

# EATING POSITIVE

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## SOME MANAGEMENT TIPS

### ○ For nausea or poor appetite

**Eat when you are feeling well.** There may be a time in the day when you feel best ~ make the most of this time to eat a large nutritious meal. (*Remember that an empty stomach may make you feel nauseous, so try not to skip meals.*)

At other times, aim to eat regular, small meals ~ try to eat 6–8 meals a day instead of 3 (equivalent to eating every 2 hours). **Eat and drink slowly.** If you can, stay out of the kitchen while food is being prepared, to avoid the smell of food cooking. (*Cold foods ~ like salads, sandwiches, puddings and yoghurts ~ may be better tolerated.*)

**Drink nutritious drinks when you are not eating well.**

### ○ For taste changes

If foods taste **salty or acidic**, add **sugar or honey**. If foods taste **too sweet**, add salt, soy sauce, lemon or lime juice, vinegar or coffee powder. If food tastes **bland**, try some **flavoursome additives** ~ like ham, bacon, cheese, garlic, salt and pepper, soy or sweet chilli sauce, pickles, chutney, gravy or fresh herbs. If food tastes **‘metallic’** try using plastic cutlery. (*You may find that foods you disliked in the past now become appealing ~ give them a go!*)

### ○ For bloating or gas

This may be due to a diet that is **too low in fibre**. Try to **consume at least 2–3 pieces of fruit and 2½ cups of vegetables a day**. **Grainy breads** are preferable, and trying low-lactose products may also be beneficial. Eat without speaking, and chew your food well ~ bloating may occur due to swallowing air while eating or drinking. Fluid intake and regular exercise are also important.

### ○ For constipation

**Increase your dietary fibre intake;** add psyllium or Metamucil to your diet. **Avoid** foods which contain **pectin** (a natural ‘glue’) ~ such as bananas, white bread, white rice, apple sauce or stewed apples, rolled oats, peeled potatoes or canned fruits ~ as these will only worsen constipation. **Increase fluid intake** and activity levels: regular **exercise** helps to keep things ‘moving’!

### ○ For diarrhoea\*

**Increase** your intake of **pectin**-containing foods (**those mentioned just above**) to help bind the stools together. Eat smaller, regular meals, and avoid very hot or very cold foods and beverages.

**\*For HAART-related diarrhoea ~ avoid spicy and high-fat foods, and try 2 teaspoons of psyllium husks in 200ml of water twice a day.**

**\*For OI-(Opportunistic Infection)-related diarrhoea ~ try yoghurt containing *lactobacillus acidophilus*, and try low-lactose milks (like soy, Liddell’s or Zymil) or substitute soy products for all milk products; limit other foods with lactose (like custard and ice-cream) and choose hard yellow cheese (such as Edam) over soft white cheeses.**