

NUTRITION

Eating Tips for Living Well with HIV Disease

A strong connection exists between what you eat and your immune system's ability to fight off disease. Eating healthy food is especially important when you are HIV-positive in order to increase your physical strength so that you can live life to its fullest. **Good nutrition is a co-therapy** that can help to maximize your medical management of HIV disease. Aggressive nutrition can prevent or delay the loss of your muscle tissue, a process that is also called the HIV Wasting Syndrome. Research indicates that your nutritional health is a major factor influencing HIV, wellness, and survival. Currently, there is no cure for HIV disease or AIDS, but **you can affect the disease process and improve the quality of your life by maintaining a positive attitude and a healthy lifestyle.** Some healthy lifestyle changes you can make include:



- ❖ Work with your health care provider to design an effective medicine routine that you can live with.
- ❖ Do not skip your medicines since this can make your body not use them as well.
- ❖ Eat healthy foods. Healthy does not mean expensive.
- ❖ Deal with stress in positive ways. Learn how to manage stress.
- ❖ Get regular exercise.
- ❖ Talk with your health care provider about using appropriate natural or complementary therapies as part of your personal health plan.
- ❖ Cut down or stop "unhealthy" behaviors like smoking, drinking alcohol, and using street or other drugs.
- ❖ Learn as much as you can about HIV and keeping yourself healthy.

These therapies can work together and potentiate each other, to help you fight HIV.

People with HIV/AIDS tend to lose muscle tissue and protein stores with varying amounts of fat loss. There are **three** major reasons why you may lose weight, experience muscle wasting and develop HIV-related malnutrition. If you have a poor **appetite**, you may not eat enough protein, calories, vitamins and minerals that your body needs. Your **body's metabolism** speeds up during active infection so you need extra calories and protein from food to maintain your weight; and **malabsorption**, like chronic diarrhea, which causes your body's loss of calories, protein, vitamins and minerals.

A major nutritional goal for HIV disease is to build or maintain your muscle weight. You can do this by eating food and drinking fluids that are high in calories so that your body doesn't overuse and waste good muscle tissue for energy. These types of food give your body energy: starches or complex carbohydrates, simple sugars and fats. You also need food that provides your body with protein to build and maintain that critical muscle mass. Regular and repetitive weight resistance exercise will help you gain muscle strength. You can choose a combination of animal or complemented vegetable protein sources depending on your preference.

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Eating Tips for Living Well with HIV Disease

It is very important to eat small amounts of food throughout the day, even if you're not hungry. A **high protein, high calorie eating plan that is rich in starches, complex carbohydrates, and includes moderate amounts of fat is best for you to help prevent muscle wasting with HIV disease.** This may change if you have specific symptoms or other existing medical problems. Your Registered Dietitian/Nutritionist can help you decide how to modify your eating plan if you have specific symptoms. This guide offers eating tips for maximizing your protein and energy intake to gain quality weight. It includes guidelines for taking vitamin and mineral supplements, suggestions for managing nutrition problems that may interfere with your ability to eat, and basic food safety tips and recipes. But you need individual assessment and advice for your own eating plan. This is just a **general** plan.

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Guidelines for a High Calorie Meal Plan

When you are HIV positive, it is important to eat enough calories because HIV infection increases your body's energy needs. A calorie is a way of measuring the energy that food supplies. It is good to eat a lot of high energy food like **complex carbohydrates or starches**, a food category that includes whole grain breads and cereals, pasta, potatoes and rice. Fruits, vegetables and **simple sugars** also give your body quick energy. **Fats** give you extra energy to burn and build body fat. If you don't eat enough calories from carbohydrates, your body will break down your muscles for energy. You may not have an appetite if you become sick; you may notice that you are gradually losing weight. This represents an "emergency" situation; call your Registered Dietitian/Nutritionist right away.

To increase your calorie intake:

- ❖ Eat six small meals throughout the day.
- ❖ Keep snacks that don't require refrigeration near your bed or by the television.
- ❖ Pack non-perishable food to snack on when you are away from home.
- ❖ Engage in light exercise before you eat to increase your appetite.



Complex starches or carbohydrates are the best type of energy to build and maintain your muscle tissue. Eat generous portions of: Pasta, (whole wheat or enriched macaroni, spaghetti or noodles), rice (brown or white), barley, millet, tabouli and couscous. Also choose oatmeal, cream of wheat, rice cereal, corn meal, grits and cold cereals. In addition, breads, tortillas, muffins, biscuits, crackers, dumplings, pancakes and waffles are good. And potatoes, yams, plantain, yuca, breadfruit, corn, green peas and lima beans offer special phytochemicals as do cooked kidney beans, navy beans, lentils, pinto beans, black-eyed peas, and chickpeas.

Simple sugars give you extra energy to gain muscle and also fat weight. For extra energy, snack on fresh or dried fruit (raisins, dates, apricots, pineapple, papaya and prunes). Add jelly, jam, honey and maple syrup to hot and cold cereal, pancakes and waffles. Add honey, sugar, molasses or flavored syrup to milkshakes. Top ice cream, frozen or regular yogurt with fresh or dried fruit and syrup. Snack on cakes, pies, cookies and candy between meals. Don't let simple sugars replace more important protein and nutrient rich foods. If your blood sugars have been high or you have diabetes, adding simple sugars to your diet, such as table sugar, honey, syrup, sodas and a lot of fruit juice, are not a good source of calories. Check with your health care provider and Registered Dietitian or Nutritionist for instructions.

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Guidelines for a High Calorie Meal Plan

Fats give you extra energy to gain and maintain weight. If you can tolerate fat, eat moderate amounts. Add butter, margarine, sour cream, cream cheese or peanut butter to sandwiches, crackers, pancakes, waffles and hot cereal. Add gravy to meat, chicken, turkey, mashed and baked potatoes. Add sour cream, cream cheese, grated cheese, butter or margarine to mashed or baked potatoes. Top salads with avocado, olives and extra salad dressing. If you are not lactose intolerant, add non-fat dry milk solids, condensed milk, evaporated milk, whole milk or cream to granola and hot and cold cereals. If you can't tolerate milk, some companies offer no or low-lactose fluid or dry "milk", usually from soy, a powerful phytochemical. If you need to minimize saturated fat, choose low-fat soft or liquid margarine, low-fat sour cream, and light cream cheese instead of the regular kinds.

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Guidelines for a High Protein Meal Plan

Eating enough protein is important when your body is fighting off or recovering from infections. Protein builds muscle tissue and also helps your immune system fight infections. You can obtain protein either from animal or vegetable sources. Eat generous portions of protein at each meal. ***Good sources include:***

Animal Protein

- ❖ Fish, chicken, turkey, red meat (veal, lamb, beef, pork, rabbit or venison) and organ meats, gizzards
- ❖ Eggs, cheese, milk and other dairy products

Vegetable Protein

- ❖ Cooked beans (kidney beans, black-eyed peas, pinto beans, soybeans or garbanzo beans), falafel
- ❖ Split peas and lentils
- ❖ Tofu, tempeh, miso and seitan (flavored wheat gluten)
- ❖ Fortified soymilk, rice milk, cashew milk or almond milk with added protein
- ❖ Nuts (walnuts, pecans, cashews, almonds or brazil nuts) and nut butters (peanut butter or cashew butter)
- ❖ Seeds (sesame or pumpkin) and seed butters (tahini)

Suggestions to Increase Protein

- ❖ Use hard-cooked eggs to make egg salad sandwiches; add sliced or diced hard-cooked eggs to salads; eat desserts that are made with eggs; add eggbeaters or protein powder to milkshakes; and try french toast for sandwiches instead of regular bread. As crazy as it may seem, angel food cake is a good protein source and may be a break from meats and beans.
- ❖ Add diced meats, chopped chicken or turkey to soups, salads and sauces, canned tuna, chicken, salmon, sardines, shrimp or crabmeat to casseroles and salads.

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Guidelines for a High Protein Meal Plan

- ❖ Grate cheese into sauces, soups, omelets, baked potatoes and steamed vegetables; add shredded cheese to tossed salad, chicken salad or potato salad; try cottage cheese with fruit, tomatoes or salsa; snack on cheese and crackers, peanut butter and crackers, or cottage cheese with fruit between meals.
- ❖ Use milk, Lactaid™ milk, fortified soymilk or nut-based milks in hot or cold cereals, creamed soups and fruit shakes. Eat yogurt with dry cereal or fruit. Freeze yogurt and defrost slightly for a cool summer snack.
- ❖ Spread butter or nut butters on bread, toast, crackers, fresh fruit or raw vegetables. add cubed tofu, tempeh or chopped seitan to soups, salads and casseroles.
- ❖ Add dried milk powder to milk for ultra protein — "ultra-strength milk".

Good sources of protein rich foods include:

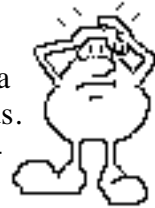
Food	Serving Size	Grams of Protein
Meat, fish, poultry	3 ounces About the size of a deck of playing cards	15-23
Cooked beans (pinto, navy, red, black, garbanzo, etc.)	1 cup	14
Tofu	1/2 cup	10
Cottage cheese	1/2 cup	16
Milk*	1 cup	8-10
Yogurt*	1 cup	8-13
Cheese	1 ounce	7
Egg	1	7
Peanut butter	2 tablespoons	7-11

* Some manufacturers add milk solids, which increases the protein content. Remember, you also get about 3 grams of protein for each serving of complex starch or complex carbohydrate.

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Diarrhea

Diarrhea may result from parasitic infections, medications or structural/functional changes to your intestines. The type and severity of diarrhea may vary according to the cause and to your tolerance to specific foods. Diarrhea can lead to the loss of fluid and minerals, causing dehydration and weakness.



The following may help to reduce your symptoms:

- ❖ **Drink plenty of fluids with calories to replace loss from chronic diarrhea.** These fluids include juices (grape, cranberry, diluted orange juice), fruit punch, nectars (apricot, peach, pear mango and banana), lemonade, Gatorade, Kool-Aid and liquid nutritional supplements. Water is not a good choice for the majority of your fluid intake because it does not give you calories or protein. Drink at least eight glasses of high calorie, high protein fluids each day. Avoid alcoholic beverages and those containing caffeine, including coffee because they make you lose fluid stores. Drink fluids at room temperature because very cold or hot liquids may make your diarrhea worse.
- ❖ **Avoid milk products temporarily to determine if your symptoms improve.** People who cannot tolerate milk products often manage better with yogurt that contains a *Lactobacillus acidophilus* culture or lactose-reduced products, such as Lactaid™ milk. Ask your Registered Dietitian/Nutritionist about pills or drops to reduce bloating, cramps and diarrhea. If you cannot digest lactose-reduced products, try fortified low-fat soymilk.
- ❖ **Avoid greasy or fried foods because these may aggravate diarrhea.** You may need to eat less fat if your diarrhea results from fat malabsorption. If this is the case, choose lean meats, and avoid adding extra fat to food. Certain nutritional supplements are lactose-free and low in fat, such as Nutren 1.5, CitriSource, Peptamen, or Citrotein. To improve the flavor of these powdered supplements, add them to lemonade, juices or nectars. Choose vanilla flavor for more flexibility.
- ❖ **Avoid eating roughage fiber in food, including fruits (except bananas), vegetables, whole grains, and corn. Instead choose oats, barley, white rice, fruit nectars and pureed vegetables or baby food.**
- ❖ **Ask your physician about anti-diarrheal medications,** such as Imodium, Lomotil or Paregoric. The medication will vary depending on the cause of your diarrhea. A tablespoon of Metamucil mixed with juice may help to control diarrhea. It contains soluble fiber, which like oats and barley, can promote stool bulking.
- ❖ **Avoid eating food that may cause cramps or bloating,** such as beans, cabbage, broccoli, brussels sprouts, onions, green peppers, and other spicy foods.

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Diarrhea

- ❖ **Choose food and fluids that are high in potassium**, a mineral that you lose with diarrhea. Good food sources of potassium are bananas, potatoes, fish, chicken and meat. High potassium fluids include orange juice, apricot, mango and peach nectars, V-8 juice and Gatorade.

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The Importance of Fluids

Drinking enough fluids is very important when you are HIV-positive. Fluids help prevent dehydration, especially when you are taking many medications. You need a great deal of fluids to flush out medications that have been used by your body. If you are having a difficult time maintaining your weight, drink **high calorie fluids** (eg: juices, nectars, fruit punch, sweetened iced tea, lemonade, ginger ale, soda, Gatorade and Kool-Aid) **and high calorie, high protein fluids** (eg; milk, milkshakes, Lactaid™ milk, fortified soymilk, fortified nut milks) **instead of water.** Drink at least eight glasses of fluid each day. Drink more if you are taking many medications. You will need to drink more if the inside of your mouth or tongue is dry. Avoid drinking beverages that contain caffeine or alcohol, especially if you have diarrhea. These products cause further fluid losses. Caffeine-containing beverages include coffee, black tea and many types of soda. Alcohol is low in nutrients and can also dehydrate you. Salt containing fluids like chicken or beef broth (soups) will make you thirsty so that you drink more, consequently helping you retain more fluids.

Certain parasites are spread through tap water and make you very sick when your CD4 count is below 200 cells/ mm³. *Cryptosporidiosis*, *Mycrosporidiosis* and *Mycobacterium avium intracellulare* (MAI) are in many tap waters and cause flu-like symptoms that include cramping and massive watery diarrhea. **When you drink water**, buy distilled water or use boiled tap water (boil 5 minutes to kill germs). Also be careful of ice and fountain sodas which are made from tap water and soda syrups. Bottled juices are safe to drink if they are pasteurized. Be sure to order bottled water and no ice in restaurants.



Dry Mouth can occur as a result of not drinking enough fluids or as a side-effect of medications. In addition to drinking enough fluids, the following suggestions can help you manage this problem:

- ❖ Start and end each day with a glass of water.
- ❖ Use extra sauce, butter, gravy, yogurt or salad dressing to moisten food.
- ❖ Dunk or soak bread, crackers and cookies in soup, milk, juice or hot chocolate.
- ❖ Use sugar-free candy, sour balls, popsicles, safe water/ice cubes, and sugarless chewing gum to stimulate salivation.
- ❖ Sleep with a humidifier in your room, and keep fluids by your bedside so you can drink throughout the night if you are thirsty.



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The Importance of Fluids

Constipation can occur as a result of not drinking enough; not eating enough high fiber food or being inactive. It can also develop as a side-effect of medications. In addition to drinking enough fluids, the following suggestions may be helpful:

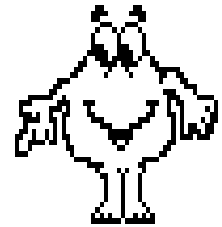
- ❖ Eat food high in insoluble fiber: whole grain breads and cereals, fresh fruits and vegetables, cooked beans and chickpeas, nuts and seeds. Add small amounts of bran to food or liquids to increase dietary fiber.
- ❖ Add regular exercise into your daily schedule.

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Mouth Pain and Painful Swallowing

Mouth Pain

- ❖ Smoking and alcohol can irritate the inside of your mouth.
- ❖ Be careful of very hot food and carbonated sodas. They can really make your mouth sores burn. Allow food to cool down to a lukewarm temperature before eating.
- ❖ Eat very cold foods, such as sorbet, sherbet, fruit ice, frozen yogurt or ice cream, to numb your taste buds.
- ❖ Eat soft, bland food, including applesauce, oatmeal, grits, cream of rice, creamed soups, custards, pudding, flan, and hard-cooked eggs, and drink non-acidic juices and nectars.



Painful Swallowing

- ❖ Use a straw for drinking fluids, and use a cup or glass instead of a bowl for eating soup. Tilt your head back for easier swallowing.
- ❖ Choose soft-textured food (oatmeal, cream of rice, canned fruits, cottage cheese, yogurt, pudding, flan or custard). Puree food in a blender or food processor or choose baby foods which are already pureed for you.
- ❖ Eat food at room temperature. Avoid eating food that is either very hot or very cold.
- ❖ Try a variety of liquid nutritional supplements that are high in calories and protein, in addition to soft or pureed food. Examples include Ensure Plus, Sustacal Plus, Resource Plus, Nutren 1.5, Boost and Nutrament. You will need to determine what tastes good to you. Try blending fresh or canned fruit with vanilla and strawberry flavors, or blend a banana with a chocolate flavor. If you are underweight, ask your Registered Dietitian/Nutritionist, health care provider or case manager how to get nutritional supplements through Medicaid.

