

ROCKSTAR CALL HANDOUT

“Rockstar MS Nutrition Tips”

Featured Interview: James P. Madonna

FOUNDATION GUIDELINES

2 main steps involved in helping ourselves through nutrition:

- 1.
- 2.

STEP #1

Avoid these foods:

- 1.
- 2.

Examples of trans fats/hydrogenated oils that should be avoided:

- 1.
- 2.
- 3.

Examples of refined carbohydrates:

- 1.
- 2.

A clue that something is a sugar:

Recommended substitute for sugar:

STEP #2

2 types of algae that help with detoxification:

- 1.
- 2.

4 supplements that are beneficial for people with MS:

- 1.
- 2.
- 3.
- 4.

Deficiency in this vitamin has a proven link to MS:

Best sources of Vitamin D:

- 1.
- 2.

SPECIAL MS DIET

DON'T eat these:

- 1.
- 2.
- 3.
- 4.

Gluten is found in any member of the _____ family.

In addition to obvious straight “wheat,” also stay away from these members of the wheat family:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3 examples of dairy substitutes:

- 1.
- 2.
- 3.

Examples of legumes:

- 1.
- 2.

DO eat these:

- 1.
- 2.
- 3.
- 4.

2 examples of foods high in antioxidants:

- 1.
- 2.

Examples of “safe” grains that are gluten-free:

- 1.
- 2.
- 3.
- 4.

Examples of yeast-free breads (“flat” breads)

- 1.
- 2.
- 3.

3 examples of dairy substitutes:

- 1.
- 2.
- 3.

3 examples of seafood high in omega-3 fatty acids:

- 1.
- 2.
- 3.

The kind of salmon that we should stay away from:

Why the omega-3’s are so important: