

ROCKSTAR CALL HANDOUT

“Rockstar MS Nutrition Tips”

Featured Interview: James P. Madonna

FOUNDATION GUIDELINES

2 main steps involved in helping ourselves through nutrition:

1. Avoid certain foods
2. Detoxify & Supplement

STEP #1

Avoid these foods:

1. Trans fats (will be listed on labels as “hydrogenated” oils)
2. Refined carbohydrates

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

1. Margarine
2. Non-dairy creamers
3. Shortening

Examples of refined carbohydrates:

1. White flour
2. Sugar

A clue that something is a sugar: Anything ending in “-ose”

Recommended substitute for sugar: Stevia

STEP #2

2 types of algae that help with detoxification:

1. Spirulina
2. Chlorella

3 supplements that are beneficial for people with MS:

1. B-Complex
2. Vitamin E
3. Vitamin D
4. Vitamin A

Deficiency in this vitamin has a proven link to MS: Vitamin D

Best sources of Vitamin D:

1. Cod liver or fish oil
2. Krill oil

SPECIAL MS DIET

DON'T eat these:

1. Gluten
2. Dairy products (including eggs)
3. Legumes
4. Yeast

Gluten is found in any member of the _____wheat_____ family.

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

1. Kamut
2. Couscous
3. Triticale
4. Barley
5. Rye
6. Bulgur

3 examples of dairy substitutes:

1. Almond milk
2. Hemp milk
3. Ground flaxseed (a substitute for eggs in any baked recipe)

Examples of legumes:

1. Beans
2. Peas

DO eat these:

1. Antioxidants
2. All grains that are gluten-free
3. High omega-3 seafoods
4. Dark leafy greens

2 examples of foods high in antioxidants:

1. Green tea
2. Any fruit that's brightly- or deeply-colored

Examples of "safe" grains that are gluten-free:

1. Quinoa
2. Amaranth
3. Oats
4. Brown rice

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

1. Flatbreads (make sure that they’re gluten-free)
2. Pita (make sure that it’s gluten-free)
3. Wraps (make sure that they’re gluten-free)

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

1. Mackerel
2. Sardines
3. Wild Alaskan salmon

The kind of salmon that we should stay away from: Farm-raised

Why the omega-3’s are so important: They help repair the myelin sheath