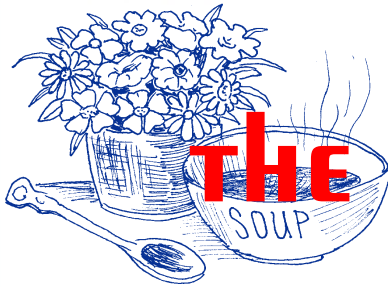




**PUTTING**



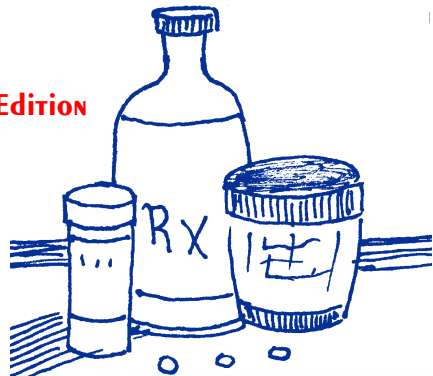
**THE PIECES**



**TOGETHER**



**Fourth Edition**



**A COMPANION GUIDE TO IMPROVING NUTRITION AND  
FOOD SAFETY FOR PERSONS LIVING WITH HIV/AIDS.**

# **PUTTING THE PIECES TOGETHER**

## **A COMPANION GUIDE TO IMPROVING NUTRITION AND FOOD SAFETY FOR PERSONS LIVING WITH HIV/AIDS**

This Companion Guide was produced by the  
Pasco County Health Department  
Nutrition Services Program  
10841 Little Road  
New Port Richey, FL 34654

Fourth Edition: September 2000

Funded in part by the U.S. Food and Drug Administration

*The act of healing,  
like a symphony, has its  
highs and lows and requires  
harmony and balance.*

*C. H. Lawhead*



# PUTTING THE PIECES TOGETHER

FOURTH EDITION

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# INTRODUCTION

*Putting the Pieces Together, a Companion Guide to Improving Nutrition and Food Safety for Persons Living with HIV/AIDS*, was designed to be a resource guide and companion for a person living with AIDS or HIV, a loved one, a caregiver or a case worker. The information in this book is timely and reliable. AIDS/HIV are complex conditions and many pieces of the puzzle need to come together to complete the picture. Various sections of this publication are based on real questions and concerns that many of you have been asking. We have included every aspect that our patients and friends have asked us about—and then some.

Like all good projects, many contributors have given their time and talent to this effort. A special thanks goes to the U.S. Food and Drug Administration, Betty Dodson, National AIDS Health Fraud Coordinator; Lynne Isaacs, Florida District Office, Southeast Region, who provided guidance and an initial FDA grant from the Center for Food Safety and Applied Nutrition; the Louisiana AIDS Health Fraud Task Force; and the Florida Dept. of Health, Bureau of HIV/AIDS, for funding to print this fourth edition. Our appreciation to freelance artist, Joel Camp of Niles, Michigan, who contributed the original artwork pro bono. I would also like to thank the Florida AIDS Health Fraud Task Force (FAHFTF) for their cooperation and encouragement and to Rob McMurrugh who originally suggested that the FAHFTF support this effort. The many helpful contributors are listed in the acknowledgements.

This publication was developed through the talents and generosity of the Nutrition and WIC Division staff of the Pasco County Health Department of the Florida Department of Health. I especially would like to thank our health director, Marc Yacht, MD, whose support and belief in our department made this project possible. And finally, special recognition to Rebecca Schleman, Suzanne Stacey, and Stephanie Noble who were integral members of the editorial team.

The act of healing, like a symphony, has its highs and lows and requires harmony and balance. Finding one's harmony is a very important element of health care. Pulling together resources of love and comfort, spirituality and self-empowerment, we can make the healing easier. While it is not easy to balance our lives with its elements of stress, nutrition, medicine, exercise and spirituality, it remains your challenge to "*put the pieces together.*"

It is our fondest desire that this Guide's edges become worn, and the recipes become stained, from frequent use. We welcome any suggestions or comments for future editions.

ENJOY!



Clara H. Lawhead, MS, RD, LD, FADA  
Editor

# **MAINTAINING BALANCE**

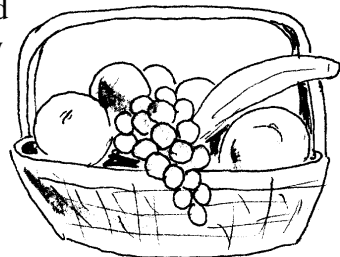


Eating well to stay healthy is essential. Eating the right foods can help you feel good and keep your body strong. Malnourished patients are more likely to get infections. Nutrition enhances medical strategies, improves quality of life and extends the life span for people living with HIV/AIDS. While you are feeling well, make sure to eat enough food. Protein and calories are especially important for maintaining energy and for tissue repair and maintenance. One way to ensure you are eating enough is to follow the Food Guide Pyramid (see page 12). In addition, try to exercise regularly. (Make sure to consult with your doctor or health care team member on the type and frequency of your exercise routine.) Exercise provides many benefits for those with HIV and AIDS, including increased energy and improved appetite. Exercise can also help reduce stress. It is important to keep stress levels down and stay relaxed. A healthy outlook can help your immune system and keep you feeling stronger.

# IMPROVING FOOD INTAKE

If you are having a difficult time eating well, try some of these tips:

- Eat small frequent meals throughout the day; have a small meal or snack every one to two hours.
- Concentrate on nutrient-dense foods and drinks; avoid filling up on low or no-calorie foods. Also include high-calorie snacks, avoiding **empty calories** from foods like chips and soda drinks. Use food labels to identify the nutrient-dense foods. Locate the serving size of the product to fully estimate nutritional intake.
- Drink smaller amounts of liquids before and during meals to prevent feeling full before you have eaten enough.
- If possible, eat your meals with friends or family members in a pleasant, relaxing atmosphere. Enhance the “solo” dining experience by sitting at the table with candlelight, music or a book. Try to avoid eating in bed.
- Keep easy-to-prepare foods on hand for days when you do not feel like cooking.
- Take advantage of days you feel like cooking by preparing large meals and freezing leftovers in individual servings for future use.
- Make foods interesting by including a variety of textures, shapes and colors. Also perk up foods by adding herbs and spices.
- Avoid caffeine and appetite suppressants.



# WEIGHT LOSS —

## BOOST CALORIES AND PROTEIN INTAKE TO GAIN WEIGHT

Proteins are an important component of the diet because they serve as the building blocks for tissue maintenance and repair. Increasing protein can help meet increased energy needs and decrease the chance of, or reverse the effects of, poor nutrition and weight loss which can occur with AIDS. The energy power of foods is commonly expressed in terms of calories. Energy is not a nutrient, it is the power to work, and is contained in food components that include carbohydrates, fats, and proteins. All bodily functions require energy, including maintenance of the **immune system**. If your body weight falls toward a critical level, you will be more likely to get **opportunistic infections** and cancers.

### **To boost calories and protein:**

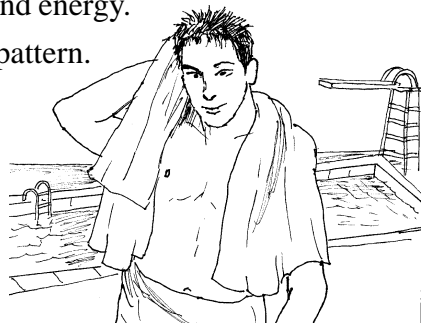
- Use cream, half & half or a high-calorie, non-dairy creamer in cooking and on cereals. Add fruit on cereal.
- Add cream or undiluted evaporated milk to milk beverages or shakes. Add milk powder to milk, milk beverages, soups, puddings, gravies, scrambled eggs, casseroles, meat dishes and hot cereals.
- Add ice cream or whipped cream to desserts, milk beverages or shakes. Add sauces to desserts such as puddings, gelatins, custards, cakes and ice cream.
- Use generous amounts of butter, margarine, cream cheese, sour cream, cheese and mayonnaise. Try buttering breads when they are warm because more can be used.
- Serve mayonnaise, oil and salad dressings whenever possible with sandwiches, salads, bread and vegetables.
- Use cream soups instead of clear bouillon, broth-based or tomato-based soups.

- Eat dried fruits between meals; they are high in calories and a good source of vitamins and minerals. Also try nuts between meals; they are high in calories and a source of protein.
- Serve gravy or sauce on meat, potatoes, vegetables, rice, noodles and other foods. Have potatoes, spaghetti, rice, macaroni or noodles at least twice every day.
- Plan an eating schedule for small frequent meals every two hours and then adhere to it.

## EXERCISE

You can relieve some common problems associated with HIV/AIDS by exercising. Before starting any exercise program, consult with your doctor. Overexerting yourself can cause muscle breakdown or potential medical problems. The benefits of exercise include:

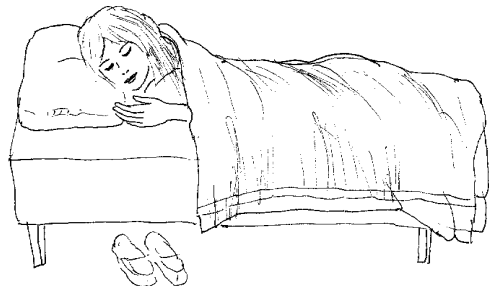
- Increased flexibility.
- Increased lung capacity.
- Increased muscle-to-fat ratio.
- Increased stamina and energy.
- Improved sleeping pattern.
- Decreased stress.
- Improved appetite.
- Improved wound healing.
- Regular bowel activity.
- Improved physical appearance.
- Increased body cell mass (may be more important than CD-4 counts)!