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Taste Changes

Oral infections, such as thrush, and some medications can change your sense of taste. If you have sensitive taste buds eat bland food. If you may have a bitter and metallic taste in your mouth avoid foods that cause this. The following suggestions may help when you have taste changes:



- ❖ Before you eat, rinse your mouth with a mixture of one teaspoon of baking soda and a glass of warm distilled water. Swish the mixture around your mouth, but do not swallow. Remember to take your anti-fungal medication regularly to prevent oral or esophageal candida/thrush if this is a problem for you.
- ❖ Use a toothbrush with soft bristles and a flavored toothpaste to clean your teeth and your tongue before and after you eat. If your mouth is too sore for a soft bristle tooth brush, try cotton swabs.
- ❖ Tart food can mask a metallic taste. Try drinking orange, cranberry or pineapple juice and lemonade. Add vinegar, lemon juice, pickles or relish to your food.
- ❖ Marinate meat, chicken, turkey, fish or tofu in vinegar, wine, salad dressing or soy sauce. Add fresh or dried herbs to your food (rosemary, thyme, basil, oregano or cumin).
- ❖ Try different food textures (add chopped nuts, seeds or water chestnuts) to make eating more interesting.
- ❖ Eat cold food, such as sorbet, sherbet, fruit ice, ice chips, frozen yogurt or ice cream to numb your taste buds.

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Poor Appetite and Nausea

Poor Appetite

- ❖ Eat six small meals throughout the day (e.g., 8:30 AM breakfast, 10:00 AM snack, 12:30 PM lunch, 3:00 PM snack, 5:30 PM dinner, 7:30 PM snack). Keep snacks near your bed or by the television in your house or apartment. Do light exercise, stretching or deep breathing before you eat.
- ❖ Eat your favorite food, even if it is just a little bit.
- ❖ Eat with others—you will be surprised at how well you eat when you do.
- ❖ Drink a liquid nutritional supplement or a homemade fruit shake instead of skipping a meal.
- ❖ Keep a large amount of food handy, and freeze in single portion-sized packages.
- ❖ Ask your health care provider or Registered Dietitian or Nutritionist about medications that can stimulate your appetite, including: Marinol, Megace, and Periactin.
- ❖ Keep foods handy that can be prepared and eaten within 10-15 minutes, in order to take advantage of an appetite which might only last that long.



Nausea and Vomiting

Nausea and vomiting may be caused by infections as well as by some medications and treatments.

The following suggestions may help you to manage symptoms:

- ❖ Eat small, frequent snack-sized meals throughout the day rather than two or three big meals, and drink high calorie fluids one hour after you eat.
- ❖ Don't eat solid food and drink liquids at the same meal. Space them at least one hour apart.
- ❖ Avoid greasy, fried or spicy food; instead, choose bland tasting cold food.
- ❖ Choose dry food, such as dry ready-to-eat cereal, crackers, melba toast and cookies. You can keep these close to your bed or favorite chair so that they are within close reach.
- ❖ Eat salty food, such as crackers, pretzels and unbuttered popcorn to reduce nausea; or try a little salt on the tip of your tongue. Don't lie down flat for at least one hour after you eat. Let food digest before you go to sleep. Eat food cold or at room temperature. Hot food can and will cause nausea, and may cause vomiting as well.

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Poor Appetite and Nausea

- ❖ Avoid eating your favorite foods when you feel sick. You may end up disliking them because you associate them with feeling nauseated. If the smell of food makes you sick, ask someone else to cook for you, and stay away from the kitchen while food is being prepared.
- ❖ Drinking a cup of herbal tea with honey (e.g., peppermint or chamomile) or chewing on fresh ginger root can sometimes settle an upset stomach.
- ❖ Ask your health care provider about anti-nausea medication. If one medication does not work, there are other choices; check with your health care provider for a different medication.

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Healthy Blender Drinks

When you are HIV-positive, there may be some days that you do not feel like eating. You may have sores in your mouth or throat that make chewing or swallowing difficult. You may even have diarrhea when you drink milk products. These recipes can help you make low-lactose or dairy-free drinks that are high in calories and protein so that you will be able to maintain your weight when you have eating and digestive problems. To prepare each recipe, combine the ingredients at high speed in a blender or food processor for one to two minutes until smooth. Add different types of fruit and flavoring so that you do not get tired of any one recipe.

Fruit Shake

1 cup fortified soymilk*
2 tbsp. sugar or honey
2 tbsp. protein powder
1 tbsp. wheat germ
1 tbsp. bran*
1 cup sliced fruit

This shake is high in calories, protein, fiber and is lactose-free.

+ Omit if you have diarrhea.

Triple Fruit Yogurt Smoothie

1 cup vanilla yogurt with active cultures
1 pkg. vanilla Instant Breakfast
1/2 cup sliced peaches & mangos
1 cup apricot nectar
2 tbsp. honey or sugar

This shake is high in calories, protein and potassium.

Piña Colada

1/2 cup coconut milk
1 cup pineapple juice
1/2 cup fresh or canned pineapple
1 pkg. vanilla Instant Breakfast
1/4 cube of tofu

This drink is high in calories and protein.

Raspberry Sorbet

1 cup orange sherbet
1/2 cup frozen raspberries*
1 cup CitriSource
1/2 cup crushed ice
1 pkg. vanilla Instant Breakfast

This sorbet is high in calories and protein and is low in fat.

+ Omit if you have diarrhea.

Peanut Butter Chocolate Shake

2 tbsp. peanut butter
1-8 oz can chocolate liquid meal supplement
1/2 banana

This shake is high in calories, protein and potassium.

Lipisorb Shake

1/2 cup mango nectar
1/2 cup apricot nectar
1 cup sliced papaya and banana
2 scoops Lipisorb powder

This shake is high in calories protein and potassium but low in fat.

**You can substitute Ensure Plus, Sustacal, Nutren 2.0 or Resource Plus for soymilk.*

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Food Safety

Food safety guidelines are important to follow because your immune system is weak. Germs can be passed to you from food that is undercooked or not handled carefully. Food-borne disease can make you very sick with symptoms like fever, nausea, vomiting, cramping and diarrhea. The following guidelines can help you protect yourself from food poisoning when you are preparing and storing food.

Preparing Food

- ❖ Wash your hands with warm, soapy water before and after preparing each food.
- ❖ Wash all fruits and vegetables thoroughly with warm water, a mild soap and a soft bristle brush. You can also use a mixture of 1/2 cup lemon juice to a gallon of warm water. Or, you can remove the skin or the peel from fruits and vegetables before you eat them.
- ❖ Cook meat, poultry and fish to medium or medium-well. Do not eat raw or rare meat especially ground meat or poultry. Also avoid raw fish, including sushi, sashimi and steamed clams or oysters.
- ❖ Thaw frozen meat and poultry in the microwave or the refrigerator; not at room temperature.
- ❖ Drink pasteurized milk only. Unpasteurized milk or dairy products can carry *Salmonella*.
- ❖ Don't use eggs that have cracks in their shells. Hard-cook eggs for at least seven minutes or fry eggs for at least 3 minutes on each side. Avoid eggs that are lightly poached or over easy. Also avoid food that contains raw or partially cooked eggs, such as homemade mayonnaise, hollandaise sauce, homemade ice cream and eggnog, raw cake or cookie batter. Caesar salad dressing and the Spanish drink ponche are also very risky.
- ❖ Don't eat soft ripened cheeses, such as Brie and Camembert. Don't eat moldy foods.
- ❖ Make a dilute bleach mix by adding 1-2 tablespoons of bleach to a gallon of warm water. Use this mix to scrub kitchen utensils.
- ❖ Instead of cutting boards which may cause food safety problems, use cheap paper plates which can be thrown away after using. Clean up was never easier.
- ❖ Keep hot foods hot - baked dishes should be kept at room temperature for no more than 30 minutes. Germs breed best at room temperature.
- ❖ Make sure you wash off all cans before opening them; don't forget to wash soda cans before drinking out of them.



