chronic health condition (known as a comorbid condition) it is very important to make sure that you eat and live in such a way to keep these conditions well managed. This is because people with MS and a comorbid condition are associated with an increase in disability and a decrease quality of life.

### 3. IN THE LAST MONTH

If you answered **NO to one or more** of these questions, then you may benefit from a change in meal planning strategies or food choices to improve the nutrient density of your meals. One of the very best ways to fight fatigue with your fork is to eat the most nutrient dense foods you can at all of your meals and snacks.

### 4. OTHER IMPORTANT HEALTH PROMOTING HABITS

Eating well is really important but it cannot make up for being stressed out, sleep deprived or sedentary. Food is important but it is just one piece of the puzzle. If you answered **NO to one or more of these questions**, then you may benefit from a review of your daily habits with an eye toward making a change.

#### ONE MORE THING TO ASK YOURSELF...

**What changes are you considering and why?** If, based on the responses you provided in this quiz, you are considering a change to improve your health and wellness, manage symptoms or better manage a comorbid health condition (or prevent such a diagnosis) that is a **really good idea!** If, however, you are considering changing your eating habits as a way to heal, beat, reverse or cure MS you should know that there is **no evidence suggesting that this is possible.**