# STRESS

Stress can cause physical, psychological and behavioral problems. Some physical stress symptoms include fatigue, headaches, constipation, diarrhea, upset stomach and more. It is very important to take time out for yourself and reaffirm your self worth. Here are a few tips to help deal with stress:

- Get enough sleep, rest or naps.
- Put yourself first.
- Ask for emotional support from a relative, friend or counselor.
- Take breaks whenever needed.
- Avoid stressful situations whenever possible.
- Exercise on a regular basis.
- Practice relaxation techniques.
- Recognize you are dealing with a lot.
- Feel in control of your life—understand what is controllable and what is not.
- Try not to worry about those things you can't control.
- Give yourself lots of positive self-talk or affirmations.
- Even if you are the one caring for someone else, it is important to also take care of yourself.



# KEEPING YOURSELF HEALTHY —

## GENERAL ADVICE

- Get plenty of rest.
- See your doctor regularly.
- Take medications as directed and report any problems to your doctor.



- Talk to a person you trust who understands.
- Reduce stress by finding things that help you relax.
- Try not to touch or kiss people who are ill.
- Do not share toothbrushes or razors.
- Keep your home clean, especially the kitchen.
- Have someone else clean up after your pets if possible. If this is not an option, take sanitary precautions such as wearing latex gloves.
- Wash hands thoroughly with hot, soapy water after cleaning up after your pet.

- Wash your hands with soap and hot water often. If you are in a situation where water is not available, use an antiseptic hand sanitizer as a temporary measure.
- Clean under your fingernails and toenails with a nailbrush.
- Clean all cuts and sores with soap and water.
- Try to stop or limit using alcohol, cigarettes and street drugs.

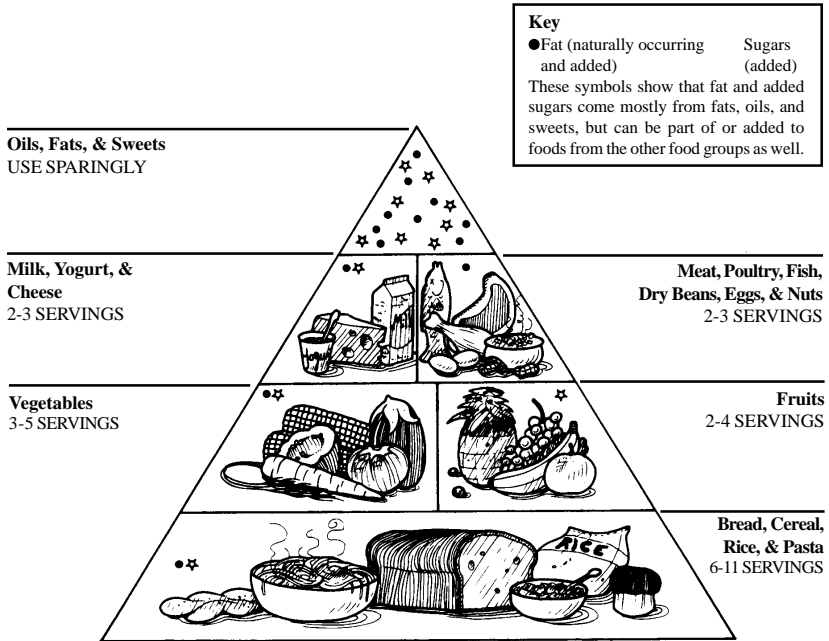


## **Tip# 1**

**FREQUENT HAND WASHING  
WITH HOT, SOAPY WATER  
IS THE SIMPLEST AND MOST EFFECTIVE  
WAY TO REDUCE INFECTIONS.  
WHEN WATER IS NOT READILY AVAILABLE,  
USE AN ANTISEPTIC HAND SANITIZER.**

# Food Guide Pyramid

## A GUIDE TO DAILY FOOD CHOICES



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

### SERVING SIZES

#### BREADS, CEREALS, RICE & PASTA

1 slice bread  
 1 flour tortilla (6" diameter)  
 1-1/2 corn tortillas  
 1/2 cup cooked rice, pasta, or cooked cereal  
 1-oz. ready-to-eat cereal  
 6 saltine crackers  
 1/2 bagel or English muffin

#### VEGETABLES

1/2 cup chopped raw or cooked vegetables  
 1 cup leafy raw vegetables

#### MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS

2-1/2 to 3 oz. cooked meat, poultry or fish  
 1 oz. cooked meat (1/3 serving) is equal to:  
 1/2 cup cooked beans  
 1 egg  
 2 Tbsp. peanut butter

#### FRUITS

1/4 cup dried fruit  
 1/2 cup canned fruit  
 1 piece fruit or melon wedge

#### MILK, YOGURT & CHEESE

1 cup (8 oz.) milk or yogurt  
 1-1/2 to 2 oz. cheese

# Food SAFETY



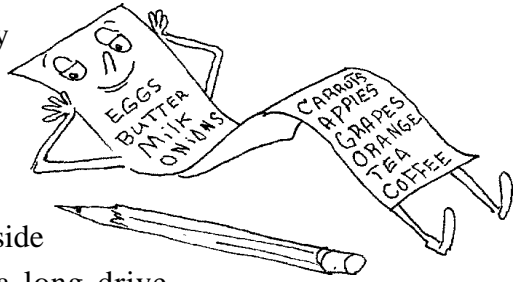
For most healthy people foodborne illness, while a serious problem, is not life threatening. It usually runs its course and the healthy person recovers. This is not the case for those with compromised immune systems. People living with HIV and AIDS are **immunocompromised** and at greater risk for developing life threatening complications from a foodborne illness. Many of these illnesses are characterized by fever, diarrhea and weight loss. It is important to prevent foodborne illness because it can lead to **opportunistic infections**.

Foodborne illness is caused by an **infection** or **intoxicant**. An infection comes from eating food contaminated by harmful bacteria growth, viruses or parasites. **Intoxication** results from eating foods that contain poisonous by-products produced by a microorganism. Agents causing foodborne illness are sometimes impossible to detect by the food's smell, appearance or taste.

Most foodborne illnesses can be prevented with proper food handling techniques. Factors associated with foodborne illness include improper handling, inadequate cooking/cooling, contaminated equipment, food from an unsafe source or poor personal hygiene. Everyone, including those living with HIV/AIDS, can protect themselves by following simple food safety guidelines.

# Food Safety Guidelines — At the Grocery Store

- Go to the grocery store with a well-prepared shopping list.
- If it is warm outside and you have a long drive home, consider bringing a cooler for cold items.
- Start with nonperishables. Check all packages to make sure they are not torn, dented or bulging.
- In the produce department, make sure the skins of fruits and vegetables are intact and without fungus. Handle them with care to prevent bruising or tearing skins.
- Cantaloupe and other fruits that are served uncooked and in their peel may be contaminated. Wash the outside of a melon before cutting. Cut melons should be refrigerated at 45° F or below. Other fruits such as oranges or pineapples are higher in acid and not as potentially dangerous. Uncut melon does not need to be refrigerated.
- The federal government has linked an increasing amount of foodborne illness to **alfalfa, clover and radish sprouts**. The Centers for Disease Control and the Food and Drug Administration advise persons with HIV/AIDS to avoid raw sprouts until methods to



improve their safety can be identified. This includes sprouts grown in the home. Many outbreaks have been attributed to contaminated seeds.

- In the meat department, check expiration dates and do not buy anything past that date. Place meats in produce bags, if available, and put in the bottom rack of the grocery cart so meat drippings do not contaminate other foods in your cart.
- Check all dairy and juice products to make sure they are **pasteurized**. Check food labels for expiration, “sell by” or “best used by” dates!
- When shopping for shell eggs, make sure you do not purchase any cracked eggs.
- Avoid buying food products with damaged packaging or where you see the unsafe display of products (such as cooked shrimp on the same bed of ice as raw seafood); workers with poor personal hygiene; and unsanitary store conditions.
- Go to the frozen food section last; avoid bags and cartons that are open.
- At the checkout, ask for refrigerated and frozen items to be bagged together.



## **Tip# 2**

**AGENTS CAUSING foodBORNE illness  
ARE SOMETIMES impossible TO  
DETECT by THE food's SMELL,  
APPEARANCE OR TASTE.**

# ORGANIC FOODS

The term “organic” refers to a way of growing crops and processing foods without the use of man-made chemicals, pesticides or fertilizers. Whether or not organic foods are helpful for people living with AIDS is much debated. Organic methods do not automatically guarantee that a food is healthy and nutritious. No definitive research shows that organic foods are better for you than conventionally grown foods. Organic growing methods do appear to be better for the environment. Organic farming strives to protect the soil, water supply and wildlife from excess agricultural chemicals. This does come with a higher price tag, however. Organic produce costs about 20-30% more than regular foods and can strain your food budget.

## **ORGANIC FOODS SOLD IN STORES:**

- Are “earth friendly” and protect the environment.
- Meet the same FDA requirements as other foods.
- Are produced without industrial chemicals.
- Carry no guarantee that they are more nutritious.
- Have no guarantee that they are 100% free of trace pesticides.
- Mold faster.
- Are more expensive.

# Pesticides

Many people question the safety of pesticides used on conventionally grown products in the U.S. Although organically grown fruits and vegetables have a lower reported pesticide residue, it has not been shown that the level of residue on conventionally grown products causes



any health problems. Organic foods are produced using no industrial chemicals, but do not eliminate other potential sources of contamination such as rain or irrigation water, soil or chemicals

carried from farm to farm by the wind. According to the FDA Residue Monitoring Report, the levels of pesticides in the U.S. food supply are well below established safety levels. Research has shown that a diet high in fruits and vegetables decreases the risks for many diseases. Whether you choose organic or conventionally grown produce, follow a few simple procedures for both:

- Thoroughly wash and scrub all fresh fruits and vegetables with a brush under running water; remove the outer leaves of leafy vegetables.
- Choose produce that is free of holes or punctures where residue may enter.
- Eat a variety of foods. The more kinds of food you eat, the less your exposure to any one pesticide.

# Food Safety Guidelines — At Home

## Safe Storage:

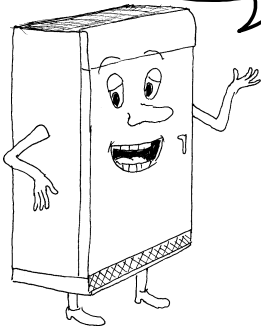
- Put frozen and refrigerated foods away first.
- Keep storage spaces clean and free of food debris.
- Label foods to help you remember the purchase date. (Refer to **Table 1** for information on safe storage times.)
- Keep a thermometer in the refrigerator (less than 40° F) and one in the freezer (0° F or below).
- Store raw meat in a sealed container, double plastic bags or on a covered plate on the lowest refrigerator shelf to keep raw meat drippings from contaminating other foods.
- Unless you plan to prepare and eat meat within a day or two, freeze it in portion sizes you can thaw later.

## Thawing:

- Never leave meat on the countertop to thaw! This method increases the chance of bacteria growth.



THAW MEATS  
IN THE REFRIGERATOR,  
NOT ON THE  
COUNTER!



- Safe thawing techniques include: in the refrigerator; microwave defrosting (cook immediately after thawing); under cold, running water for 30 minutes or less; or putting the frozen meat directly into the cooking pan.

## PREPARATION:

- First, make sure you wash your hands with hot water and soap, removing any rings. Then clean under your nails. Wash your hands frequently during preparation, especially after handling any meat or eggs. Use disposable gloves or plastic baggies to cover hands which have infected (red or tender) cuts. Personal hygiene and proper hand washing is essential, not only when preparing food, but throughout the day.
- Clean preparation area and utensils with hot soapy water or use a diluted bleach solution of one tablespoon bleach to one quart of water. Remember those difficult to clean items such as can openers, where microorganisms can grow. In addition, store cleaning agents away from food and preparation areas.
- Use washable dishcloths and change at least once a day.
- If you use a sponge, sanitize it. Use bleach or run it through a dishwasher.
- Never use bulging cans; this indicates food contamination.
- Keep two dishwasher-safe plastic or tempered glass cutting boards; one for meats and the other for fruits and vegetables. (*Tip: use different colors for each to avoid mixing them up.*) Disinfect cutting boards used for raw meats and animal products with bleach before and after use. **Do not** use wooden cutting boards; they are porous and harbor bacteria.
- Rinse off raw meats, vegetables and fruits to remove surface contaminants.
- Marinate meats in the refrigerator.

- Try not to let visitors in preparation area unless they wash their hands and practice proper personal hygiene.
- Keep your preparation and cooking area free of kitchen pests. Roaches and flies carry disease and can contaminate food.
- Do not eat moldy foods or foods kept longer than recommended in **Table 1**.

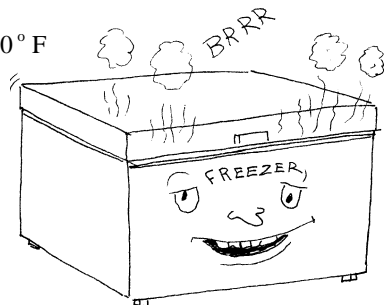
**Table 1:**  
**Storage Suggestions for Foods**

Food	Refrigerator Storage (less than 40 degrees F)	Freezer Storage (0 degrees F)
Meats	3-5 days	4-12 months
Ground Meats	1-2 days	3-4 months
Poultry	1-2 days	9-12 months
Fish	1-2 days*	4-6 months
Lunch Meats (opened)	3-5 days	
Milk	<b>Do not</b> use beyond date on carton	
Eggs	3-5 weeks in shell	
	1 week after hard-boiling	
	10 days for pasteurized liquid eggs	
Butter	1-2 months	6 months
Margarine	4-6 months	12 months

**Cooked Temperature Recommendations**

Food	Safe Minimum Temperature
Fish	160° F
Poultry	170° -180° F
Beef, Veal, Lamb	160° F
Pork	165° F
Egg-containing dishes	160° F
Reheating all previously cooked foods	165° F

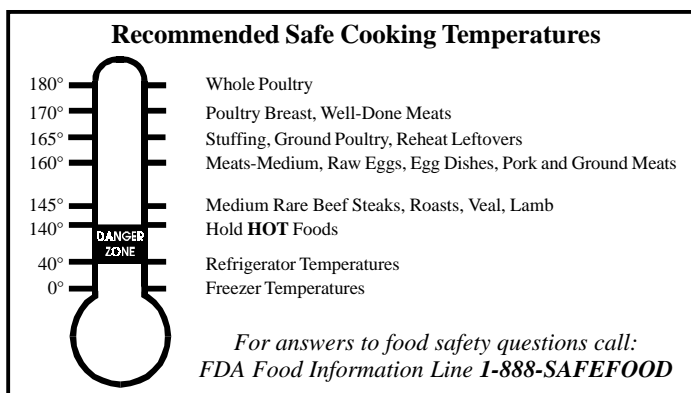
\*If kept near freezing temperature



**Food safety is more critical for those with compromised immune systems.**

# Cooking

- Never let raw meat juices touch ready-to-eat foods. Do not put cooked foods on the same plate that held raw meat or reuse sauces or marinades used on raw meats for cooked foods. Wash utensils that have touched raw meat before using them for cooked meats to avoid **cross-contamination**. When grilling, be sure to follow these guidelines and cook meat thoroughly according to the safe temperatures in **Table 1**.
- Cook vegetables in a small amount of water and only long enough to make them tender in order to retain minerals and nutrients.
- Purchase a cooking thermometer to cook food to recommended temperatures (refer to **Table 1**). To test the temperature, insert the thermometer deep into the thickest part of the food, away from large bones.
- Like meat, fish, milk, and other complete proteins, eggs provide all the essential amino acids needed to support life and growth. While poultry, meat, fresh produce, and other raw foods also can be carriers of Salmonella, shell eggs lead the list. Salmonella is destroyed by cooking the egg or egg-containing dish to at least 160°.



- Do not lick utensils used for preparation of baked goods. Most batters and doughs contain raw eggs.
- Use a clean spoon each time for tasting food, keeping fingers and hands out of food as much as possible.
- Prepare double portions of food and freeze the extra portion to eat on a day when you are not feeling well enough to cook.

## EATING

To avoid bacteria-friendly temperature ranges:

- Eat cooked meats within 30 minutes.
- Eat cold meats and dairy foods within an hour after removing from refrigerator or freezer.
- Remember: *keep hot foods hot and cold foods cold.*

Human milk may be a vehicle for HIV transmission. While breastfeeding is an important contribution to an infant's health, mothers who are HIV positive should not breastfeed.

## STORING LEFTOVERS

- Meat and dairy items should be stored in the refrigerator or freezer within two hours.
- Separate large amounts of leftovers into smaller portions before storing; this allows for faster cooling.



### Tip# 3

**REMEMBER TO KEEP HOT FOODS  
HOT AND COLD FOODS COLD.**

**WHEN IN DOUBT,  
THROW IT OUT!**

# IRRADIATION

Irradiated chicken and ground beef are now available in retail markets, although you may have to ask your grocer to begin stocking them. These products have tremendous potential to reduce foodborne illness and death, and are particularly important to those with weakened immune systems. These individuals, along with children and elders are most susceptible to infectious diseases such as foodborne illness.

Irradiation involves exposing raw food products to ionizing radiation to kill bacteria and parasites. It has been used successfully on poultry, fruits and spices and, this past December, the U.S. Food and Drug Administration approved its use with red meat. Irradiation does not make foods radioactive, compromise nutritional quality or noticeably change taste, smell, texture or appearance of food as long as it is applied properly to a suitable product. Food irradiation has been endorsed by the American Medical Association, the American Dietetic Association, the American Public Health Association, the American Veterinary Medical Association, the Centers for Disease Control and Prevention and the World Health Organization.

Food safety relies on establishing multiple barriers against disease transmission. Irradiation does not supplant requirements for sanitary food processing plants or the need for proper food storage and handling. It does reduce the risk of disease should one or more of the other barriers fail. For example, irradiation of ground beef at a cost of a few cents per pound will kill *E. coli* and other pathogens and provide another barrier against disease

transmission. Widely used, irradiation can safely and reliably prevent a great deal of foodborne illness at very low cost.

There are interesting parallels between irradiation and the advent of pasteurization some 100 years ago. There was a prolonged period when the public was uninformed about the benefits of pasteurization and was suspicious that it might harm their health or reduce the nutritional value of the milk. The vast majority of the public now recognizes raw milk as a potential health threat and regulations prohibit the retail sale of nonpasteurized milk.