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Food Safety

Storing Food

- ❖ Get a refrigerator thermometer. Refrigerators should be at 40°F or lower, and freezers at 0°F or lower.
- ❖ Refrigerate food that you do not intend to eat immediately.
- ❖ If you are making a large amount of food, divide portions into small containers and refrigerate.
- ❖ Cover food tightly with plastic wrap or store in air tight containers to retain freshness.
- ❖ Prevent drippings from defrosted food to touch other food in the refrigerator; use the lowest shelf or drawer to store defrosted or defrosting food.
- ❖ Do not eat leftovers that have been sitting in the refrigerator for more than three days.
- ❖ Do not refreeze previously frozen food; especially meats, poultry or fish and shellfish.
- ❖ Do not forget to check expiration dates on foods both before purchasing and before eating.

**Always Use Caution
If in doubt, Throw it out.**

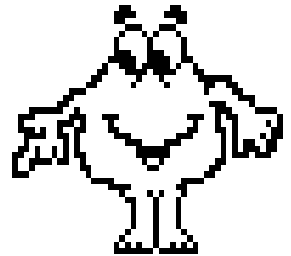
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Eating Well Without a Refrigerator

Eating well while you're staying in a place without a refrigerator or stove can be a real challenge! It's too expensive to eat meals out and fast food doesn't always fit in with nutrition goals. Here are some "perishable" food items that can be stored at room temperature for short time periods:

- ❖ Fruits and vegetables that will last for 1 to 2 days at room temperature:
Apples, bananas, nectarines, peaches, plums, bell peppers, broccoli, carrots, cucumbers, salad greens, and tomatoes.
- ❖ Grapefruit and oranges will last 5 to 7 days.
- ❖ Medium hard cheeses such as cheddar and swiss can be kept 1 to 2 days.
- ❖ Bread and baked goods will last 1 to 5 days.

***If the weather is hot, food will spoil quicker.
If in doubt, throw it out!***



No Place to Cook? *It is possible to eat well without a stove or refrigerator.* The foods below will provide nutritionally-balanced meals.

Grains

Bread, bagels, tortillas, flat breads, rolls
Cereals such as:
Corn Flakes, Chex, Cheerios, Product 19, Rice Krispies, Shredded Wheat, Special K, Total, etc.
Whole grain, low-fat crackers such as:
Ak Mak, Graham, Harvest Crisp, Rice Cakes, Ry Krisp, Triscuits, Wasa

Dairy

Milk (aseptic containers or canned evaporated milk)
Fresh milk in small cartons
Cheese (cheddar, swiss, american)
Yogurt
Pudding cups (single-serve)

Protein

Tuna, chicken (canned in water)
Sardines, salmon, kipper snacks (canned)
Peanuts or peanut butter
Cottage cheese (single serve)

Fruits and Vegetables

Fresh: Bell peppers, carrots, cucumbers, salad greens (ready-to-eat), tomatoes, apples, bananas, nectarines, peaches, plums, grapefruit, oranges
Canned: Apricots, peaches, pineapple, fruit cocktail and pie fillings
100% Fruit Juice (small cans, bottles, and boxes):
Grapefruit, orange, pineapple, tomato, V-8, apple or grape with vitamin C
Dried: Apricots, prunes, figs, raisins, apples
Single serve fruit cups

Adapted from Lisa Ploss RD, MPH

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Guidelines for a Vegetarian Meal Plan

The vegetarian diet consists of foods mainly from plants. The key to a healthy vegetarian diet is to eat a wide variety of foods. It is very important to get enough calories and protein to keep your muscles and your body healthy when you are living with HIV.



Different types of vegetarian diets include:

- ❖ Lacto-ovo vegetarian - a diet which includes foods from plants, milk, dairy and egg sources.
- ❖ Lacto-vegetarian - a diet which includes foods only from plant and dairy sources.
- ❖ Vegan (total vegetarian) - a diet which includes only foods from plants.

Tips for vegetarians to remember

- ❖ **Get help:** Seek out the advice of a Registered Dietitian or other Nutrition Professional.
- ❖ **Vegan:** If you are vegan, it may be even more difficult to get the amount of protein and other nutrients that you need every day. Make sure you get assistance, learn about foods and see that you get the nutrients you need.
- ❖ **Variety:** In planning a vegetarian diet choose a wide variety of foods from all the sections of The Vegetarian Food Guide Pyramid© (The Health Connection, Hagerstown, Maryland, used with permission - see Page 4-21). This and other food pyramids are designed for the general public and may not take into account your special needs. By at least getting the variety of foods described in the food guide pyramid, you can establish a good nutritional foundation that you can build upon.
- ❖ **Calories:** Monitor your weight weekly. You will likely need more than the minimum number of servings in each section of the pyramid to maintain weight and make sure you are getting all the calories, protein and nutrients you need. When trying to keep weight on, some higher calorie plant based foods that can help are: hummus, soy cheese, nut butters, tofu, avocado, and olives.

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Guidelines for a Vegetarian Meal Plan

❖**Protein:** Protein is used to keep muscles healthy and with HIV you may have increased needs for protein. You will probably meet your protein needs if you are eating dairy and egg products daily. Protein needs for adults may range from 80-125 grams of protein or more every day or more. Read labels and count grams of protein. Add extra protein by adding protein powder (dry milk, egg or commercial powders) to foods that you eat. Some good sources of plant-based protein include:

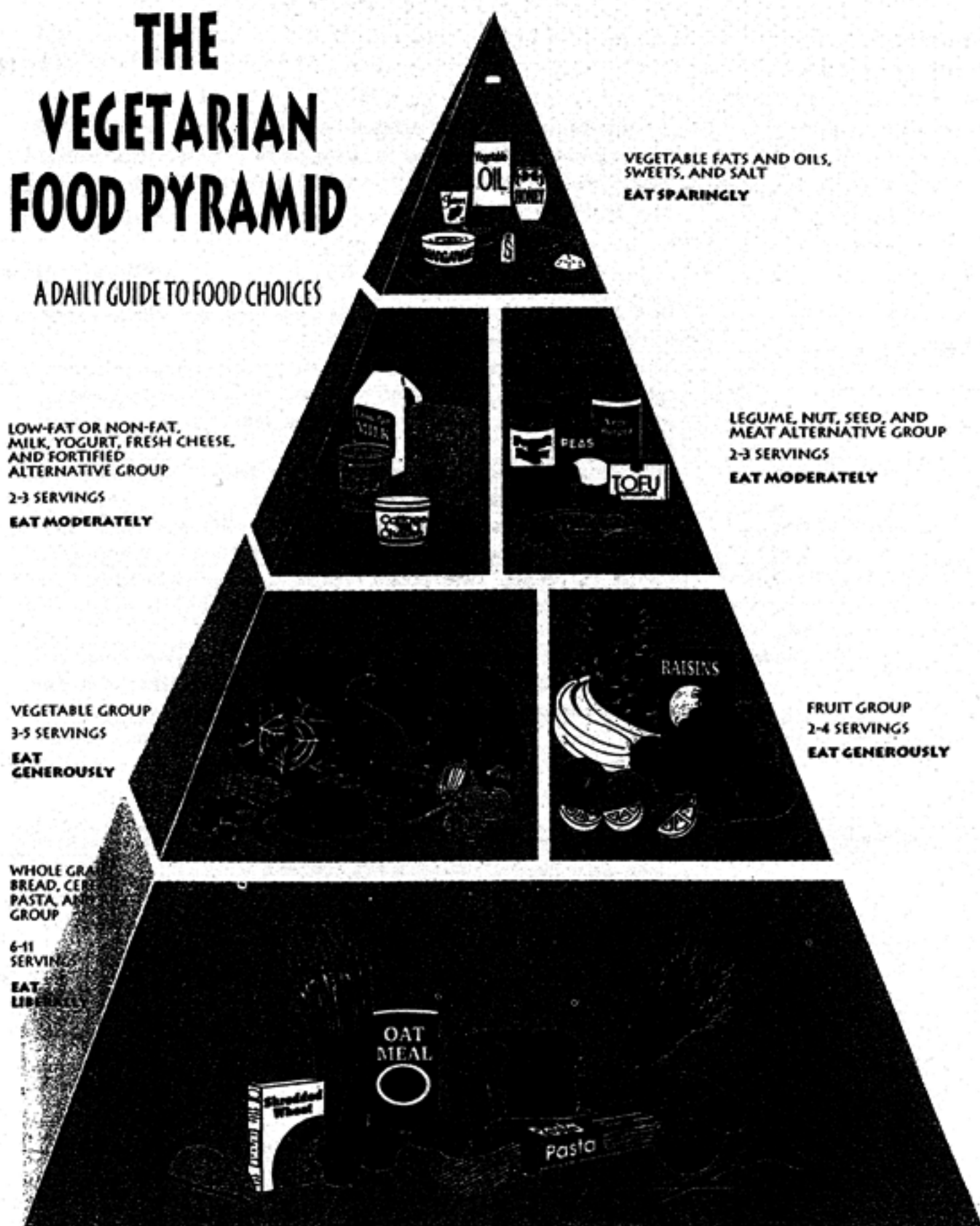
Food	Portion Size	Grams of Protein
Soybeans	1/2 Cup	14
Tofu	1/2 cup	10
Soymilk	1 cup	7-10
Lentils	1/2 cup	9
Cooked beans (pinto, navy, red, black, garbanzo, etc.)	1/2 cup	7
Peanut, cashew or almond butter	2 Tablespoons	7
Potato	1 large	4-5
Grains	1/2 cup	2-4

