



“TOO TIRED TO COOK, TOO TIRED TO CHEW”

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Eating is one of life's pleasures but the fatigue and fatigability of MS can make the thought of cooking, and even eating, overwhelming chores. Ease of access may be the only criterion for food choices. Nutrition may not even be a consideration. Grabbing a couple of cookies or a candy bar may be quick ways to take away hunger. With a little planning you can eat well, simplify the food gathering and preparation process, and enjoy eating. Consider the following:

1. Divide and conquer

- If you tire easily when eating and find it difficult to finish a meal, try dividing your food into three small meals and three snacks each day
- Eat more frequently
- Eat smaller portions
- Choose foods that require little preparation and little chewing
- Include foods you enjoy
- Aim for variety

2. Follow the Food Guide Pyramid

Include foods from each group each day

- 6-11 servings of grain
- 2-4 servings of fruit
- 3-5 servings of vegetables
- 2-3 servings of low fat dairy products
- 2-3 servings of lean meat, fish, chicken, beans, eggs
- Limited amounts of fats and sweets



3. Use your hands

Choose a portion that is right for you: divide the suggested portion sizes in half if you tire easily; eat more if you are still hungry

- 1 serving grain = size of one fist (pasta, cereal, rice)
- 1 serving vegetable = size of one fist (cooked)
size of open palms (raw)
- 1 serving fruit = fits in palm of one hand
- 1 serving meat or alternate = palm of one hand
- 1 ounce of cheese = 2 thumbs

4. Drink up!

- Although the recommendation is at least 8 glasses, don't drink it all at once
- Be sure to have some liquids throughout the day and night, even half a glass at a time
- Water is best, but do count milk, juice, soda, coffee, tea, soup

5. Rate your plate

- Write down what, when and how much you eat and drink for three days
- Compare your intake to the pyramid
- Do you eat throughout the day?
- Do you drink throughout the day?
- What changes can you make?

6. Have a plan

- Planning a menu of meals and snacks for the week can help you decide what to purchase and what to prepare
- Make a list of all items you will need prior to shopping to minimize the number of trips or deliveries
- Plan four weeks of menus; repeat the cycle after four weeks
- Over time create a 4-week menu for each season; include hearty foods in winter and lighter meals for summer and make use of fresh produce in season



7. Listen to your body

- If you have more energy in the morning, use that time to plan, shop and prepare
- Rest before you eat
- Plan ahead to decrease stress
- Eat and cook in a well ventilated and cool area

8. Be realistic

- Ask for help from others when you need it
- Improve your efficiency
- Be good to yourself: rest often during the day
- Take advantage of convenience

9. Create convenience

- Take advantage of carry out, take out or take away options offered by local supermarkets and restaurants
- Take advantage of home delivery service from supermarkets and restaurants
- Let friends and family shop and/or prepare food for you
- Engage a home care attendant to help prepare meals if needed
- Participate in a home delivered meal program such as Meals on Wheels if needed
- When a hostess offers you leftovers, never refuse
- Whenever you cook soup, stew, lasagna, pot roast, meatloaf, prepare enough for a future meal; also consider doubling the recipe and freezing half
- Prepare your own frozen dinners in individual reusable pyrex containers-include a protein source, a starch and a vegetable
- Choose plain frozen vegetables in multi serving plastic bags
- Choose salad and cut fruit from salad bars
- Choose prepackaged broccoli florets, baby carrots, cherry or grape tomatoes, shredded cabbage, and complete salads



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- Choose individual servings of applesauce, canned fruit, puddings, yogurt, string cheese
- Purchase sliced turkey or roast beef and a loaf of fresh bread; divide into sandwiches and freeze each in aluminum foil and label with date and contents
- Prepare hot cereal in the microwave; prepare and serve in the same bowl
- Prepare vegetables in the microwave; place frozen vegetables on the plate from which you will eat
- Prepare six hard cooked eggs at one time; mark each with an X and store in the refrigerator
- Use an easy to clean George Forman Grill to prepare fish, burgers, minute steaks, etc.

10. Make each mouthful count

- Prepare hot cereal with milk in place of water
- Prepare canned cream soups with milk in place of water
- Add sliced banana, raisins, fresh berries or canned fruit to cereal and milk
- Add beans to rice, soups, salads
- Choose dried fruits and nuts as a snack
- Add grated cheese to soups, salads, pasta, and vegetables
- Drink Carnation Instant Breakfast as a high protein beverage; NEVER DRINK A HIGH PROTEIN BEVERAGE THAT INCLUDES RAW EGGS



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Try the following quick and easy menus to help you get started.

BREAKFAST	LUNCH	DINNER
Orange Juice Oatmeal with Milk And Raisins Coffee or Tea	Tuna Salad on Toast Milk Tapioca Pudding	Grilled Chicken Baked Potato Steamed Carrots Iced Tea
SNACK	SNACK	SNACK
Yogurt Crackers Water	Cottage Cheese Canned Peach Half Water	Peanut Butter and Jelly Sandwich Milk

BREAKFAST	LUNCH	DINNER
Scrambled Egg Wheat Toast Cranberry Juice	Tomato Soup Toasted Cheese Sandwich Mini Carrots Water	Pasta with Meat Sauce Chopped Broccoli Garlic and Grated Cheese French Bread Seltzer/Lemon
SNACK	SNACK	SNACK
Fruit Salad Coffee with Milk	Chopped Salad with Kidney Beans and Shredded Cheese Chocolate Milk	Chocolate Pudding Water

BREAKFAST	LUNCH	DINNER
Waffle Berries Coffee or Tea	Lasagna Salad Grape Juice	Beef Stew with Vegetables & Potatoes Applesauce Water
SNACK	SNACK	SNACK
Carnation Instant Breakfast	Lentil Soup Water	Cheese Crackers Sliced Pear

BREAKFAST	LUNCH	DINNER
Cornflakes and Milk Sliced Banana Coffee or Tea	Mushroom Omelet Rye Toast Sliced Orange Cocoa with Milk	Tuna Noodle Casserole Green Beans Lemonade
SNACK	SNACK	SNACK
Baked Apple Water	Hummus and Pita Beverage	Homemade Vegetable Soup Crackers Water



**To create a personal meal plan tailored to your health needs,
functional level, likes, dislikes, budget, cultural and religious
preferences, contact a registered dietitian.**

BON APPETIT!
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To view the Food Guide Pyramid, Dietary Guidelines for Americans and
International Dietary Advice:

<http://www.nal.usda.gov/fnic/Fpyr/pyramid.html>

<http://www.usda.gov/cnpp/Pubs/DG2000/>