

“It is important that the diet be adhered to strictly, and without fail. To neglect to do so will result in continued activity of the disease and ultimate serious deterioration” – Swank & Dugan

### **This is a *low-SATURATED* fat diet:**

*(1 teaspoon = 5 grams of fat or oil.)*

1. You will eat NO RED MEAT FOR THE FIRST YEAR. This includes dark meat of chicken and turkey.
2. Following the first year, 3 ounces of red meat will be allowed once per week. The eating of red meat is discouraged except on special occasions.
3. Any amounts of nonfat **dairy** is permissible
  - Non-fat milk, skim milk, buttermilk (without cream/butter bits), evaporated skim milk, rinsed low-fat cottage cheese, 99% fat-free cheeses (Count Down, Sap Sago from Switzerland, Pot Cheese – look for these in health food stores), nonfat yogurt.

Dairy products containing 1% butterfat or more will be eliminated with exception of:

- 1 serving (1g) of dairy products containing 1% butterfat.

Eliminate Whole milk, cream, butter margarine of any kind, sour cream, ice cream exceeding 1 % butterfat, ice milk, cheese exceeding 1 % butter fat, creamed or partially creamed cottage cheese, imitation dairy products containing palm, coconut, or any hydrogenated oil.

4. Eliminate all processed foods containing saturated fat
5. Daily **Fat** intake:
  - Less than 15g (3 teaspoons) of saturated/animal fat (These are solid at refrigerator temp):
    - All margarine, butter, shortening, lard, cocoa butter, palm oil, coconut oil, any hydrogenated (processed) oils.
    - ground beef, dark chocolate, salmon, eggs, cashews, soybean oil etc.
  - Minimum of 20g (4 teaspoons) of polyunsaturated fat (oils), and a maximum of 50g (10 teaspoons) p/day. These are vegetable and fish oils (liquid at refrigerator temp):
    - Safflower oil, sunflower seed oil, canola (rapeseed) oil, corn oil, cottonseed oil, soybean oil, sesame oil, wheat germ oil, linseed oil, peanut oil, olive oil.

***Always keep oils in the fridge to avoid oxidation and rancidity.***

Essential fatty acids are necessary for the function of the nervous system. The body is able to synthesize most of the fatty acids needed for growth but must rely on necessary food sources for small amounts of polyunsaturated fatty acids known as Essential Fatty Acids. Fats and oils are a concentrated source of energy; each gram of fat or oil (9 calories per gram) supplies twice as much energy as protein or carbohydrate (4 calories per gram).

On a low-fat diet, you may notice drying of your skin and hair, and easy fatigability, if your intake of unsaturated fat (oil) per day is limited. Your lifestyle will dictate the amount of unsaturated fatty acids necessary in your diet. If you are working and exercising, you may need to increase your oil. If you are sedentary, 4 teaspoons (20 grams) per day will usually be sufficient.

- Do not reuse oil when cooking.
- Always refrigerate oil after opening to avoid rancidity (except olive oil).
- Keep olive oil in a cool, dark place (do not refrigerate).
- Do not heat oil to the smoking point.
- Count oil used in cooking in your daily oil allowance.
- Three (3) teaspoons of oil = one (1) tablespoon. Sixteen (16) tablespoons of oil = one (1) cup.
- If an oil clouds or hardens at refrigerator temperature, do not use. (Olive oil is the exception to this rule.)

### 6. Eggs

- The white of the egg contains no fat. The yolk contains 5 grams of mostly saturated fat. You are allowed three eggs per week, but no more than one per day. One complete egg = 5 grams of saturated fat.

### 7. Grains & Cereals

- Use whole-grain products as much as possible. All bread products are permissible. The natural grains provide bulk in the diet and aid in elimination. Although these products may contain a small amount of saturated fat, it has been accounted for in the body of the diet.
- Avoid items such as muffins containing an undesirable oil, pastry, cakes, pies or any other product made with hydrogenated palm or coconut oil, lard, butter, margarine, shortening or vegetable oil that is not defined.
- Cold and hot cereals are permissible on the diet. Choose from ones with the least amount of saturated fat. (Cheerios®, shredded wheat, Wheaties®, puffed rice and Grape Nuts® are almost fat-free and less expensive. Watch granola; it is usually high in fat; Cream of Wheat®, Cream of Rice®, oatmeal, cornmeal and any other rich grain used for cereal).

## 8. Pasta & Rice

- Refined pastas and rice are permissible in any amount, but whole grain pastas are preferred.

## 9. Crackers

- Snack crackers containing no shortening, butter, margarine or processed oils are permissible. Rye-Krisp®, melba toast, matzo bread, non-fat saltines, fat-free graham crackers and non-fat tortilla chips are acceptable snacks. Avoid all commercially prepared chips and fancy crackers.

## 10. Commercially prepared food

- Any boxed or canned food containing processed oil (hydrogenated), shortening or butter and exceeding 1 gram of saturated fat per serving is to be avoided. Some acceptable products are available. Read labels and be sure to check serving size.

## 11. Condiments

- With the exception of mayonnaise, condiments such as mustard, catsup, relish, barbeque sauces, taco sauces, sweet & sour sauces, herbs and spices are permissible in any amount. Mayonnaise contains unsaturated fatty acids (oil) and must be counted in your daily oil allotment.
- 2 tsp. mayonnaise or salad dressing, commercial = 1 tsp. oil  
1 tsp. mayonnaise, homemade = 1 tsp. oil  
1 Tbsp. "fat-free" mayonnaise = 1 tsp. oil  
Fat-free salad dressings = zero (0) fat and oil

## 12. Beverages

- Caffeine-containing products increase nervousness and insomnia, as well as frequency and urgency to urinate. Therefore, it is necessary to limit these beverages to a maximum of 3 cups daily (can be combined). If an increase in symptoms occurs, do not consume caffeine.
- Example:
  - 1 cup coffee + 1 cup tea + 1 cup cola = 3 cups daily total.
  - 3 cups coffee or 3 cups tea or 3 cups cola = 3 cups daily total.
- In whatever way you decide to combine your caffeine, the daily amount must not exceed 3 cups.

**Alcohol.** Most patients tend to be sensitive to alcoholic beverages. A glass of wine or a cocktail with the evening meal is permissible.

### 13. Nuts & Seeds

- Nuts and seeds are good sources of natural oils as well as essential fatty acids. Commercial nut butters that are not hydrogenated or that you grind yourself at the health food store, also contain good sources of oil. Daily snacks of these foods help to maintain a good energy level. The following list is to be used to count your daily intake of oil:
  - 2 tsp. peanut butter or other nut butters (old-fashioned, non-hydrogenated) = 1 tsp. oil
  - 1/2 oz. (about 10) peanuts, almonds or cashews = 1 tsp. oil
  - 1/3 oz. (about 10) any other kind of nuts (walnut and pecan halves, filberts, hazelnuts) = 1 tsp. oil
  - 3 tsp. sunflower seeds = 1 tsp. oil
  - 3 tsp. pumpkin kernels = 1 tsp. oil
  - 1/3 oz. Energy Snack Mix = 1 tsp. oil (mix together almonds, walnuts, hazelnuts, pumpkin seeds, sunflower seeds and sesame seeds)

### 14. Fruits

- **Recommended amount is 2 fruits daily.** All fresh fruits are permissible in any amount. Frozen fruits can be used, as well as canned, but are not recommended.
- The following fruits contain unsaturated fatty acids and must be counted in the daily OIL allotment:
  - Avocados (1/8 = 1tsp = 5g)
  - Olives
    - 3 medium black = 1tsp = 5g
    - 6 medium green = 1tsp = 5g

### 15. Vegetables

- **Recommended amount is 2 cups daily.** Vegetables provide the body with vitamins and minerals and are rich in essential fatty acids. You are encouraged to include a variety of vegetables in your daily diet.

### 16. Poultry

- Skinned, trimmed white chicken or turkey is permissible
- Avoid processed meat, eg. Ground turkey/chicken, luncheon meats, and canned meat.

