



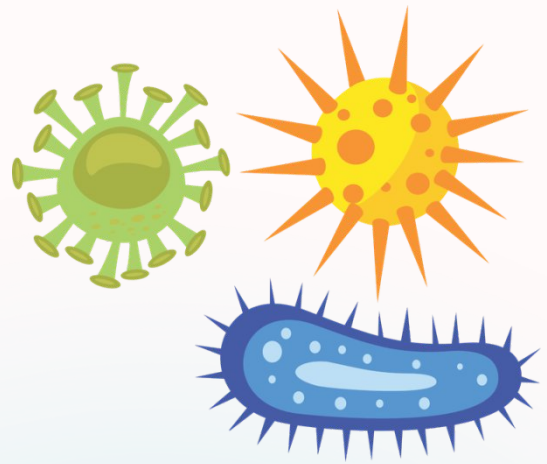
MULTIPLE SCLEROSIS SOCIETY OF INDIA

The Health you cannot see **Beyond the Obvious**

Exploring invisible health challenges and empowering you
to understand, adapt and look beyond what the eye can see.

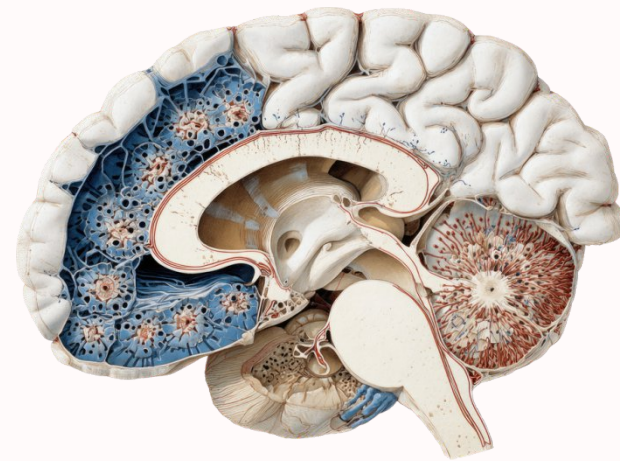
What is MS Really?

MS is not just a neurological disease. It is a condition involving:



1

Immune
dysregulation



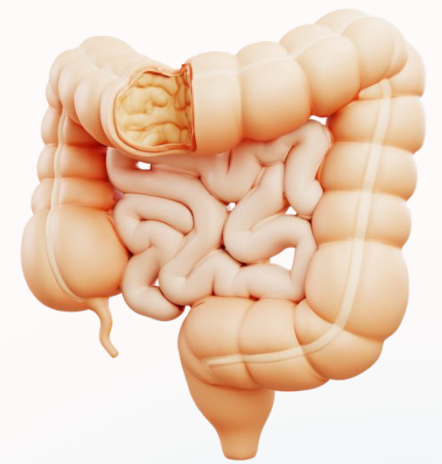
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Neuroinflammation



3

Mitochondrial
dysfunction



4

Gut microbiome
imbalance

Which means **nutrition** matters more than people think.

Good nutrition helps:

- Stabilise energy levels
- Reduce inflammatory signals
 - Support gut bacteria
 - Maintain muscle mass
- Improve fatigue and recovery

Food cannot cure MS.

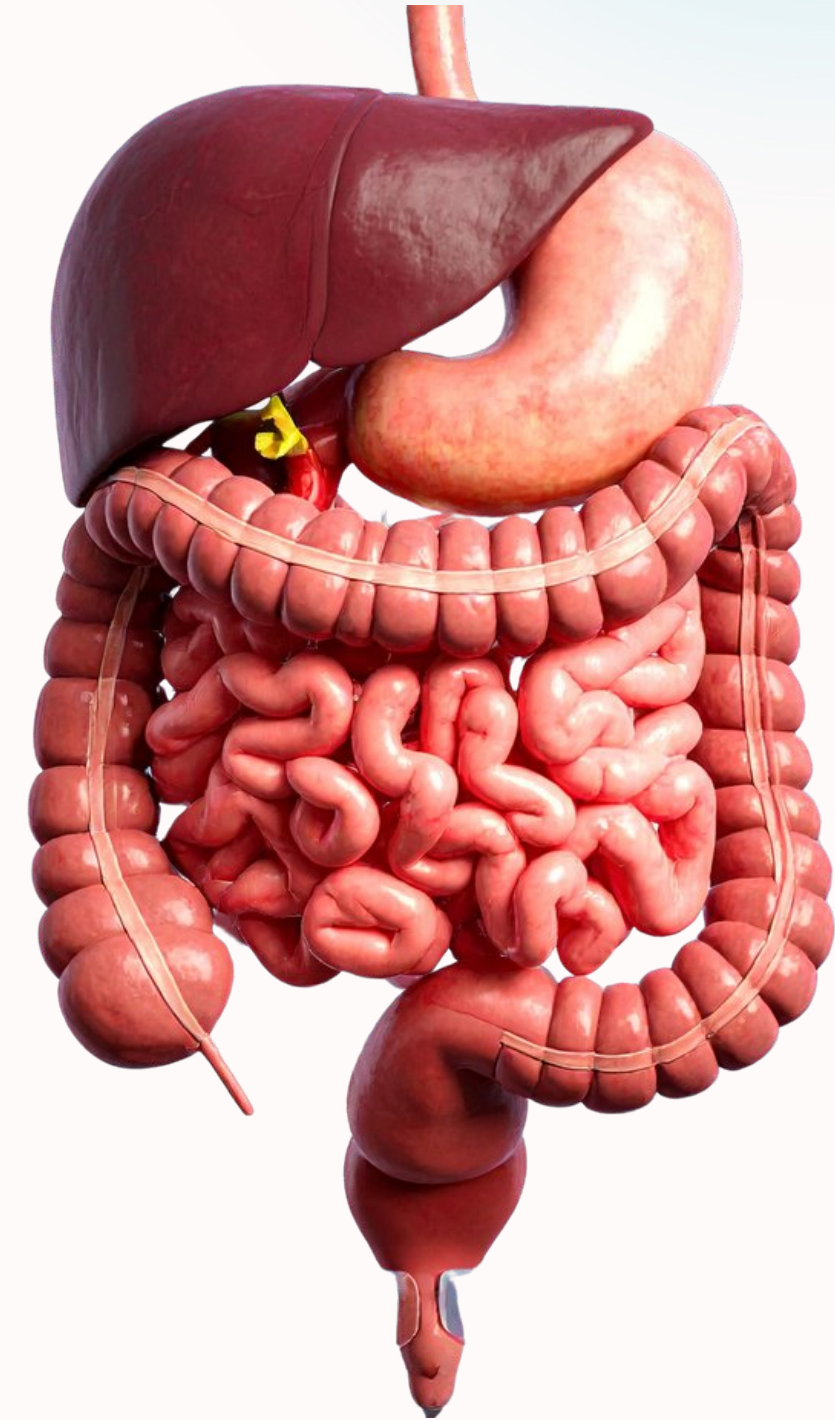
But food absolutely influences how the body handles it.