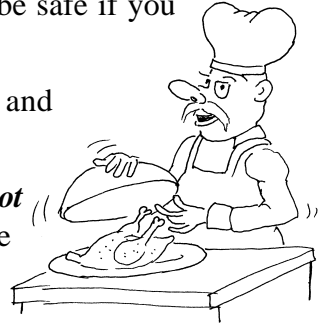
By law, irradiated foods in your retail market are identified by a symbol on the label and carry a message that the food has been irradiated. You should use irradiated meats if you are immunocompromised or simply want the safest possible food. It is still necessary to continue to practice proper food storage, handling and preparation practices in your home but this combination will afford you maximum protection against foodborne illness. You may contact your local county health department if you would like more information on irradiation or preventing foodborne illness.

**Adapted from: Richard G. Hunter, PhD, Deputy State Health Officer, in his letter to Florida citizens, Dec. 19, 1998.**

# Food Safety Guidelines — Dining Out

Restaurants are often responsible for outbreaks of food poisoning. Therefore, one must be even more careful when dining out. Dining out can be safe if you follow a few simple procedures:

- Order cold beverages in bottles and have them opened at your table.
- Remember the rule of thumb: ***keep hot foods hot, and cold foods cold.*** Make sure your food is delivered at the correct temperature.
- Avoid buffets and shared hors d'oeuvres to prevent **cross-contamination.**
- As with any food item, if you are unsure about a restaurant, do not take a chance. You can ask the manager for their last food safety or sanitation inspection report. Seek out restaurants with good reputations through newspaper reports, local magazine surveys or even “restaurant reports” by local news channels. (Make sure the reviews are independent of the restaurant.)
- Avoid dishes with raw meats, raw oysters, sushi, ceviche, unpasteurized dairy products, mousse, salads and sandwiches with sprouts, or products made with raw eggs such as, Caesar salad, meringue, homemade ice cream or eggnog.
- Avoid foods kept warm under heat lamps; they do not keep foods within safe temperature ranges for very long.
- Facilities supervised by dietitians or food safety professionals, such as hospital cafeterias, nursing homes, schools and colleges that are open to the public may be safer places to eat.



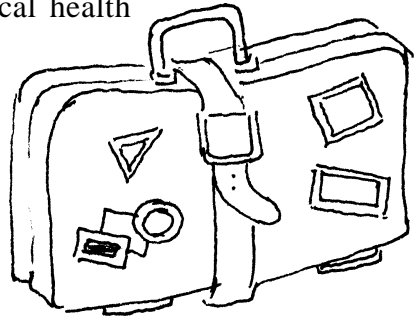
# FOREIGN TRAVEL AND WATER SAFETY

Not all countries have the same high standards of hygiene and sanitation as the United States, so persons living with HIV/AIDS should take additional precautions when traveling abroad.

- Plan your trip to include adequate time for rest. Be aware of any communicable disease in countries you plan to visit. This information can be obtained from your local health department.

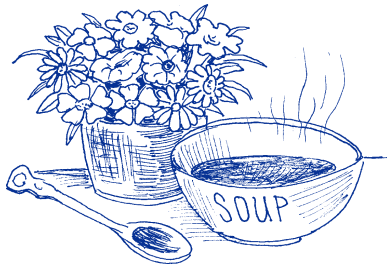
- Rule of thumb: “boil it, cook it, peel it, or forget it.”

- Avoid tap water and ice cubes. If you must drink tap water, boil it. Otherwise, drink bottled beverages only, including water.



- At a restaurant, ask the server to bring an unopened bottle to the table and to wipe off the bottle cap before opening.
- Avoid unpasteurized dairy products, foods from street vendors, buffets and undercooked foods.
- Peel all fruits and vegetables while traveling abroad; avoid raw salads.
- Food choice tips:
  - ♦ Hard cheese is a safer bet than soft.
  - ♦ Fresh bread is almost always safe.
  - ♦ Spicy foods are safer (unless digestion problems are present) because many spices retard the growth of microbes.

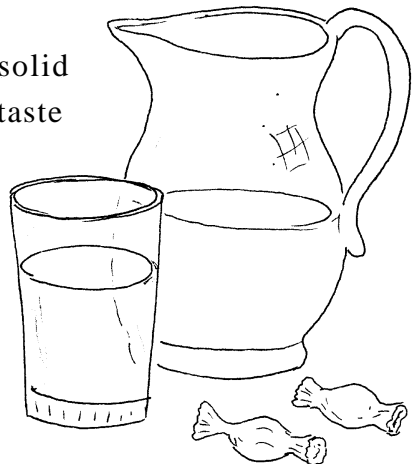
# **SOLUTIONS TO COMMON PROBLEMS**



Persons with HIV/AIDS may experience certain physical problems from time to time. These symptoms can be a result of the disease or a side-effect of medication. There are many ways to deal with these problems and improve your quality of life. Some of the common problems addressed include: change in taste; mouth and dental problems; problems swallowing; nausea; vomiting; heartburn; bloating; diarrhea; pressure sores; and fatigue. By following nutritional management tips (see **Table 2**), you may be able to alleviate some of the discomfort associated with these problems. Most of the suggestions are easy to follow and may help increase your quality of life.

## CHANGE IN TASTE

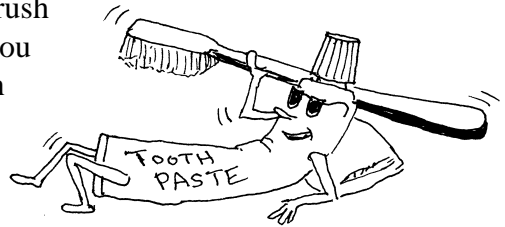
- Use the trial and error approach to find out which foods taste good and which are not acceptable. Remember taste change is often temporary and your list of acceptable and unacceptable foods may change.
- Keep your mouth clean by rinsing often and brushing with a soft toothbrush. Rinse your mouth before eating.
- Improve taste perception with the use of sour candy or peppermint.
- Avoid greasy or fried foods, red meats, chocolate and coffee.
- Find ways to increase the flavor and appeal of foods by using different spices, including sugar, lemon, vinegar, salt, herbs and/or wine (cooked into the recipe). Serve food elegantly, with different colors and textures to enhance its appearance.
- Drinking fluids with solid foods may help with taste unless it reduces caloric intake.



# MOUTH AND SWALLOWING PROBLEMS AND DENTAL CARE

Some opportunistic infections involve the mouth and throat, causing barriers to adequate nutrition, which is essential for maintenance of the health of HIV/AIDS patients. Contact your health care provider at the sign of any unfamiliar symptoms. Refer to **Table 2** for specific problems and recommended nutritional care.

- Keep mouth clean by rinsing it with a dilute solution of hydrogen peroxide and water, or a solution recommended by your dentist, at least three times a day, especially after eating. Do not swallow the solution. Try warm salt-water rinses to soothe. Dental care is important—rinse or brush after every meal and snack if possible.
- A soft bristle toothbrush is a good choice. If you still experience pain or bleeding, try using a cotton swab instead. Everyone should floss daily unless it is painful or causes the gums to bleed excessively. Avoid water-shooting devices and commercial mouthwashes that contain alcohol.
- Talk to your dentist to get recommendations on oral hygiene options that are right for you.
- Don't eat foods at extreme temperatures.
- Eat foods that are soft, like mashed potatoes, scrambled eggs, grits, cream soup, cream of wheat, canned or cooked fruits, noodles or pasta, cottage



cheese, applesauce, oatmeal, baked fish, puddings, shakes, pureed foods; and cool foods such as ice cream, sherbet or Popsicles®.

- Avoid fried or spicy foods; hard foods (e.g., chips, nuts, seeds, raw vegetables); salty, sticky foods (e.g., peanut butter, candy); and sour or acidic foods (e.g., pickles, citrus fruits and juices).
- If you have trouble swallowing, cut food into small, easy to chew pieces.
- To ease swallowing and avoid **aspiration**, you might try tilting your head forward or backward. Thicken thin liquids by adding non-fat dry milk powder, cornstarch, fruit puree, potato flakes or modular carbohydrate supplements. Have someone stay with you while you eat.
- If your mouth is painful, try a topical pain relief ointment before eating in order to eat with less pain. Refer to the label for safety precautions or consult your doctor.
- **Angular Cheilosis** is a medical term meaning cracking of the mouth, which can be caused by a fungus. You could try Lotrimin® cream or Mycelex® (over-the-counter) or contact your doctor.
- When you have mouth sores, consume bland, moist, soft foods blended well and served at luke-warm or cool temperatures. Follow guidelines in **Table 1** for reheating and cool reheated foods for no longer than necessary to reach a comfortable temperature. Avoid any foods that cause discomfort.
- Keep adequate fluids handy or try using mints, Life Savers® or gum to relieve mouth dryness. Avoid sugarless gum containing sorbitol if you have problems with diarrhea.

