

Eating burgers and pizzas increases the risk of recurrence of multiple sclerosis in young children

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The study also stressed that saturated fat (butter, cream, and pork) may triple the risk of multiple sclerosis. But if you eat a lot of vegetables, the risk of recurrence of this disease can be halved.

Multiple sclerosis is a disease in which the immune system erodes the protective nerve shell.



Dr. Kathryn Fitzgerald of the John Hopkins School of Medicine in Baltimore analyzed the diet of 219 children and teenagers from 11 years old in the children's center across the United States.

Children were diagnosed before 18 years of age and clinically considered to be able to recur multiple sclerosis.

Each participant completed the Block Kids Food Screener on the number and frequency of specific foods and drinks they had used for a week.

Their mental health is monitored until the next recurrence of the disease.

On average, they were followed for less than two years, during which time 93 of them (42.5 percent) recurred the disease.

The results showed that every 10% of calories derived from fat were associated with a 56% higher risk of recurring sclerosis, largely due to the amount of saturated fat: every 10% of the calories from this source. are associated with a three-fold increase in the risk of recurrence.

On the other hand, each supplement of a supplemented vegetable reduced its risk of recurrence by half, independent of consumption with fatty, fatty foods.

Other nutrients, like sugar, iron, fruit and fiber, are not associated with the risk of recurrence.

This study appears in the International Journal of Neuroscience.

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