

# EATING POSITIVE

## MANAGING THE MORE COMMON SIDE-EFFECTS ~ PART 1

Managing HIV and HAART drug-related side-effects can help to enhance your nutrition status and promote immune function, improve your ability to stick to your medication plan, decrease the number of pills you need to take, and ~ most importantly ~ improve your quality of life. The tips in these tables have often been found to be useful in the management of the more common side-effects. For further information, please speak with your Accredited Practising Dietitian ~ especially if you experience one or more of these side-effects simultaneously.

Food group	Weight loss	Nausea or poor appetite	Taste changes
<b>BREAD</b>	Spread margarine <b>thickly</b> on bread and toast. Add energy-rich toppings (eg <i>peanut butter, avocado, lean meats and eggs</i> ).	Select white or wholemeal <b>bread</b> ~ fresh or toasted. Sandwiches & savoury crackers can also help.	Choose <b>all</b> types of bread and bread products; sweet or savoury toppings may be added depending on taste preferences (eg <i>honey</i> ).
<b>CEREALS, PASTA &amp; RICE</b>	Add <b>margarine or oil</b> to rice and pasta, or spread onto sweet or savoury biscuits. Add <b>sugar</b> to cereals. Use <b>milk</b> or milk-based sauces on pasta and rice.	Choose " <b>bland</b> " products (eg <i>noodles, pasta &amp; rice, or Rice Bubbles, Cornflakes or Weet-Bix</i> ) <b>Salty</b> crackers & biscuits may assist with nausea.	Choose <b>all</b> cereal, pasta and rice products. Adding <b>gravy and sauces</b> to pasta and rice may make them more palatable. Honey and <b>sugar</b> may be added to cereals.
<b>FRUIT</b>	Add <b>sugar, ice-cream, or custards and yoghurts.</b>	Tinned or fresh fruit is usually well-tolerated.	Choose <b>all</b> fruit ~ tinned, fresh or dried. Try adding ice-cream, yoghurt or honey if needed.
<b>VEGETABLES</b>	Melt <b>margarine</b> over, or brush with oil. Stir-fry in <b>oil</b> , and use oil-based salad dressings or satay sauce.	<b>Limit</b> those vegetables with strong odours (eg <i>cabbage, brussels sprouts &amp; onions</i> ). Most others can be tolerated.	Choose <b>all</b> vegetables. Try serving with a sauce or with gravy.
<b>DAIRY</b>	<b>Emphasise</b> full-cream milk, cheese, yoghurts, and desserts like mousses, custards and ice-cream.	Dairy products <b>may</b> be tolerated ~ some more so than others (eg <i>cheese may be better than yoghurt</i> ).	Choose <b>all</b> dairy products (milk, cheese, yoghurts and desserts).
<b>MEAT or alternatives</b>	Pan-fry in liberal amounts of <b>oil</b> : use oil to baste. Add lean meats to sandwiches and salads. <b>Snack</b> on boiled eggs & nuts (eg <i>almonds, peanuts</i> ).	Choose <b>lean</b> cuts (eg ham, chicken, beef, fish). <b>Cold</b> deli meats & tinned fish with salads or on sandwiches are a good meal or snack.	<b>Marinade</b> (eg wine, soy sauce), or add <b>herbs</b> and spices to cooking to make meat more palatable. Other protein (eg <i>soy products, cheese, eggs</i> ) may be consumed instead.
<b>FATS</b>	Be <b>liberal</b> with the use of the " <b>good</b> " fats (check the "Heart Smart foods" good choice guide page.	<b>Limit</b> high-fat foods & meals as these may worsen nausea (eg <i>fried chips, chocolate</i> ).	Be <b>liberal</b> ~ fats in food tend to carry the flavour. Try <b>adding</b> oils, nuts or peanut butter to cooking (use <b>plenty</b> of spreads & oils on bread, pasta, rice).
<b>BEVERAGES</b>	<b>Make every mouthful count</b> ~ ensure that drinks are <b>tasty and nutritious</b> : choose <b>milk, juice or cordial</b> in preference to <b>tea, coffee or water</b> . Add extra milk powder to milk (2 tbsp / 200ml) for drinks & in cooking.	<b>Supplements may be needed if you are losing weight or your diet is inadequate</b> ~ speak to your dietitian.	Drink at least <b>8</b> glasses of water a day. If you experience an unusual taste in mouth, try bitter flavoured drinks (eg lemon, lime & bitters, lemon juice, tonic water, tea, coffee).

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