NUTRITION

Guidelines for a Vegetarian Meal Plan

THE VEGETARIAN FOOD PYRAMID

A DAILY GUIDE TO FOOD CHOICES



THE HEALTH CONNECTION • 55 West Oak Ridge Drive, Hagerstown, Maryland 21740-7290 USA • Telephone: USA 1-800-548-8700 • Canada USA 1-301-790-8725 • Fax: 1-301-790-8723 Illustration by Marie Perlier © The Health Connection, 1994. PRINTED IN USA

Adapted from *God's Love We Deliver*- New York

NUTRITION

Guidelines for a Vegetarian Meal Plan

	FOOD GROUP	EXAMPLES OF FOOD CHOICES
E n e r g y	Complex Starches:	Whole grains: wheat, rye, corn, oat, rice, bulgur, kasha, quinoa; whole grain breads, hot and cold cereals, and other grain products like pasta, crackers, ; potatoes, winter squash.
G r o w t h	Animal Protein:	Beef, chicken, fish, duck, pork, turkey, lamb, eggs, milk, cheese, egg or milk-based protein powders
	Plant Protein:	Dried beans (cooked): black, pinto, red, navy, lima, garbanzo, etc., green peas, split peas, lentils, soy foods (soybeans, tofu, soy-based protein powders, tempeh), seeds, nuts and nut butters (peanut, sunflower, sesame, almond, Brazil nuts, etc.)
	Animal Calcium	Milk, cottage cheese, yogurt, hard cheese, ice cream, canned salmon (with bones), canned sardines (with bones)
	Vegetable Calcium:	Tofu processed with calcium, broccoli, Chinese cabbage, almonds, dried figs, greens (chard, mustard, collard), calcium fortified orange juice or soy milk
P r o t e c t i o n	Vitamin A rich foods:	Carrots, red peppers, sweet potato, oranges, strawberries, tomatoes, spinach, pumpkin, cantaloupe, watermelon, greens (collard, arugala, turnip), winter squash
	Vitamin C rich foods:	Guava, red and green bell peppers, papaya, orange and grapefruit and their juices, broccoli, Brussels sprouts, kohlrabi, strawberries, kiwi, cantaloupe, tomatoes and tomato juice, spinach, cabbage
	Other Fruits & Vegetables	Apple, banana, pear, prunes, eggplant, onions, lettuce, zucchini, raisins, peaches, celery, mushrooms, turnips, radishes, asparagus,
E x t r a g y	Simple Sugars:	White table sugar, brown sugar, honey, molasses, corn syrup, sodas, candy
	Fats:	Mono-unsaturated oils: olive, canola, flaxseed, and peanut oils, olives, avocado Poly-unsaturated fats: safflower, corn, soybean, cottonseed, sesame, and sunflower oils, and in liquid or soft margarine Saturated fats and oils: butter, hard margarine, coconut and palm oils, beef fat, chicken fat, bacon, pork
E x t r e m e	Supplements:	<ul style="list-style-type: none"> • Vitamin/Mineral – A “One-a-day” type, around 100% RDA – take two each day <i>one in the morning and one in the evening</i> • Vitamin E – 400 IU each day • Vitamin C – 500-1000 mg each day • B-complex – one each day

Adapted from *God's Love We Deliver*- New York

NUTRITION

Guidelines for a Vegetarian Meal Plan

Hard to get nutrients

In a vegetarian diet, vitamin B12, protein, and minerals (calcium, zinc, and iron) may be difficult to get enough of everyday. Learn what foods are high in these nutrients and make sure you include them in your daily diet. Consider and choose a vitamin-mineral supplement with your health care provider. See the lists and chart below for foods high in these nutrients.

Vitamin B12

Usually only a small amount of vitamin B12 is needed; however with HIV this important nutrient can become low in your body more quickly. Since vitamin B12 is found mainly in foods from animal sources, vegetarians need to be sure they are getting the extra B12 they need. B12 is needed to make nuclear materials in each cell, in the formation of red blood cells and keeping the nervous system healthy. People living with HIV may become deficient in vitamin B12. Some good sources of vitamin B12 include:

- ❖ Cottage cheese, milk, eggs
- ❖ Other dairy products
- ❖ Red Star Vegetarian Support Yeast T6635
- ❖ Vitamin B12 fortified soy milk
- ❖ Vitamin B12 fortified breakfast foods
- ❖ Vitamin B12 fortified vegetarian burger patties

Calcium

Your bones need calcium to keep them healthy. It is recommended that you get at least 800-1200 milligrams per day. Dairy products are rich in calcium. If you are not eating dairy products, consider the following plant-based rich options:

- ❖ Tofu - that has been preserved in a calcium solution or fortified with calcium
- ❖ Calcium enriched soy products
- ❖ Calcium-fortified orange juice
- ❖ Dark leafy vegetables such as turnip greens, kale, or mustard greens
- ❖ Broccoli
- ❖ Pinto beans
- ❖ Blackstrap Molasses
- ❖ Figs

The Health Connection (used with permission)

NUTRITION

Guidelines for a Vegetarian Meal Plan

Iron

Iron is important for carrying oxygen through the blood so that the food can be burned as fuel. Indications of deficiencies may include pale skin, weakness, shortness of breath and lack of appetite. Many people may be deficient in iron, however supplementation with iron is not recommended for HIV positive persons, so including iron-rich foods in your diet is important. Plant-based options include:

- ❖ Prune juice
- ❖ Navy beans
- ❖ Lentils
- ❖ Spinach
- ❖ Black beans
- ❖ Lima beans
- ❖ Peaches
- ❖ Split peas
- ❖ Garbanzo beans
- ❖ Soybeans
- ❖ Pinto beans
- ❖ Blackstrap molasses
- ❖ Rice bran

Zinc

Zinc is an important nutrient for wound and burn healing, and formation of amino acids and nucleic acids. Deficiencies can cause loss of appetite and change the way things taste. People living with HIV may become deficient in zinc. Some good sources of zinc include:

- ❖ Tofu
- ❖ Cashews
- ❖ Lima beans
- ❖ Baked beans
- ❖ Split peas
- ❖ Peanut butter
- ❖ Wheat germ
- ❖ Zinc fortified breakfast cereals
- ❖ Sunflower seeds

NUTRITION

Guidelines for a Vegetarian Meal Plan

Meal Planning

To help you with vegetarian meal planning, the following is an example of a balanced menu to give you an idea how to get the right amount of nutrients for good health. You may need more or less food. This menu provides approximately 3000 calories and 115 grams of protein.

Breakfast	Snack	Lunch	Snack	Dinner
Oatmeal, 1 cup with raisins, 2 Tbsp. Wheat germ, 1 Tbsp. Soy milk, 1 cup Banana, 1 Raisin Bread, toast with peanut butter, 2 Tbsp.	Choose from the choices below	Split pea soup, 1 cup Tossed salad with chickpeas, 1/2 cup Whole grain muffin Soy cheese, 1 slice	Choose from the choices below	3-bean salad, 1/2 cup Pasta, 1 cup with tomato sauce, 1/2 cup Green beans, 1/2 cup Italian bread with margarine, 1 tsp.