**Table 2**  
**Dietary Management for Mouth and Throat Problems**

<b>Condition</b>	<b>Nutritional Management</b>
<b>Fungal:</b>	
Candida	Avoid spicy foods Use moist and softened foods served at room temperature Avoid foods that cause discomfort Use candy or peppermint to improve taste and promote saliva
<b>Viral:</b>	
Cytomegalovirus	Avoid spicy or irritating foods Use pureed or softened foods served at room temperature
Herpes Simplex Virus	Avoid foods that cause discomfort Use high-protein foods pureed, softened or blenderized
Human Papilloma Virus	Maintain good oral hygiene Avoid rough, coarse, crunchy, salty, spicy or acidic foods
Varicella Virus	Use a liquid or soft diet
Epstein-Barr Virus	Maintenance of oral hygiene is important Avoid rough, coarse, crunchy, salty, spicy or acidic foods Use a liquid or soft diet
<b>Protozoan:</b>	
Cryptosporidium	Avoid spicy or irritating foods
<b>Bacterial:</b>	
Mycobacterium Avium-intracellulare	Use softened foods served at room temperature
<b>Neoplasms:</b>	
Kaposi's Sarcoma	Rinse mouth frequently
Non-Hodgkins	Increase consumption of high-protein foods
Lymphoma	Use high-protein foods pureed, softened or blenderized
<b>Other Lesions</b>	
Gingivitis and Periodontal	Avoid spicy or acidic foods Try a high-protein, high-calorie liquid diet until ulcers or pain lessens
Oral ulceration	Use a soft diet
Xerostomia	
enlargement of salivary gland; dryness of the mouth	Use glycerin and lemon mouthwash and generous intake of fluids or hard sugarless candies Saliva production can be increased by the use of artificial saliva, glucose polymers, and saliva stimulants such as sugarless gum and lemon drops Maintain oral hygiene and frequent saline rinse Avoid dry foods, alcohol, bread products, meats, crackers, bananas and excessively hot foods Try a liquid diet or foods high in moisture such as teas with lemon, sherbert, Popsicle®, gravies or sauces

# GASTROINTESTINAL PROBLEMS —

## NAUSEA AND VOMITING

Medications used in the treatment of HIV/AIDS may cause nausea, vomiting and decreased appetite. Such symptoms may also result from infection, fever or emotional stress. With an individual nutritional approach and meal planning, adequate food intake can be maintained.

- Eat foods that are:
  - ♦ Cold or at room temperature, remembering to follow the guidelines for food safety in **Table 1**.
  - ♦ Less greasy or oily, such as low-fat foods such as mashed potatoes, cottage cheese, yogurt and oatmeal.
  - ♦ Not too sweet or spicy.
  - ♦ Soft, such as rice, pureed foods and eggs.
  - ♦ Salty and dry, like saltine crackers or pretzels.
- Eat more frequently, but small portion sizes. Make sure to chew thoroughly and slowly.
- Rest between meals, but do not lie completely flat. Elevate your upper body at least 4 inches above your feet or sit up for at least 2 hours after eating and allow the same amount of time before going to bed.
- If the smell of food bothers you, ask someone to cook for you and make sure that the cooking area is well ventilated so that food odors do not linger. Try opening a window to let in fresh air during cooking or use an exhaust fan.
- Drink cold or icy beverages: lemon, lime or ginger ale. Drink fluids 30 minutes after meals instead of with meals. Drinking through a straw may be helpful.
- Eat cold foods such as ice cream, frozen yogurt, sherbet, gelatin, pudding or custard, cottage cheese and fruit, Popsicles®, juice, cold cereal or a sandwich.

- If your medication seems to cause nausea, check with your doctor or pharmacist to time your doses so that you can take them when you are eating or right after you eat. If you are being treated with radiation or chemotherapy, eat a small meal at least two hours before treatment; save your favorite foods for later to avoid developing an aversion to eating them.
- Try to minimize your worries about not feeling well. When you are feeling better, try to drink some high-calorie, high-protein shakes (see High Caloric Beverage Recipes, page 57) or nutritional supplements recommended by your physician or dietitian.
- Relax and entertain yourself by doing light activities that are not related to food.
- Try different foods to find out which agree with you and which do not—each individual’s experience is different. Spicy foods, high-fat foods and caffeine may be hard to tolerate and can be irritating to your stomach and intestines.
- Take a leisurely walk before meals and wear loose clothing during and after eating.

## **HEARTBURN AND INDIGESTION**

Heartburn and indigestion can be relieved by some of the same procedures as nausea and vomiting. It is important to:

- Avoid spicy, fatty or fried foods and caffeinated foods and beverages.
- Walk after eating and do not lie down right after a meal.
- Wear loose clothing around your waist.
- Eat five to six small meals a day.

## **BLOATING**

- Eat small frequent meals.
- Avoid gas-forming foods such as cauliflower, broccoli, cabbage, Brussels sprouts, bean sprouts, beans, carbonated drinks and chewing gum.

## **DIARRHEA**

For treatable diarrhea:

- Maintain adequate nutritional intake.
- Drink plenty of fluids (at least eight, 8-oz. glasses a day) to prevent **dehydration** and weakness. Try broth, fruit juice, Jell-O®, Popsicles® and Gatorade®.
- Consume foods with sodium and potassium. Sodium (salt) is found in almost all foods. Potassium is found in meat, dairy products, and most fruits and vegetables.
- Avoid citrus fruits and their juices, caffeinated drinks and alcoholic beverages.
- Minimize insoluble fiber intake and increase soluble fiber in the diet.

Some foods high in **insoluble fiber** are whole-wheat bread, cornmeal, bran cereals, granola, wheat germ, other whole-grain products, nuts and seeds, vegetables and fruits with the skins on. Foods high in **soluble fiber** include oatmeal, strawberries, potatoes, apples, grapes, apricots, pears, peaches, bananas and cranberries. Consume fruits without the skin when possible.

- If you experience cramping, avoid gas-forming foods such as cauliflower, broccoli, cabbage, Brussels sprouts, bean sprouts, beans, carbonated drinks and chewing gum.
- If fats seem to cause diarrhea, use the leaner counterparts of the foods you prefer, such as low-fat cottage cheese, part-skim milk cheeses and leaner cuts of meat. Avoid cream, creamy sauces, luncheon meats, bacon, sausage, regular cheeses, oil, nuts, avocados, olives, salad dressings, butter and margarine.
- Decrease or avoid **lactose**-rich foods. Cut back on milk, milk powder, ice cream, and milk containing desserts, soups, and baked goods. Low-lactose dairy products include yogurt, aged cheeses and specially treated lactose-free or low-lactose milk.
- The following are non-dairy calcium-rich foods:
  - ♦ Canned sardines or salmon with bones.
  - ♦ Corn tortillas.
  - Tofu.
  - ♦ Calcium-fortified soy milk.
  - ♦ Bok choy, turnip or beet leaves.
  - ♦ 100% Natural or Total® cereal fortified with calcium.
- Consult your doctor if diarrhea lasts for more than a couple of days. Your doctor may prescribe an anti-diarrhea medication. Try to relax as much as possible. Minimize situations that cause you to become anxious. Do things that you enjoy or call someone who will understand.

## LACTOSE INTOLERANCE

If you notice that dairy products cause cramping, gas, bloating or diarrhea, then you may be lactose intolerant. Lactose intolerance is the most common carbohydrate intolerance and affects persons of all age groups. It occurs when the body has a deficiency of lactase, the enzyme that digests the sugar in milk.

The following suggestions can help:

- Be aware of foods containing milk products such as pudding, custard, ice cream, cream soups, gravies or sauces.
- Ask your doctor about products that can help you digest lactose.
- Some dairy products are easier to tolerate, for example, cottage cheese, sour cream, aged cheeses, sherbet and yogurt. Try non-dairy products like enriched soy milk.
- Kosher foods labeled *pareve* or *parve* are acceptable because they are milk-free.

## **FATIGUE**

- Prepare meals ahead of time when you feel well and freeze them in individual servings. Keep convenience foods on hand; frozen dinners, canned foods, eggs, tuna and noodles are all good choices.
- Make sure you are getting adequate rest, including breaks and naps, whenever possible.
- Keep a regular schedule to improve sleep habits.
- Place a stool in the kitchen so you can sit while preparing food.
- Eat small frequent meals.
- If possible, ask a friend to help with food preparation and other chores.

## **PRESSURE SORES**

Prolonged pressure from being in one position too long cuts off normal blood flow to the area and can cause sores. Pressure sores appear mostly on hips, heels, elbows, back of the head and the backside. Early signs are pink or red skin over a bony area. It is important to change positions every two hours. Extra protein can help prevent or heal pressure sores. Apply only normal saline solution to the wound area. Your care team must carefully assess nutritional needs when pressure ulcers appear.

# Lipodystrophy

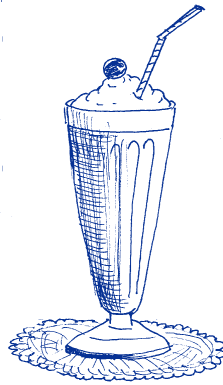
Lipodystrophy is a group of symptoms that include fat loss from the arms, legs, or face, and fat gain in the abdomen, breast, or behind the neck. People may get some or all of these symptoms along with increases in levels of cholesterol, triglycerides, and blood sugar. Researches do not yet know what causes these symptoms, but different antiviral drugs appear to contribute to different symptoms. Most people with lipodystrophy symptoms also have insulin resistance, a condition where higher than normal amounts of insulin are needed to control blood sugar. Insulin resistance is related to weight gain and increased risk of heart problems. If you notice any of these symptoms consult your doctor. Although there are no specific treatments for lipodystrophy, there are dietary and exercise guidelines for people with insulin resistance or with high cholesterol.



## **Tip# 4**

**FOOD PREFERENCES ARE  
DEEPLY ROOTED IN OUR CULTURES.  
FINDING COMFORT AND BALANCE IN FOOD IS  
OUR CONNECTION TO HEALING, BOTH  
PHYSICALLY AND MENTALLY.**

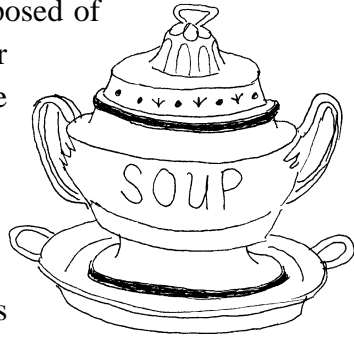
**NUTRITION  
SUPPORT  
FOR SPECIAL  
NEEDS**



Sometimes it may seem difficult to follow good nutrition recommendations due to complications or lack of appetite. HIV/AIDS and its complications, drug therapies and/or malignancies can result in malnutrition. People who adopt the attitude that they have a job to do, and devote time and effort to eating well everyday, can better prevent malnutrition. Ongoing nutritional assessment and monitoring is necessary for the person living with HIV/AIDS, especially if oral feedings do not meet nutritional needs. If oral feedings do not meet nutritional needs, then a different approach must be initiated. Keep your doctor or dietitian informed of all changes in eating patterns so they can best assist you. Prevention of malnutrition is one of the keys to extending the lifespan of persons living with HIV and AIDS.