The 5 Pillars for MS Patients

- **01** Movement – protects brain and muscle
- **02** Sleep – regulates immune system
- **03** Fiber – feeds gut bacteria
- **4.** Protein – preserves muscle and brain repair
- **5.** Water – prevents fatigue and constipation

Most patients improve when these five basics are optimised consistently.



The **Anti-Inflammatory Diet** (Simplified)

“Anti-inflammatory diet” sounds fancy but it simply means:

Eat more foods that calm inflammation

Eat less foods that trigger inflammation

Foods that help:

- Vegetables • Fruits • Nuts and seeds
- Whole grains • Legumes • Olive oil • Fish

Foods to limit:

- Ultra-processed food • Deep fried food • Excess sugar
- Refined carbohydrates • Processed meats

It is not about perfection. It is about consistency over time.



Protein: Protecting Muscle & Energy

Many MS patients experience:

- muscle weakness • fatigue • reduced physical activity

Low protein intake makes this worse.

Recommended intake: 1– 1.2 g protein per kg body weight per day

Vegetarian

- Dal • Chickpeas
- Rajma • Tofu • Paneer • Soya

Non-vegetarian

- Eggs • Fish
- Chicken • Yogurt

Protein helps maintain muscle, metabolism and recovery.



Fiber & Gut Health

The gut plays a major role in MS because:

70% of immune cells interact with gut bacteria.

Fiber feeds beneficial gut microbes. Aim for 25–35 g fiber daily

Good sources:

- Vegetables
- Fruits
- Whole grains
- Oats
- Flax seeds
- Chia seeds
- Beans & lentils

Gut-friendly habits:

- Eat slowly
- Chew well
- Include fermented foods
- Stay hydrated



Constipation & Digestion Problems

Constipation is very common in MS due to:

- nerve signalling issues
- reduced activity
- medications

Helpful strategies:

- ✓ Increase fiber gradually
- ✓ Drink enough water
- ✓ Walk after meals
- ✓ Include probiotics
- ✓ Eat vegetables daily

Avoid:

- very low fiber diets
- excessive processed food
- dehydration



Weight Changes in MS

MS patients may experience:



1

Weight gain

- reduced mobility • steroid medication
- emotional eating



2

Weight loss

- swallowing difficulty • fatigue while eating
- depression

Solutions:

For weight gain - balanced meals • high protein • reduce refined carbs

For weight loss - small frequent meals • calorie dense foods • smoothies

Intermittent Fasting in MS



- Research is still emerging.
Possible benefits:
 - improved metabolic flexibility
 - reduced inflammation

But fasting is not necessary.
It may not suit patients who have:

- fatigue
- low body weight
- medication timing issues

A safer approach:
12–13 hour overnight fasting

Example:

Dinner 7 pm

Breakfast 8 am

Gluten Free / Lactose Free?



This is one of the most common questions.

Current evidence:

- No universal need to remove gluten or dairy for MS.

However elimination may help if the patient has:

- lactose intolerance
- IBS symptoms
- gluten sensitivity

Instead of eliminating everything blindly:

Observe personal tolerance.



Dysphagia (Chewing & Swallowing Problems)

Some MS patients develop swallowing difficulties.

Signs: • choking while eating • coughing during meals • food sticking in throat

Safer options:

- soft foods
- mashed vegetables
- soups
- yogurt
- smoothies

Avoid:

- dry foods
- large bites
- eating too quickly

If symptoms persist, consult a speech and swallowing specialist.



Supplements in MS

Supplements that may help:

- Vitamin D
- Omega-3
- Vitamin B12
- Magnesium

Supplements with limited evidence:

- Curcumin
- CoQ10
- Probiotics

Important reminder:

Supplements should support a healthy diet, not replace it.

Always consult a doctor before starting.



Simple Daily Nutrition Template

A balanced plate for MS patients:

$\frac{1}{2}$ plate vegetables

$\frac{1}{4}$ plate protein

$\frac{1}{4}$ plate whole grains

Plus:

- healthy fats
- adequate water
- regular movement

Small consistent habits matter more than extreme diets.



There is no miracle MS diet.
But there are powerful daily habits.

Focus on:

Movement, Sleep, Fiber, Protein, Water

When these basics are strong,
the body becomes more resilient.

THANK YOU



MULTIPLE SCLEROSIS SOCIETY OF INDIA

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