Snack choices

- ❖ Soy protein shake
- ❖ Cereal, fruit and soymilk
- ❖ Cinnamon raisin bagel with tofu spread
- ❖ Trail mix
- ❖ Oatmeal cookies and soy milk
- ❖ Yogurt with fruit

Other Tips for Vegetarians

- ❖ If you are eating dairy and egg products, then add them to your menu.
- ❖ If you are trying to keep weight on, higher calorie plant-based foods that can help are:
 - Hummus
 - Nut Butters
 - Avocado
 - Soy cheese
 - Tofu
 - Olives

NUTRITION

Guidelines for a Vegetarian Meal Plan

What to do when you are ill

When you are ill, remember to eat small amounts frequently. It can be easier to sip calorie protein shakes rather than eating solid foods. Remember to drink fluids through the day. Try to keep calorie intake increased and ask for help from your healthcare provider or Registered Dietitian / Nutritionist.

Ways to add extra calories for the vegetarian

Easy, quick and nutrient rich foods eaten between meals or as a number of small meals can add extra calories when you need them. In general, the following simple nutrient rich foods contain about the amounts of calories, grams of protein and grams of fat listed. Check the nutritional labels of foods you purchase to eat and remember to account for the amount you actually do eat.

Food/Portion Size	Calories	Protein Grams	Fat Grams
Toast w/ peanut butter & jelly	214	6	9
1 cup cottage cheese	203	31	5
1 cup yogurt	240	14	5
1 cup milkshake	350	12	10
1 apple with 2 Tbsp. peanut butter	288	8	16
1/2 cup hummus and pita bread	305	9	10
1 cup trail mix	693	21	44
1 small bagel with cream cheese	294	10	11
1 cup ice cream	185	4	11

NUTRITION

Guidelines for a Vegetarian Meal Plan

Important nutrients of common vegetarian foods

- ❖ The chart lists major nutrient values for foods often chosen by vegetarians and lacto-ovo vegetarians. See page 4-28.
- ❖ Nutrient values are **bolded**, when that food contains more of that nutrient.
- ❖ Work with your Registered Dietitian or other health professional to find out how best to meet your nutrient needs.

For more information about vegetarian eating, see **References (Section 10)**.

NUTRITION

Guidelines for a Vegetarian Meal Plan

Important nutrients of common vegetarian foods

Food	Portion Size	Calories	Protein	Fat	Iron	Calcium	Zinc	Vit. B-12
				65 g	18 mg	1000 mg	15 mg	6 mcg
Daily Value								
Bagel, Egg	1 small	158	6	1.2	2.3	7	.44	.09
Muffin, Bran	1 small	300	5.2	9.2	.6	102	?	?
Oatmeal Raisin Cookie	1 small	63	1	2.7	.4	14	.13	.02
Milk, 1%	1 cup	102	8	2.5	.1	300	.9	.9
Milk, whole	1 cup	149	7.8	7.8	.2	290	.90	.88
Cottage Cheese, low fat, 2%	¼ cup	51	7.8	1.1	.1	39	.24	.4
Yogurt, whole milk	1 cup	138	7.9	7.4	.1	275	1.32	.84
Yogurt, Nonfat, plain	1 cup	127	13	.4	.2	452	2.18	1.39
Cheddar Cheese	1 ounce	114	7.1	9.4	.2	204	.88	.23
Milkshake	1 cup	245	8.7	8.3	.1	342	1.01	1.04
Ice Cream, Regular Fat	1 cup	173	4.8	15.0	.1	174	.94	.93
Cream Cheese	2 Tablespoons	195	4.2	19.5	.7	45	.3	.24
Egg, 1 cooked	1 each	77	6.5	5.2	.7	25	.57	.52
Potatoes, boiled, each	Small- medium	116	2.3	.1	.4	11	.36	0
Broccoli, cooked	½ cup	22	2.3	.3	.7	36	.30	0
Green Beans,	½ cup	22	1.2	.2	.8	29	.21	0
Raisins	¼ cup	109	1.2	.2	.8	18	.1	0
Banana, each	1	109	1.2	.6	.4	7	.19	0
Italian Bread	1 slice	83	2.7	.2	.7	5	0	0
Margarine	1 teaspoon	34	0	3.8	0	1	.01	0
Butter	1 teaspoon	34	0	3.8	0	1	0	?

Adapted from *God's Love We Deliver*- New York

NUTRITION

Guidelines for a Vegetarian Meal Plan

Important nutrients of common vegetarian foods

Food	Portion Size	Calories	Protein	Fat	Iron	Calcium	Zinc	Vit. B-12
Daily Value				65 g	18 mg	1000 mg	15 mg	6 mcg
Pinto Beans	1 cup	234	14	.9	4.5	82	1.85	0
Navy Beans	1 cup	258	15.8	1	4.5	127	1.93	0
Red Beans	1 cup	225	15.3	.9	5.2	50	1.89	0
Kidney Beans	1 cup	225	15.3	.9	5.2	50	1.89	0
Soybeans	½ cup	149	14.1	7.7	4.4	88	.99	0
Lentils	½ cup	115	8.9	.4	3.3	119	1.26	0
Black Beans	1 cup	227	15.2	.9	3.6	46	1.93	0
Baked Beans	1 cup	281	13.4	3.7	4.2	154	3.79	.05
Split peas, cooked	½ cup	160	8.2	.4	.13	14	.98	0
Lima beans, baby	½ cup	94	6	.3	1.8	25	.49	0
Three Bean Salad	½ cup	112	3.5	5.8	1.4	39	.21	0
Peanut butter	2 tablespoons	191	9.2	16.5	.55	10	.94	0
Sunflower seeds	¼ cup	205	8.2	17.8	2.4	42	1.82	0
Cashews, Dry roasted	¼ cup	197	5.2	15.9	2.1	15	1.88	0
Trail Mix	1 ounce	118	3	2	1.1	41	?	?
Tofu, raw, regular	½ cup	94	10	5.9	6.6	130	.99	0
Soy Milk, Fluid	1 cup	79	6.6	4.6	1.4	10	.55	0
Soy Milk, First Alternative	1 cup	76	8.0	2.3	1.4	294	1.21	1.25
Soy Milk, Original Eden	1 cup	130	10	4	1.4	80	1.16	?
Soy Milk, Soy Moo, Health Valley	1 cup	140	8.8	6.0	1.0	40	?	?
Wheat germ, crude	2 tablespoons	52	3.3	1.4	.9	6	1.77	0
Cereal, Cheerios	1 cup	89	3.4	1.5	3.6	39	.62	1.2
Cereal, Grape-nuts	¼ cup	101	3.3	.1	1.2	11	.62	1.5
Cereal, Mini-Wheats, Frosted	1 cup	66	1.9	.2	1.2	6	.97	0
Cereal, Wheaties	1 cup	99	2.7	.5	4.5	43	.63	1.5
Oatmeal, Cooked	½ cup	73	3.0	1.2	.8	9	.57	?

Adapted from *God's Love We Deliver*- New York

NUTRITION

Guidelines for a Vegetarian Meal Plan

Healthy "No-Blender" Drinks

When you do not have a blender, use a clean empty jar with a lid. Put ingredients in it and shake until mixed. Choose ingredients that are easy to mix.

No Blender Shake

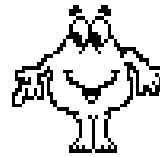
(When you can drink milk)

Put in a cup with a lid and shake:

1/2 cup plain yogurt

1/2 cup milk

1 cup fruit nectar



No Blender Shake

(When milk makes you sick)

Put in a cup with a lid and shake:

1 cup soy milk

1 cup fruit nectar

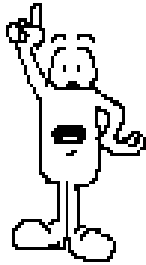
Nutritional Tips



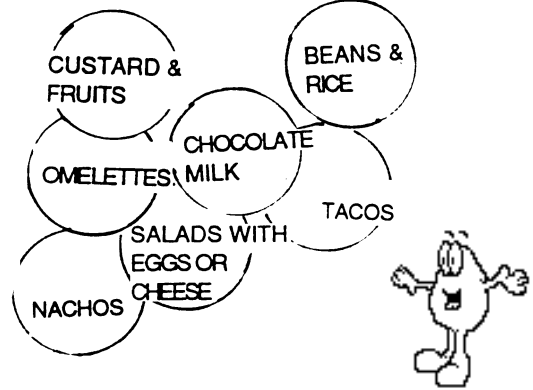
Lack Of Appetite

Lack of appetite can be caused by medication, stress, fatigue, or infection.