# Types of Diets

**Full liquid diet:** A diet composed of foods that are liquid at room or body temperature which can be nutritionally adequate.



**Clear liquid diet:** A nutritionally inadequate diet consisting of clear liquids which should be used no longer than three days. This diet is usually used during periods of severe nausea or vomiting.

**Soft diet:** An adequate diet that is moderately low in **cellulose, connective tissue** and **residue** and is planned for conditions in which mechanical ease in eating or digestion is desired, for example, when you are experiencing mouth sores or diarrhea.

**Enteral Nutrition:** Refers to feeding nutrients through a tube into the **gastrointestinal tract**. The reasons for the use of enteral feeding include: (1) significant weight loss, (2) partial or upper gastrointestinal obstruction, (3) severe **dysphagia** or **esophagitis**, (4) severe **dementia**, (5) coma, (6) documented malnutrition, and (7) prolonged intake of less than 50% of estimated caloric needs. Consult your doctor if you are concerned with enteral nutrition.

**Total Parenteral Nutrition:** Refers to intravenous administration of nutrients directly into the bloodstream if enteral nutrition is not possible for some reason.

## SUPPLEMENTS

In HIV/AIDS nutrition, vitamin, mineral and antioxidant supplements are receiving a lot of publicity. The bottom line is that food always provides the best source of these nutrients for your body. Dietary supplements are sometimes recommended when you cannot eat enough food to provide for your body's needs. This is especially true during the long periods of nausea and diarrhea that are common with HIV/AIDS. Supplements can be very expensive and may also interfere with your medication. In order to prevent any complications and obtain the best treatment possible, it is a good idea to discuss supplements with your care team.

Here are a few guidelines concerning the use of dietary supplements:

- A standard multivitamin/mineral pill each day is fine.
- Avoid taking megadoses, officially considered any nutrient at more than 10 times the **Recommended Daily Allowance**. If “some” is good, this does not mean that “more” is better. Some nutrients, such as zinc and iron, can increase your risk of infection *at higher than recommended doses*; Vitamin A can cause blurred vision, bone problems, abdominal pain, nausea and headache; Vitamin B6 can cause balance difficulties and nerve injury, causing changes in touch sensation; Vitamin B3 (Niacin) can cause symptoms ranging from stomach pain, vomiting, bloating, nausea, cramping, and diarrhea to liver disease, muscle disease, eye damage and heart injury; Vitamin C

can cause stomach upset, diarrhea, gum problems and kidney stone formation.

- Keep your primary care provider aware of any supplement you are taking to avoid complications with other medications and to prevent possible toxic effects.
- Supplements are not always “pure.” The tablet you take may contain chemical compounds other than pure vitamin(s) or mineral(s). Some of these may also cause unpleasant side effects—read the label.
- Keep an ongoing total of how much money you are spending on supplements versus their possible benefits.
- Educate yourself!!! Ask questions! Read standard nutrition books and explore medical journals. Information on nutrition and HIV/AIDS is constantly evolving.
- Most important, remember a supplement is just that—a supplement. It is not a substitute for eating real, nutritious food. Do not allow supplements to keep you from maximizing your intake of real food.



## **Tip# 5**

**JUST BECAUSE A PRODUCT IS CALLED  
“NATURAL,” DOESN’T MEAN THAT IT IS SAFE;  
SNAKE VENOM AND ARSENIC ARE BOTH  
NATURAL, BUT WE WOULD NOT WANT  
TO INGEST THEM!**

# DIETARY SUPPLEMENT HEALTH AND EDUCATION ACT OF 1994

## A NOTE OF CAUTION ON SUPPLEMENTS AND HERBAL REMEDIES

The **Food and Drug Administration** traditionally considered supplements to be made up only of essential nutrients, such as vitamins, minerals and proteins. In 1994, Congress approved the **Dietary Supplement Health and Education Act (DSHEA)**, expanding the definition of “dietary supplements” to include herbs and other botanicals, amino acids, concentrates, metabolites, constituents, extracts or combinations of other substances for human use to supplement the diet.

Dietary supplements are not subject to the pre-market safety evaluations required of other food ingredients or for new uses of previously approved food ingredients. **DSHEA** also allows supplement manufacturers to make statements and claims about their products that are not evaluated by the **FDA** prior to marketing. Both of these provisions may endanger consumers. People living with HIV and AIDS may be misled into taking products that claim to have a beneficial effect on health but have not been proven safe and effective for such purposes.

### **WARNING!**

According to *The Complete German Commission E Monographs Therapeutic Guide to Herbal Medicines*, persons with HIV/AIDS should **not** take herbals that contain the following ingredients: **Echinacea, Mistletoe herb, and Woody Nightshade stem**. You should inform your doctor of any herbs or supplements you are taking.

# SOME HERBAL SUPPLEMENTS WITH ADVERSE EFFECTS

*Chaparral* (a traditional American Indian medicine) **Possible Health Hazards:** liver disease, possibly irreversible

*Comfrey* **Possible Health Hazards:** obstruction of blood flow to liver, possibly leading to death

*Senna* (slimming/dieter's teas) **Possible Health Hazards:** nausea, diarrhea, vomiting, stomach cramps, chronic constipation, fainting, possibly death

*Ephedra* (also known as Ma huang, Chinese Ephedra and ephedrin) **Possible Health Hazards:** ranges from high blood pressure, irregular heartbeat, nerve damage, injury, insomnia, tremors and headaches to seizures, heart attack, stroke and death

*Germander* **Possible Health Hazards:** liver disease, possibly leading to death

*Lobelia* (also known as Indian tobacco) **Possible Health Hazards:** range from breathing problems at low doses to sweating, rapid heartbeat, low blood pressure and possibly coma and death at higher doses

*St. John's Wort* **Possible Health Hazards:** recently shown to reduce blood levels of the protease inhibitor Indinavir (Crixivan®) to **dangerously low levels.**

*Willow Bark* **Possible Health Hazards:** Reye syndrome, a potentially fatal disease associated with aspirin intake in children with chickenpox or flu symptoms; allergic reaction in adults. (Willow bark is marketed as an aspirin-free product, although it actually contains an ingredient that converts to the same active ingredient in aspirin.)

*Wormwood* **Possible Health Hazards:** neurological symptoms, characterized by numbness of legs and arms, loss of intellect, delirium and paralysis

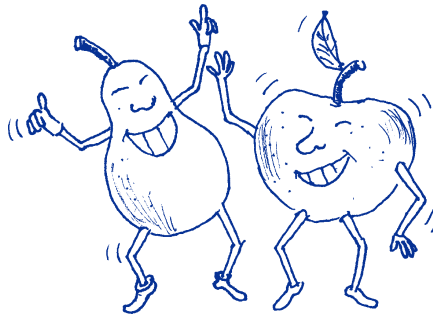
## OTHER SUPPLEMENTS

*Germanium* (a nonessential mineral) **Possible Health Hazards:** **kidney damage, possibly death**

*L-tryptophan* (an amino acid) **Possible Health Hazards:** eosinophilia myalgia syndrome, a potentially fatal blood disorder that can cause high fever, muscle and joint pain, weakness, skin rash and swelling of the arms and legs

Adapted from: *FDA Consumer magazine (September-October 1998)*

# Positive Cooking



Recipes were chosen to encourage nutritious meal options. Most have the calorie and protein content listed as well as whether they fit a special diet. Remember protein can help meet increased energy needs and decrease the chance, or reverse the effects, of poor nutrition and weight loss that can occur with AIDS. Also included are high-calorie beverage recipes that can help boost calorie intake as a supplement to your regular diet. They can also be used as meal replacements for those on special diets (see page 40) when intake of solid food is more difficult.

Some recipes have dedications from loved ones to those touched by AIDS. If you would like to dedicate a recipe for inclusion in a future edition of this Companion Guide, please send it to: Attn: Editor, *Putting the Pieces Together*, Pasco County Health Dept., Nutrition Services, 10841 Little Road, New Port Richey, FL 34654.

## CHEESE

### SPINACH PIE

1/3 cup chopped onion  
1 Tbsp. margarine  
1/4 lb. sliced cheese (Swiss or Muenster)  
1 cup cooked, chopped spinach (drained)  
3 large eggs  
1/3 to 1/2 cup of milk  
1/2 tsp. salt  
9-inch pie shell

Cook onion in margarine until tender; cool. Lay slices of cheese over pie dough, follow with spinach, then onions. Beat eggs, adding enough milk to make 1 cup. Add seasonings and pour over ingredients in the pie shell. Bake in 400° oven about 35 minutes, or until a knife comes out clean. Serve piping hot. (Can be frozen after baking.) Serves 4.

