

# Dietary Approaches to Treat MS Related Fatigue Study



University of Iowa, Iowa City, Iowa

## What You Will be Asked to Do

- ❖ Follow Wahls Elimination or Swank Diet
- ❖ Fill out daily diet checklists
- ❖ Keep weighed food records
- ❖ Provide stool samples and fasting blood
- ❖ Answer questionnaires
- ❖ Complete Physical Motor Tasks
- ❖ Attend visits at the University of Iowa Hospitals & Clinics in Iowa City

## Eligibility Criteria

- ❖ Relapsing Remitting MS
- ❖ 18-65 years old
- ❖ Documented Fatigue
- ❖ BMI of at least 19
- ❖ Not pregnant or planning to become pregnant in the next year
- ❖ Not taking Insulin or Coumadin
- ❖ Willingness to follow either study diet



## Optional Feeding Study

- ❖ Food provided for the first 10 days of diet intervention
- ❖ Additional blood, urine, and stool collections
- ❖ Three extra visits to University of Iowa during 10 days food is provided

## Wahls Elimination Diet

- ❖ Modified paleo diet
- ❖ Includes vegetables, fruits, meat/fish/poultry
- ❖ No grains, dairy, eggs, legumes
- ❖ No nightshade vegetables/spices

## Swank Diet

- ❖ Low saturated fat diet
- ❖ Includes vegetables, fruits, whole grains, fat-free dairy
- ❖ No red meat (beef, pork)
- ❖ Limited caffeine



## To Screen

<https://redcap.icts.uiowa.edu/redcap/surveys> enter code: JMJPYEJHP

Questions? Email [catherine-chenard@uiowa.edu](mailto:catherine-chenard@uiowa.edu) or call 319-384-5053

