

Your gut microbiome and MS: A diet evaluation >>>



Foods shown to positively influence the gut microbiome

- **Fiber-rich foods:** Fruit, vegetable, whole grain, and legume prebiotics feed good gut bacteria.
- **Fermented foods:** Fermented dairy (yogurt, kefir) and fermented vegetables (kimchi, sauerkraut) add live beneficial bacteria to the gut.
- **Healthy fats:** Olive oil, avocados, and fatty fish provide anti-inflammatory benefits.
- **Polyphenol-rich foods:** Berries, dark chocolate, and green tea contain anti-inflammatory antioxidants.

Foods shown to negatively influence gut microbiome

- **Processed foods:** Additives, preservatives, and unhealthy fats can disrupt the gut microbiome.
- **Sugary foods and drinks:** Can feed harmful bacteria and lead to inflammation.
- **Artificial sweeteners:** Some studies suggest they can negatively impact gut bacteria.
- **Red meat:** High consumption can lead to an increase in harmful bacteria and inflammation.

Use this tracker to identify how your diet may be affecting your MS. Consult a nutritionist with questions.

Day/time	Food	Postive or negative?	Day/time	Food	Postive or negative?

Notes:

