

# EATING POSITIVE

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## “MEDS” AND FOOD ~ PART 2

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**.

### HIV drugs without food restrictions\*

\*Note: these drugs may be better taken **with** food to help reduce any side effects

Medication	Drug class	Food recommendations
<b>3TC</b> (Lamivudine)	NRTI	No food restrictions
<b>Combivir</b> (AZT+3TC)	NRTI	No food restrictions
<b>Emtriva</b> (Emtricitabine, FTC)	NRTI	No food restrictions
<b>Fuzeon</b> (T20, Enfuvirtide)	FI	No food restrictions
<b>Hivid</b> (Zalcitabine, DdC)	NRTI	No food restrictions
<b>Kivexa</b> (Abacavir + 3TC)	NRTI	No food restrictions
<b>Maraviroc</b> (Celsentri)	EI	No food restrictions
<b>Raltegravir</b> (Isentress)	II	No food restrictions
<b>Ziagen</b> (Abacavir)	NRTI	No food restrictions
<b>Rescriptor</b> (Delavirdine)	NNRTI	No food restrictions* <i>(*must be 1 hour away from antacid medication)</i>
<b>Retrovir</b> (AZT, Zidovudine)	NRTI	No food restrictions* <i>(*although taking with food may reduce nausea)</i>
<b>Telzir</b> (Fosamprenavir, Lexiva, FPV)	PI	No food restrictions
<b>Trizivir</b> (AZT+3TC+Abacavir)	NRTI	No food restrictions
<b>Truvada</b> (Tenofovir / Emtricitabine)	NtRTI NRTI	No food restrictions
<b>Viramune</b> (Nevirapine)	NNRTI	No food restrictions
<b>Viread</b> (Tenofovir DF)	NtRTI	No food restrictions
<b>Zerit</b> (Stavudine, D4T)	NRTI	No food restrictions