

# Listen to your gut



A recent study showed that people with MS who reported healthy eating also reported significantly less disability progression over more than seven years.

This new study from the University of Melbourne in Australia is part of an ongoing effort to provide rigorous results on how lifestyle factors may affect MS outcomes. Researchers analyzed data from 602 participants. Diet quality was assessed using a questionnaire that reported on the types of healthy and unhealthy foods eaten. Disability progression was measured using a self-reported assessment of mobility impairments.

While we do not yet know that a specific diet will help your MS, any positive changes you make are likely to help your overall health and well-being. Learn more about various diets and how they can impact MS by visiting "[Diets for MS](#)."

Responses relating to higher dairy consumption and eating more fat had the strongest link to increases in disability. Eating more fruits and vegetables, fiber, omega-3 fatty acids and other healthier food choices were also associated with less risk of progression.

## **Fruitastic salad**

### **Ingredients:**

- 1 pint strawberries, stemmed and sliced lengthwise
- 1 pint blueberries
- 2 bananas, peeled and thinly sliced
- 1 clementine or orange, peeled and divided into sections
- 1/4 cup honey
- 2 tablespoons balsamic vinegar

**Directions:**

1. Place berries and bananas into a medium-sized bowl.
2. In a separate bowl, whisk together the honey and balsamic vinegar.
3. Drizzle the mixture over the berries and bananas and toss lightly.
4. Divide this into four serving bowls and garnish each salad with two sections of a clementine or orange.

Serves 4

NUTRITIONAL ANALYSIS PER SERVING: 277 calories, 0.5 g total fat, 0.1 g saturated fat, 0 g cholesterol, 72 g carbohydrates, 6.6 g fiber, 2.2 g protein