Multiple sclerosis is a disease of the central nervous system. Lesions form making it difficult to send messages from the brain to the body. These lesions are formed when the immune system attacks the protective covering of your nerves called the myelin. The cause of MS is unknown. Research was collected to discover how the effects of nutrition plays a role on the progression and prevention of the disease. The research concluded that nutrition is effective in controlling progression of the disease.

**References**


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**Conclusions**

Nutrition is a critical factor in the prevention and progression of Multiple Sclerosis. It is an unavoidable fact that if you don’t take the appropriate steps to maintain your body, you will suffer. This is even truer when you are suffering from an autoimmune disease that is attacking your central nervous system. Making positive steps with your health may help disease progression. Low-dose, vitamin D, antioxidants, and Omega-3 fatty acids are all linked to development of the central nervous system and brain functioning. However the progression of the disease is overall pretty misunderstood. The research collected supports the original hypothesis that nutrition does play a role in the progression of multiple sclerosis.

**Knowledge Translation Plan**

Putting this research into action can be completed with a few life modifications in the lives of those suffering from multiple sclerosis. The best intervention to follow the guidelines researched would be a nutrition plan. Individuals could focus on the following diet plan and eating these types of foods creating a diet plan from the listed foods below would be extremely beneficial to the overall health of individuals with MS. Such interventions like cooking classes can be implemented by a CTRS.

**Essential Fatty Acids**

- Omega-6
  - Sunflower, Fish oil, Primrose oil, and Fish oil
- Omega-3
  - Flaxseed oil, Walnuts, Sesame seeds, Spinach, Salmon, Albacore tuna

**Dairy Foods**

- Orange juice, Soy milk, Cereals, Beef liver, Cheese

**Antioxidants**

- Cranberries, Blueberries, Blackberries, Strawberries, Beans, Artichokes, Raisins, potatoes, Peas

**Low Fat Foods**

- Dairy and dairy-like products
- Egg whites or egg substitutes
- Crab, white fish, shrimp, and light tuna (packed in water)
- Veal, chicken, and turkey breast
- Extra lean ground beef, Veggie burgers
- Grains, cereals, and pastas
- Soft tortillas – corn or whole wheat
- Snacks and sweets
- Danish pudding and fruit fillings
- Vanilla wafers and ginger snap cookies
- Gelatin
- Angel food cake
- Puddings made with skim milk
- Baked chips, tortilla or potato
- Low-fat microwave popcorn

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