

EATING POSITIVE

Introduction

Nutrition matters!

A balanced diet

“Meds” and food

Body shape changes

“Heart Smart” foods

Managing side-effects

Some management tips

Links

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“MEDS” AND FOOD ~ PART 1

As with many medications, HIV drugs have recommendations regarding their consumption in respect of food. Many of these recommendations are designed to enhance the absorption of the drugs and/or to prevent side-effects such as nausea and vomiting

Always check with your health-care staff if you are unsure about food restrictions with your current HIV medication.

In these tables, the more familiar registered brand names of the drugs listed are shown in **bold**, and are listed alphabetically by brand name.

HIV drugs with food restrictions

Medication	Drug class	Food recommendations
Atripla (Truvada + Efavirenz)	NtRTI / NRTI / NNRTI	Should be taken on an empty stomach one hour before or two hours after a meal
Intence (Etravirine)	NNRTI	Should be taken directly after a meal
Rescriptor (Delavirdine mesylate)	NNRTI	May be taken with or without food but must be one hour away from any antacid medications
Stocrin (Efavirenz)	NNRTI	Should be taken on an empty stomach ie. one hour before, or two hours after, a main meal
Videx-EC* (Didanosine, ddi-EC*)	NRTI	Take one hour before, or two hours after, food* <i>(*if taking ddi with Tenofovir, may take both together without regard for food)</i>

Note: when PIs (below) are taken in conjunction with Ritonavir, the food restrictions usually do not apply ~ they can be taken with or without food

Agenerase (Amprenavir) PI Can be taken **with or without food**, although **high-fat** meals should be **avoided**

Atazanavir (Reyataz) PI Should be taken **with food** as this improves absorption

Crixivan (Indinavir) PI Should be taken **one hour before, or two hours after, a main meal** however a *light (without fat) snack can be taken at the same time (eg popped corn, pretzels, or a medium-sized piece of fruit)*
Drink at least **1.5 litres** of fluids a day to reduce risk of kidney stones
Should not be taken with grapefruit juice

Fortovase / Invirase (Saquinavir) PI Should be taken **with, or immediately after, a meal** ~ meals containing fat improve absorption

Kaletra (Lopinavir / Ritonavir) PI Should be taken **with meals**, as this improves absorption

Norvir (Ritonavir) PI Should be taken **with meals**, to minimise the risk of nausea and gastro-intestinal upset

Prezista (Darunavir) PI Should be taken **with a snack or meal** to improve absorption

Tipranavir (Aptivus) PI Should be taken **with food** as this improves absorption

Viracept (Nelfinavir) PI Should be taken **with a meal or a snack**, to improve absorption

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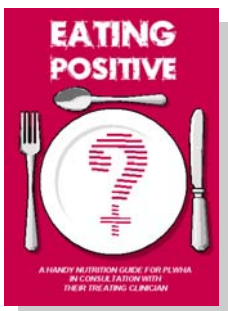


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