*Substitute soy formula for milk, use nondairy margarine, aged natural cheese, and milk-free dough for a low-lactose diet.*

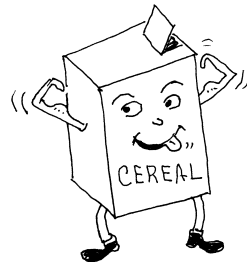
*Variation: Substitute cooked, chopped broccoli, green beans, zucchini, or peas for spinach.*

**Calories per serving: 454**

**Protein per serving: 18 grams**

## EGG CEREAL

1 cup milk  
1/4 cup dry powdered milk  
4 Tbsp. Farina  
egg substitute  
(equal to 1 egg, see package)  
1/4 cup cream  
sugar, as desired



Heat milk and powdered milk to slow boil. Add farina. Stir and cook for 10 minutes. Remove from heat and add egg slowly. Add cream and sugar taste.

**ROBERT'S**  
**CHICKEN**  
**NOODLE BAKE**

1 cup diced chicken  
1 can (10 oz.) cream of celery soup  
1/2 cup milk  
1/4 lb. American or cheddar cheese  
1 lb. box noodles, cooked

Mix first four ingredients in saucepan and heat until cheese melts. Add noodles to sauce and mix well. Pour into greased baking dish and bake at 350° for 20 minutes. Serves 8.

*Substitute soy formula for milk and use aged cheddar cheese for a low-lactose diet.*

**Calories per serving: 435**

**Protein per serving: 24 grams**

**TUNA**  
**BROCCOLI**  
**CASSEROLE**

2 packages (10 oz.) frozen broccoli, chopped  
2 cans (7 oz.) water-packed tuna broken into small pieces  
1 can (10 oz.) cream of mushroom soup diluted  
with 1/2-cup milk  
1 cup grated cheddar or American cheese  
1/2 cup plain breadcrumbs  
2 Tbsp. melted margarine

Cook broccoli according to package directions, drain, and place in shallow 2-quart casserole. Add tuna and cover with diluted mushroom soup. Sprinkle with cheese. Add breadcrumbs to melted butter and sprinkle over casserole. Bake at 350° for 20 minutes. Serves 5.

*Substitute aged cheddar cheese, non-dairy margarine, and use water instead of milk for a low-lactose diet.*

**Calories per serving: 290**

**Protein per serving: 25 grams**

**FLUFFY  
FRUIT GELATIN**

1 cup cooked or canned peaches with syrup  
1 package red gelatin (3 oz.)  
1 cup boiling water

Blend fruit with syrup at high speed until smooth. Pour pureed fruit back into measuring cup and add enough syrup or water to make one cup. Dissolve gelatin in boiling water; pour into a bowl (deep enough to whip gelatin later). Stir in fruit puree. Cool. Refrigerate gelatin mixture until it piles softly, but is not firm. With cold beater, whip the gelatin until foamy and doubled in volume. Refrigerate until firm. Serves 6.

*For variations: Use pears, applesauce, or apricots in place of peaches. Use for full-liquid, soft, or low-lactose diets.*

**Calories per serving: 90**  
**Protein per serving: 1 gram**

**RICE  
PUDDING**

1 Tbsp. cornstarch  
1-1/2 Tbsp. granulated sugar  
1 beaten egg  
1 cup milk  
1 cup well-cooked rice  
1/2 tsp. vanilla

Blend first three ingredients in saucepan until smooth. Add milk slowly, stirring to mix well. Add rice. Cool over medium heat, stirring constantly until mixture is thickened and comes to a boil. Remove from heat, add vanilla, and cool. Sprinkle with cinnamon and nutmeg if desired. Many prefer rice pudding served warm. Try it for a new taste treat. Serves 3.

*Use for a soft diet and substitute soy formula for milk for a low-lactose diet.*

**Calories per serving: 140**  
**Protein per serving: 6 grams**

*Try cooking one of these soup recipes when you are feeling well. Be prepared for those days when you are not feeling well by freezing the leftover portions of soup. This makes an easy and nutritious meal.*

**MANHATTAN**  
**CLAM**  
**CHOWDER**

- 4 bacon slices, diced
- 1 cup sliced onions
- 1 cup diced carrots
- 1 cup diced celery
- 1 Tbsp. chopped parsley
- 1 lb. 12 oz. tomatoes, reserve liquid
- 1 jar (11-1/2 oz. size) clams,  
reserve liquid
- 1 bay leaf
- 1- 1/2 tsp. thyme
- 3 medium potatoes, pared and diced (3-1/2 cups)



In a large kettle, sauté bacon until almost crisp. Add onion; cook until tender. Add carrots, celery and parsley; cook over low heat 5 minutes, stir occasionally. Drain tomatoes and reserve liquid in 1-quart measure. Add tomatoes to vegetable in kettle. Drain clams; set clams aside. Add bay leaf and thyme. Bring to a boil, reduce heat; cover and simmer 45 minutes. Add potatoes; cover and cook 20 minutes. Chop clams; add to chowder. Simmer, uncovered 15 minutes. Serve hot, salt and pepper to taste. Makes 8 large servings.

*Use for a lactose-free diet.*

**Calories per serving: 170**

**Fat per serving: 3 grams**

*The previous recipe was adapted from material developed by the National Cancer Institute. It is used here by permission.*

## **SPLIT PEA SOUP**

2 quarts water	1 bay leaf
1 lb. split green peas, rinsed	1/2 cup chopped parsley or 1/4 cup parsley flakes
2 cups chopped carrots	1 Tbsp. oregano leaves, finely crumbled
2 cups chopped onions	1-2 meaty smoked ham bone or hock
2 cups celery and tops	pkg. seasoned croutons (optional)
1/2 Tbsp. salt	
1/2 tsp. black pepper	

In a 6 to 8 quart Dutch oven or heavy kettle, combine water, split green peas, carrots, celery and tops, onion, parsley, oregano, salt, pepper, bay leaf and ham bone. Heat to boiling, stirring frequently. Reduce heat and simmer, covered 1-1/2 hours or longer, until peas have cooked down to a thick soup. Reheat gently, covered. Season to taste. Pour into a soup bowl and top with croutons, if desired. Makes 12 servings.

*Use for a lactose-free diet.*

**Calories per serving: 167**

**Fat per serving: 2 grams**

## **MARINATED TURKEY SALAD**

1 head of iceberg or romaine lettuce  
2-1/2 cups diced turkey breast  
3/4 cup cubed zucchini  
1 medium orange, peeled and segmented  
4 ounces Italian dressing  
1/2 avocado, peeled, pitted and diced

Core, rinse and thoroughly drain lettuce; refrigerate in plastic bag or crisper. Toss turkey, zucchini and orange with dressing. Marinate one hour before serving. When ready to serve, cut lettuce in 6 one-inch rafts (crosswise slices). Add avocado to turkey mixture, toss gently. Spoon onto rafts. Makes 6 servings.

*Use for a lactose-free diet.*

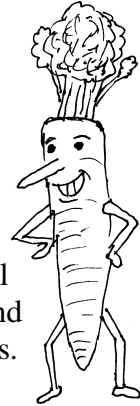
*The previous recipes were adapted from material developed for the Florida Department of Health "Five A Day Series V." They are used here with their permission.*

**CHILLED**  
**DILLED**  
**CARROT SALAD**

2 cups carrots, peeled & thinly sliced  
1/2 cup diced shallots or red onions  
1 Tbsp. olive oil  
1 Tbsp. red wine vinegar  
2 Tbsp. fresh dill, chopped  
salt & pepper to taste

Parboil carrots until tender yet crisp (about 2 minutes). Rinse under cold water & drain. Combine carrots & onions. Mix remaining ingredients in small bowl until well blended. Pour over carrot mixture and toss well. Refrigerate at least 3 hours to blend flavors. Makes 4 servings.

*Use for a lactose-free diet.*



**Calories per serving: 46**

**Fat per serving: 1 gram**

**MILK-FREE**  
**DOUBLE**  
**CHOCOLATE PUDDING**

2 squares baking chocolate (1 oz.) each  
1/4 cup granulated sugar  
1 cup non-dairy creamer or soy formula

Melt chocolate in small pan or on foil. Measure cornstarch and sugar into saucepan. Add part of the creamer and stir until cornstarch dissolves. Add the remainder of the creamer. Cook over medium heat until warm. Stir in chocolate until mixture is thick and comes to a boil. Remove from heat. Blend in vanilla and cool. Serves 2.

*Use for a soft or low-lactose diet.*

**Calories per serving: w/soy formula 370; w/non-dairy creamer 455**

**Protein per serving: w/soy formula 11 grams; w/non-dairy creamer 5 grams**

*The previous recipe was adapted from material developed by the National Cancer Institute. It is used here by permission.*

## PINK

### COWBOY CHICKEN

4 pieces boneless, skinless chicken  
1/2 cup chopped green onions  
1/2 cup diced tomato  
2 oz. half and half  
1 oz. Tequila  
1 tsp. garlic

Spray pan with nonstick cooking spray. Brown chicken until no longer pink. Add onions, tomato and garlic. Cook until hot. Add tequila. Simmer 5 minutes. Add cream and cook until warm but do not boil. Serve with chopped green onions on top. Serves 4.

**Calories per serving: 180**

**Fat per serving: 5 grams**

**Protein per serving: 27 grams**

*This recipe was submitted by Lenny Kaplan of Florida and dedicated to Steve T., "pink boots and all."*

## SEAFOOD BISQUE

1 can cream of asparagus soup  
1 can cream of mushroom soup  
2 soup can measures of Half and Half®  
1 oz. cooking sherry  
1 small package frozen pearl shrimp  
(substitute canned shrimp or imitation crab meat)

Mix soup with half and half and shrimp. Cook until just boiling. Add sherry and serve. Serves 4.

