

EATING POSITIVE

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MANAGING THE MORE COMMON SIDE-EFFECTS ~ PART 2

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	Bloating or gas	Constipation	Diarrhoea
BREAD	Choose all kinds of breads and bread products.	Choose grainy bread over white or wholemeal.	Choose white bread only . Limit grains & wholemeal.
CEREALS, PASTA & RICE	Choose all cereal, pasta and rice products.	Choose high-fibre cereals (eg <i>muesli, Sultana Bran, Vita-Brits, Weet-Bix</i>) with at least 6-8g fibre per 100g of product.	Choose low-fibre cereals (eg <i>Rice Bubbles, Cornflakes, Special K</i>) or rolled oats or porridge. White pasta, rice or noodles. Plain crackers and biscuits.
FRUIT	Choose all fruit ~ tinned, fresh or dried.	Choose all fresh and dried fruit (eg <i>prunes, apricots</i>) or tinned fruit.	Select tinned fruit, or bananas and stewed apples (but avoid skins & seeds).
VEGETABLES	Limit only cabbage, brussels sprouts, onions, asparagus, legumes, lentils, cauliflower, broccoli & spinach. Be liberal with all other vegetables.	Use unpeeled , plus legumes (eg <i>baked beans, chickpeas, red kidney beans</i>), dried peas & beans. Nuts and seeds.	Use peeled (eg <i>potato, carrot, pumpkin</i>). Cooked mushrooms and tomatoes.
DAIRY	Try low-lactose milks (eg <i>soy, Liddell's or Zymil</i>) or substitute soy products for all milk. Limit other foods with lactose (eg white cheeses, custard & ice-cream).	Choose all dairy products (milk, cheese, yoghurts and Desserts).	If due to HAART, lactose modification is not needed; for other strategies, refer to the "Management Tips" page.
MEAT or alternatives	Choose lean cuts (eg chicken, ham, beef, fish).	Choose lean cuts (eg chicken, ham, beef, fish).	Choose lean cuts (eg chicken, ham, beef, fish).
FATS	All can be included, but prefer the " good " ones ~ check the "Heart Smart foods" good choice page.	All can be included, but prefer the " good " ones ~ check the "Heart Smart foods" good choice page.	Limit high-fat foods & meals, as these may worsen the diarrhoea (eg <i>pizzas, nuts, seeds</i>).
BEVERAGES	Drink at least 8 glasses of water a day. Limit aerated beverages (eg softdrinks, mineral and soda waters).	Drink plenty of fluids ~ at least 8-10 cups a day. Include pear or prune juice as well as water, for their natural laxative effects. Limit caffeine (coffee & tea) and alcohol ~ dehydration increases constipation.	Drink at least 8 glasses of water a day, this will not make diarrhoea worse. Limit caffeine (coffee, tea & cola) and avoid alcohol ~ these dehydrate. Dilute cordial, softdrinks and full-strength juices, otherwise these may worsen diarrhoea.