

Swank MS Diet
QUICK REFERENCE

- No processed foods containing saturated fat and/or hydrogenated oils.
- Saturated fat should not exceed 15 grams per day. Unsaturated fat (oils) should be kept to 20-50 grams/day.
- Fruits and vegetables are permissible in any amount.
- No red meat for the first year, including pork. After the first year, 3 oz. of red meat is allowed once per week.
- White-meat poultry (skinless) and white fish are permissible, but avoid dark-meat poultry and limit fatty fish to 50 grams (1.75 oz)/day.
- Dairy products must contain 1% or less butterfat unless otherwise noted. Use egg whites only, no yolks.
- Cod liver oil (1 tsp. or equivalent capsules) and a multi-vitamin and mineral supplement are recommended daily.
- Whole-grain breads, rice, and pastas are encouraged.
- Daily snacks of nuts & seeds are good sources of natural oil, and help maintain a good energy level.