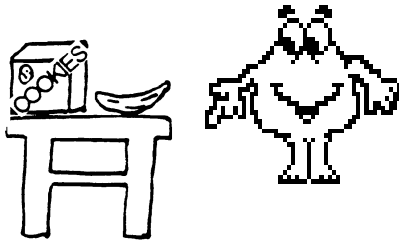
I am going to try my best to maintain my weight.



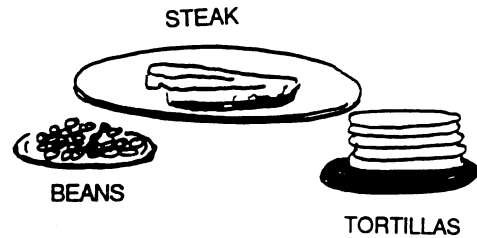
Eat small meals every 2-4 hours.



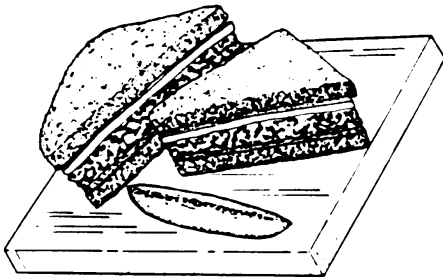
Keep favorite foods within your reach (*near your bed, couch or chair*).



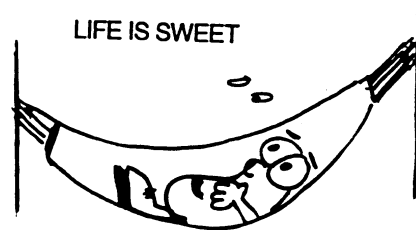
Choose your favorite foods.



Choose foods that don't have a strong smell.



Avoid stress before and during a meal.



Nutritional Tips

Lack of Appetite

Eat in a pleasant place.



Light a candle; "Dine".

Do some light exercise before you eat.
Exercise increases your appetite.



Eat with a friend.



When possible, do not drink fluids *with* your meals. It can make you feel full sooner.



AT 11:00 AM



AT 1:00 PM

Drink a nutritional supplement.
Ask your Dietitian, or health care provider
which one is best for you.



Hunger may only last 10-15 minutes. Be
sure to have food handy to prepare and eat
quickly.

Occasionally treat yourself to a wild, wicked
dessert or other favorite food.

Nutritional Tips

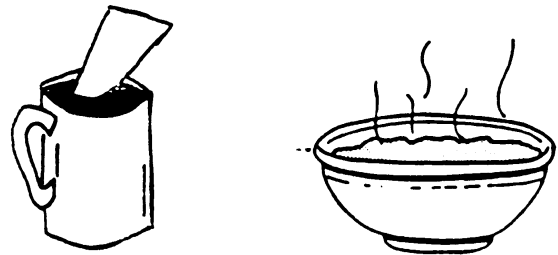


Swallowing Problems

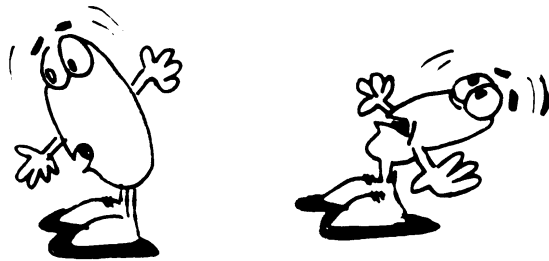
Use a straw to drink.



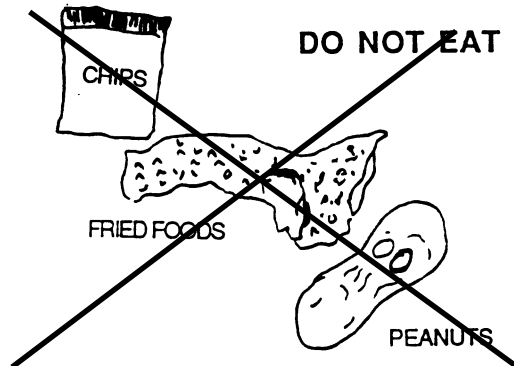
Soften your food by soaking it in liquid, or eat your food with soup.



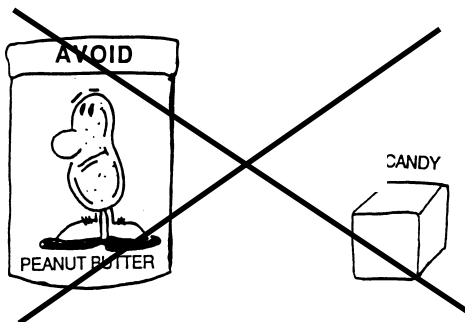
Tilt your head forward or backward to ease swallowing.



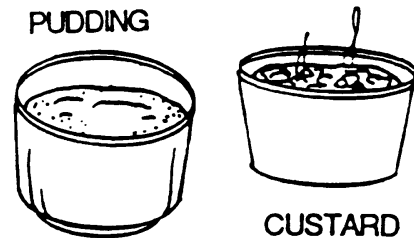
Do not eat coarse or hard foods.



Do not eat dry or sticky foods, including nut butters, raisins and other dried foods.



Try soft bland foods like angel food cake, puddings, custards and flan.





Nutritional Tips

Mouth Ulcers or Thrush

Some of these recommendations may help you, but others may not.

What causes it? It can be oral candida or other infections.

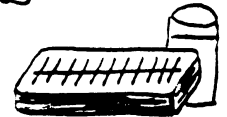
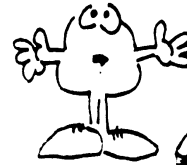


*Don't worry, my friend.
There are things that
you can do to decrease
the pain.*

Serve your foods warm or at a moderate temperature. Avoid temperature extremes.

NEITHER HOT

NOR COLD



Choose soft foods and drinks, not sour foods. Some examples of soft but not sour foods are ...



CANNED FRUITS



SOME NECTARS
AND JUICES

Other soft foods are custard, pudding, and mashed potatoes.

PUDDING

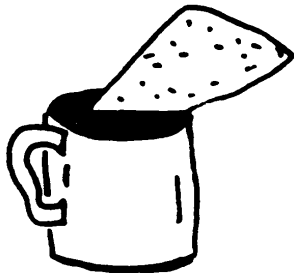


CUSTARD

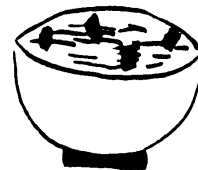
MASHED
POTATOES



Soak toasts, chips, or crackers in liquids (milk, broth, juices) to soften them.



Try grinding meat in a blender with non-spicy sauce or creamy soup, if it is hard to chew.

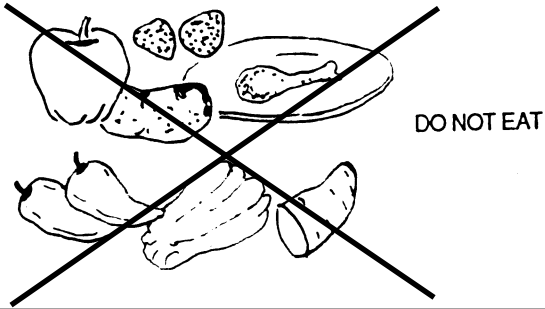


Adapted from Santa Clara County Health Department, San Jose, CA

Nutritional Tips

Mouth Ulcers or Thrush

Do not eat hard or dry foods, or those that have seeds or coarse skin.



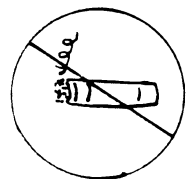
Avoid smoking and alcoholic drinks. They can worsen your mouth and throat pain.



NO DRINKING

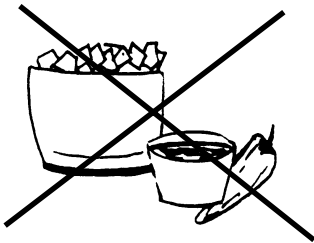


NO SMOKING



AVOID spicy or very salty foods.

WHAT SHOULD I DO? I LOVE TORTILLAS CHIPS WITH SALSA





Nutritional Tips



Nausea and Vomiting

What causes it?
It can be caused by medications.



Do you know what to do to calm your stomach down?