### 17. Fish

- All White fish is permissible in any amount:
  - Cod, abalone, halibut, snapper, smelt, flounder, sole, sturgeon, tuna canned in water, shark, mahi mahi, haddock, perch, Pollack, etc.
- All shellfish is permissible in any amount. If you suffer from high cholesterol you should eat shellfish infrequently:
  - Clams, crab, lobster, oysters, scallops, shrimp
- Fatty fish contain unsaturated fatty acids and must be counted in your daily oil allowance, aka maximum 50g (10tsp) per day:

- Tuna canned in oil (2 oz = 1 tsp, aka 5g)
- Tuna canned in oil, rinsed & drained (3 oz = 1 tsp, aka 5g)
- Salmon, Chinook (1 oz = 1tsp, aka 5g)
- Salmon, Coho (2 oz = 1tsp, aka 5g)
- Trout (2 oz = 1 tsp, aka 5g)
- Sardines canned in oil (1 oz = 1 tsp, aka 5g)
- Herring (1 oz = 1tsp, aka 5g)

### 18. Red Meats

- None, incl. pork for the first year.
- Of the following low-fat meats, 3 oz = 1 tsp saturated fat. You are allowed **3 ounces (weighed after cooking) following the first year:**
  - Leg of lamb, liver (chicken, turkey, beef, calf, pork), Kidney (pork, veal, lamb), Heart (calf, beef – lean portion only), tongue (calf only), rabbit, venison, Elk, Gizzard (chicken)
- **2 oz of the following medium-fat meats = 1tsp of saturated fat. You are allowed 3 oz following the first year:**
  - Beef (lean only), Ham (lean only), Lamb (rib, loin, shoulder), Pork (lean only), Veal, Chicken & Turkey (dark meat, no skin), Pheasant (no skin), Heart (lamb, chicken, turkey), Kidney (beef), Tongue (beef), Gizzard (Turkey)

**[www.swankmsdiet.org](http://www.swankmsdiet.org) supplies recipe ideas and a forum for patients**

### **Supplements that you will take:**

- Std Process Tuna Omega 3 oil capsules. (4 capsules = 5 grams oil to be counted in your daily allotment).
- \*Std Process Catalyn includes Vit D

*It has long been known that the risk of MS increases as one moves further from the equator. Only recently has the role of vitamin D, a vitamin we get from the sun, been elucidated in MS. In the past few years, research demonstrates that vitamin D deficiency increases the risk of MS whereas intake of vitamin D is associated with a lower incidence of MS. Vitamin D deficiency is now recognized as an epidemic in the United States, especially for in areas with limited sun exposure (the northern half of the US) and those who spend most of their time indoors. In MS, the risk of osteoporosis is high, and prophylactic vitamin D and calcium should be considered at an early stage, as these nutrients are essential to prevent bone loss.*

- \*Std Process Prosynbiotic

*The immune-regulatory properties of normal, healthy gut bacteria, probiotics, have been known for some time. Probiotics do not stimulate the immune system, but prevents it from overreacting, especially in autoimmune diseases. Whereas some individuals may need to supplement with probiotics long-term, others find it is only necessary following a course of antibiotics (at which time gut bacteria are usually depleted) or when their immune systems are run down.*

- \*Std Process Trace Minerals B12 or weekly B12 injections when experiencing active lesions.

*B12 is important for the formation of myelin in the brain & spinal cord. In relapsing-remitting MS, there may be a*

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*significant amount of healing (remyelination) that occurs- by supplementing with the ingredients necessary for the formation of myelin, we can reduce the risk of limiting factors in the healing process. Some literature even suggests supplementation may encourage the regeneration of myelin.*

*Recent studies suggest B12 plays an important role in regulating the immune system. It is possible that a subgroup of patients diagnosed with MS may actually have B12 deficiency contributing to their neurological symptoms.*

- **Std Process Boswellia Complex**

*Containing nature's anti-inflammatories, this complex includes Boswellia, Turmeric, Celery Seed and Ginger.*

*The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.*