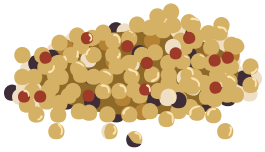
The Best Foods for Managing Multiple Sclerosis

There are no official dietary guidelines for people with MS.
However, experts recommend eating foods that are high in fiber, vitamins, minerals, and fluid, which can help with constipation, fatigue, and bladder dysfunction.



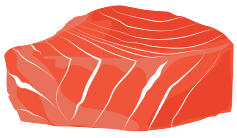
Fruits and vegetables



Grains



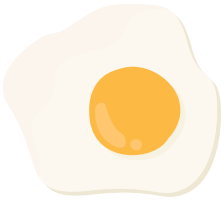
Nuts and seeds



Fatty fish



Meat



Eggs



Healthy fats



Dairy products



Probiotic-rich foods