Eat dry and salty foods.
Do not eat very sweet foods.

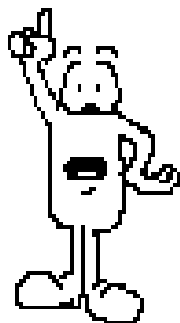


Serve small portions and eat every 2-4 hours.

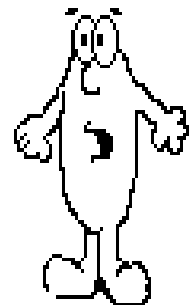
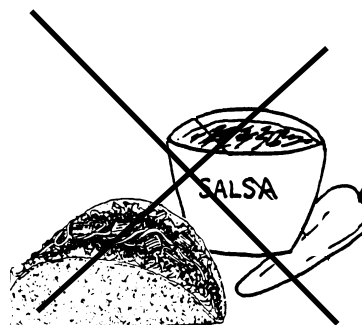
WOW! A BIG ONE. THAT WORM IS TOO BIG FOR JUST ONE MEAL!



EAT SLOWLY



Choose foods that are **not spicy** because they can upset your stomach.

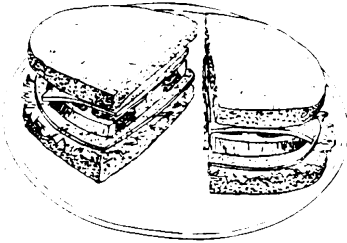


Adapted from Santa Clara County Health Department, San Jose, CA

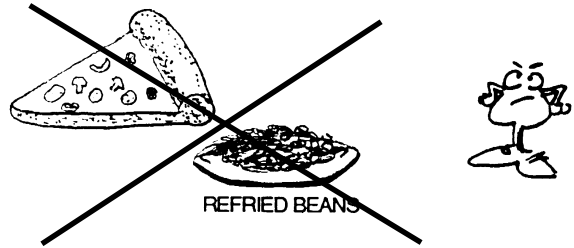
Nutritional Tips

Nausea and Vomiting

Eat cold foods, such as fruit, or a sandwich with cold cuts or plain cheese. Choose foods that do not have a strong smell.



Choose low-fat foods instead of fried or greasy foods.



Drink broth or other liquids between meals, not with meals.

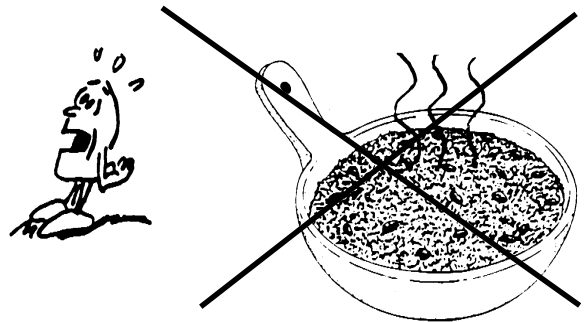


AT 10:00 AM



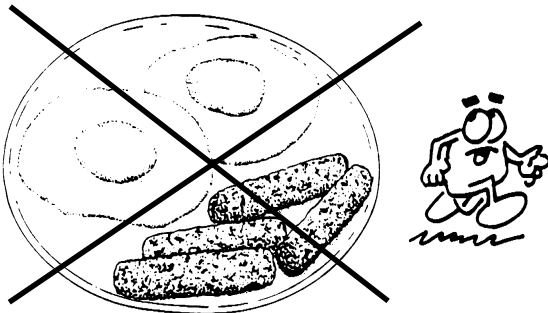
AT 1:00 PM

Avoid your favorite foods while you have nausea.



AVOID ALL SMELLS.

They can take you from nausea to vomiting.



Adapted from Santa Clara County Health Department, San Jose, CA

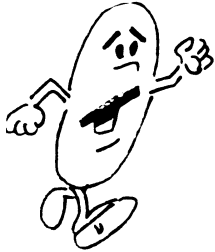


Nutritional Tips

Diarrhea

What causes it? Some medications, foods, or parasites can cause it.

MEDICATIONS



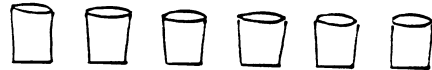
FOODS



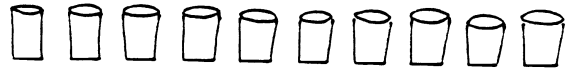
PARASITES



Drink 6 to 10 glasses of fluid a day such as kool-aid, broth, nectars, or juices (except orange, grapefruit, or lemonade.)

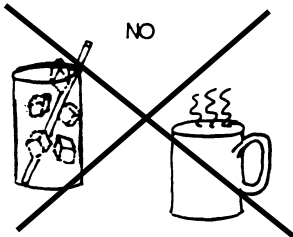


TO

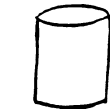


Drink fluids warm or at room temperature, because cold or hot foods can worsen diarrhea.

NO

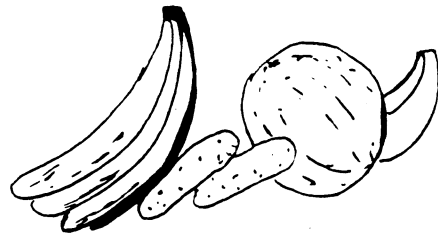


YES



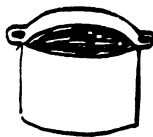
ROOM TEMPERATURE

Eat bananas, potatoes (without the skin), and peaches and apples (without the skin); they can replace potassium losses.



Eat cooked or canned/pureed fruits and vegetables.

CANNED FRUITS OR VEGETABLES



COOKED VEGETABLES



Eat less greasy foods. Eat fish, chicken with no skin, or baked, instead of fried foods.



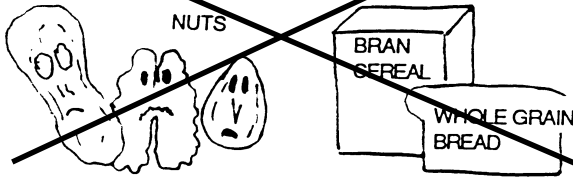
Nutritional Tips

Diarrhea



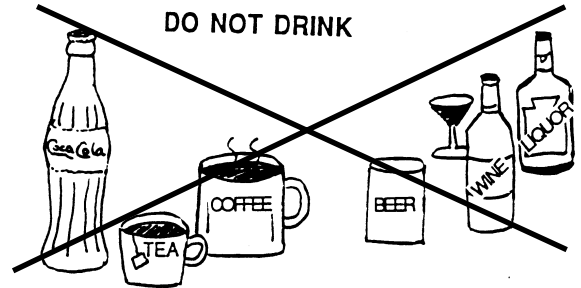
Decrease the amount of fiber you eat. **Don't eat** raw veggies, fruits (except bananas and peeled apples), whole grain breads, cereals, and crackers.

DO NOT EAT

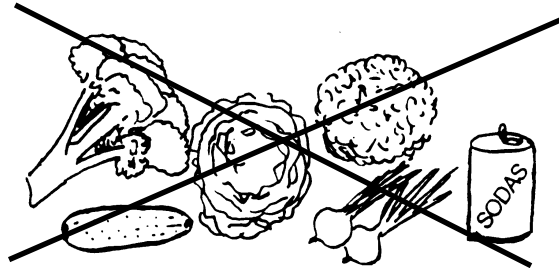


Do Not Drink caffeinated or alcoholic beverages.

DO NOT DRINK



Do not eat foods that can cause gas or stomach cramps, like broccoli, cabbage, beans, or onions. Do not drink sodas.



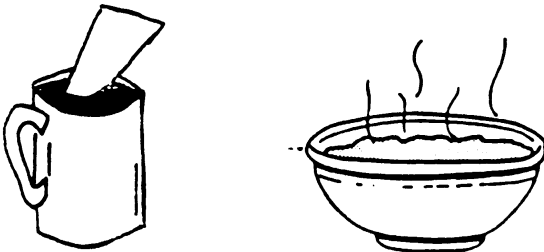
Avoid milk and other dairy products.

DO NOT DRINK OR EAT

FOODS THAT CONTAIN MILK



Rice-water or horchata, also barley and oatmeal are good choices.



Try using Infalyte, Best Lyte, or Cera Lyte.

Best Lyte 1-800-757-6339
Infalyte 1-800-345-0248
Cera Lyte 1-800-507-2250