Welcome to today’s Webinar

Your Presenter is: Nicola Graham
Your Facilitator is: Mary Ng

Acknowledgement

We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.
This presentation has been prepared and is presented by an independent expert.

The views presented are not necessarily the views of Multiple Sclerosis Limited.

Individuals are encouraged to seek further advice regarding the relevance of the information presented for their situation.

Nicola Graham, MS Education, T.Eng, N.D.

LEARNING OBJECTIVES

1. Understand the components of an anti-inflammatory diet
2. Know which fats to include and which to avoid
3. Increased knowledge of superfoods and the benefits
4. Improved knowledge of supplements, which ones may be useful and relevant cautions
5. Understanding of the best ways to maintain healthy vitamin D levels
6. Knowledge of strategies for dietary change and success

HEALTHY EATING GUIDELINES
Fruit

Vegetables

Wholegrain cereals

Omega 3 unsaturated fats: flaxseed oil and fish
Lean, unprocessed meat

Nuts and seeds

Low fat yoghurt

Saturated fat: Cream, butter, milk, cheese, processed meats sausages, burgers, biscuits, cakes, pastries, pies, fried foods, coconut milk, palm oil, potato chips

Sugary drinks

Salt
Let food be thy medicine and medicine be thy food!”

Hippocrates
FAT FACTS
Saturated Fats

Meat

Poly Unsaturated Fats
Omega 3  Omega 6

8 Reasons Why We Like Omega 3 Unsaturated Fats

1. Improved quality of life
2. Reduced disease activity
3. Reduced disability
4. Reduced frequency of relapses
5. Lower cholesterol
6. Healthy hearts
7. Modulate immunity
8. Reduce chance of getting diabetes and certain cancers
Omega 3 Unsaturated Fats

Alpha-linolenic acid

Eicosapentaenoic Acid (EPA)

Docosahexaenoic Acid (DHA)

FISH – Farmed or Wild?
Look After Your Omega 3
Unsaturated Fats

1. Cold Pressed
2. Fridge
3. No heat
4. No Sunlight
5. Airtight

SUPERFOODS
SUPPLEMENTS
Fatigue and Food

1. Healthy snacks
2. Healthy meals
3. Energy saving tips for food prep
4. Check iron and thyroid

CONSTIPATION AND NUTRITION
Top Tips: Constipation

1. Fiber
2. Water
3. Exercise
4. Listen & Prioritise
5. Bulking agents
6. Probiotics

MOOD FOOD
Fish
Low GI
B12 & B9
SAMe
5HTP

Sugar
Dairy
Alcohol
MS SPECIFIC DIETS

TIPS FOR SUCCESS
GOALS

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• MS Library services
• How to borrow both eBooks and print books on topics such as wellness, and managing multiple sclerosis and its symptoms
• Accessing our online library catalogue
• MS publications, including Intouch magazine, email newsletters, booklets and information sheets

Visit our website for more information www.ms.org.au
Resources Related to the Topic – obtained from library

Title: The Can Do multiple sclerosis guide to lifestyle empowerment
Author: Patricia Kennedy
Published: 2012
Availability: Print and eBook
Brief Description: Incorporating exercise, nutrition, and positive thinking, this book shows you how to move the focus from what you can't do by putting it on what you can do to live fully with multiple sclerosis.

Title: The LIFE Program for MS: Lifestyle, Independence, Fitness and Energy
Author: Susan Epstein
Published: 2009
Availability: Print and eBook
Brief Description: This book provides readers with tips and strategies for healthy eating, managing weight, incorporating exercise into daily life, and managing and conserving both mental and physical energy for daily living. Also addressed are the unpredictable factors in life that affect behaviour outcomes, whether family, environment, vocation, or self-awareness.
The NDIS is the Biggest social reform changing the way supports and services are purchased and delivered for people with a disability

- The NDIS has commenced rolling out across NSW, ACT, Victoria and Tasmania – it will occur in different ways across the regions
- MS is here to help you understand what the NDIS means, and assist you to prepare for a planning meeting
- We have resources available on our website www.ms.org.au click on the large NDIS button
- MS is registered with NDIA to deliver Support Coordination, Residential Respite, Social Support Day Program (Vic) Exercise physiology and personal training (NSW) Specialist Continence Assessment (NSW), Physiotherapy and Occupational Therapy (NSW and Vic).

Want to learn more? Please call MS Connect on 1800 042 138