**Calories per serving: 390**

**Fat per serving: 27 grams**

**Protein per serving: 16 grams**

*This recipe was submitted by Lenny Kaplan of Florida and dedicated to John S., "a good friend, goodbye."*

**PUMPKIN  
CHEESECAKE**

1/4 cup graham cracker crumbs  
4 packages (8 oz. each) light cream cheese  
1 1/2 cups sugar  
5 eggs  
1/4 tsp. salt  
1 can (1 lb.) pumpkin  
1/4 cup all purpose flour  
2 tsp. pumpkin spice

Preheat oven to 325°. Mix cream cheese until fluffy. Add sugar gradually and then eggs one at a time. Add flour, salt, pumpkin and spice. Bake 1-1/2 hours. Turn heat off and open oven door a little. Let stand 30 minutes. Serves 8.

**Calories per serving: 395; Fat per serving: 23 grams; Protein per serving: 17 grams**

*This recipe submitted by Joan Lytle, FDA Public Affairs, New Jersey District.*

**MUSHROOM  
MEATLOAF**

1 lb. lean ground beef	
1 can cream of mushroom soup, split into 2 equal portions	1/2 medium onion, chopped
1/2 cup sliced mushrooms, split into 2 equal portions	2 cloves garlic salt and pepper to taste
1/2 green pepper, chopped	1/2 cup bread crumbs

Preheat oven to 375°. Mix ground beef with half of soup, half of mushrooms and all other ingredients. Form into loaf and place in baking pan. Mix remainder of soup with a little milk (just enough to make it creamy - not to soup consistency) and add rest of mushrooms. Pour over top of meatloaf. Bake 45 minutes to 1 hour. Serves 4.

**Calories per serving: 445; Fat per serving: 27 grams; Protein per serving: 30 grams**

*This recipe submitted by Suzanne Stacey, Pasco County Health Department, WIC & Nutrition, New Port Richey, Florida.*

## **BUCKY'S**

### **CHICKEN STIR FRY**

2 boneless, skinless chicken breasts cut into cubes	1 tsp. cornstarch
3 Tbsp. olive oil, divided	1/4 tsp. sugar
2 Tbsp. soy sauce, divided	1/4 cup water
1/2 tsp. salt	2 bell peppers chopped
1/4 tsp. pepper	2 celery stalks chopped
1 clove minced garlic	1 small onion chopped
	2 green onions chopped

*Chop the bell peppers into 1 inch squares; celery into 1/4 inch diagonal; green onions into 2 inch pieces.*

Place chicken, 1 tbsp. oil, 1 tbsp. soy sauce, salt, pepper and garlic in a bowl and mix together. Let marinade for 20 minutes. Heat 2 tbsp. oil in wok. Add peppers, celery and onions. Stir fry for 2 minutes. Add green onions and cook for an additional minute. Remove vegetables from wok. Add chicken mixture to wok and stir fry for 3 minutes. Add additional 1 tbsp. soy sauce, cornstarch, sugar and water. Cook until sauce thickens. Arrange chicken and vegetables on a platter and serve with whole grain brown rice. Serves 2.

**Calories: 450; Fat: 24 grams; Protein: 35 grams**

*This recipe was submitted by John Roxy of South Bend, Ind., "In Loving Memory of Lewis J. Ruel of St. Joseph, Mich., 1955-1999."*

## **COCKTAIL MUSHROOMS**

2 pints fresh button mushrooms (16 oz)	1 small bottle Worcestershire sauce (6-8 oz)
2 sticks real butter	1 Tbsp. black pepper
12 drops Tabasco®	

Melt butter in skillet. Add Tabasco®, mushrooms and pepper. Let sauté 20 minutes, stirring every 5 minutes. Serve hot or warm. Serves 8.

**Calories: 240; Fat: 24 grams**

*This recipe was submitted by Ken Neukaemper of New Mexico, dedicated to all who have passed away from AIDS.*

**LYDIA C's**  
**BAKED ZITI**

2 jars (24-oz. each) of spaghetti sauce  
1 lb. regular Ricotta cheese  
2 large eggs  
8 Tbsp. grated Parmesan cheese  
2 cups shredded part-skim Mozzarella cheese  
1 lb. ziti pasta  
salt  
dried parsley flakes

Preheat oven to 350°. Boil pasta in pot of salted water with a splash of cooking oil. Cook pasta until chewy (it will continue to cook in the oven). Drain pasta and return to the pot. Mix 1 jar of sauce into pasta. In a separate bowl, mix eggs, ricotta cheese, 1 cup of shredded mozzarella cheese, 2 Tbsp. grated Parmesan cheese, and a little dried parsley flakes. Spread a thin layer of spaghetti sauce on the bottom of a 13x9x2 baking pan and sprinkle with 2 tsp. Parmesan cheese. Add approximately half of the pasta, sprinkle with 2 tsp. Parmesan and dollop large spoonfuls of ricotta cheese mixture randomly on top (leave ricotta in large mounds, it will spread while baking). Layer the remaining pasta on top of the ricotta and add sauce. Sprinkle over 2 Tbsp. Parmesan and top with 1 cup shredded mozzarella cheese. Bake 30 minutes. Serves 8. Any leftover spaghetti sauce can be heated and placed on the table for those who like extra sauce.

**Calories per serving: 570**

**Fat per serving: 21 grams**

**Protein per serving: 28 grams**

*In memory of Lydia C., a dedicated member of the Colorado HIV/AIDS Consumer Information Task Force, who lost her fight with cancer 3/98.*

**IMMUNITY**  
**SOUP**

6 Shitake mushrooms  
2 large carrots  
2 large celery stalks  
1 large onion, diced  
2 cloves garlic, minced  
1/3 cup soaked Wakame Sea vegetable, diced  
1-inch slice of Daikon radish, diced  
1/4 lb. Tofu, diced  
1 bunch (small) parsley, chopped  
Thyme  
1 cup cooked brown rice  
3 Tbsp. Miso

Soak the Shitake mushrooms for 20 minutes in 2 cups of distilled water—do not discard the water. Remove the mushrooms and chop, using the buttons only. Return the chopped mushrooms to the soaking water, add 4 more cups of distilled water and bring to a boil. Reduce and simmer for 10 minutes. Add the onion and garlic and thinly sliced carrots and celery. (Other chopped vegetables may be substituted or added if desired). Simmer for 15 minutes and then add diced Daikon radish, Wakame Sea vegetable, tofu, chopped parsley and a pinch of thyme. Continue to simmer for 15 minutes. At the last 5 minutes, add the cooked brown rice and Miso—don't allow to boil. Flavor with pepper or Shoyu to taste.

**Total Calories: 690**

**Total Fat: 12 grams**

**Total Protein: 31grams**

*David Arvelo dedicates this soup recipe to his colleagues at the Texas AIDS Health Fraud Information Network.*

# High Calorie Beverage Recipes

## CHEESECAKE SHAKE

1 piece (1/6 of pie) plain cheesecake  
1/4 cup frozen strawberries, thawed  
2 oz. whole milk

Mix well in blender

Makes 1 serving. **356 Calories, 7 grams of Protein per serving.**

## EGGNOG

8 oz. whole milk  
2 Tbsp. non-fat dry milk powder  
1 package flavored instant breakfast drink  
1 Tbsp. sugar  
1/2 tsp. vanilla  
Nutmeg to taste

Mix all ingredients in blender and blend until smooth. Chill thoroughly before serving.

Makes 1 serving. **380 Calories, 19 grams Protein per serving.**

## ORANGE-PINEAPPLE SMOOTHIE

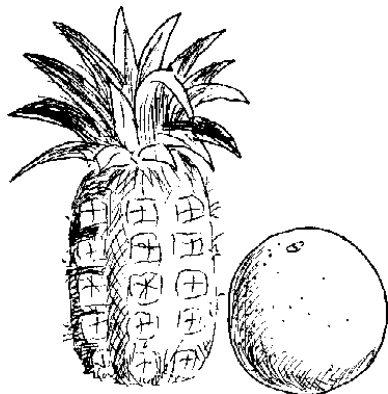
8 oz. whole milk pineapple yogurt  
1/2 cup orange sherbet

Mix in blender until smooth.

Serve immediately or freeze for later.

Makes 1 serving.

**388 Calories, 10 grams Protein per serving.**



### **RASPBERRY DELIGHT**

8 oz. whole milk raspberry yogurt

4 oz. half & half cream

3 oz. cranberry juice

Mix well in blender or stir well by hand. Makes 1 serving.

**463 Calories, 12.5 grams Protein per serving.**

### **HIGH-PROTEIN HIGH-CALORIE SHAKE**

8 oz. whole milk

2 Tbsp. sugar

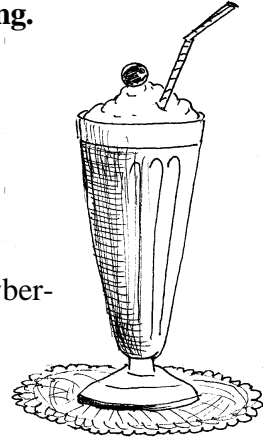
1 cup ice cream

Flavoring of choice (chocolate syrup, strawberries, banana, or 3 Tbsp. peanut butter)

1/2 cup **frozen pasteurized eggs (e.g.,**

**Eggbeaters®)\***

8 Tbsp. non-fat dry milk powder



Blend all ingredients together at high speed until smooth.

Makes 2 servings. **488 Calories, 21 grams Protein per serving.**

*\*Danger of Salmonella with use of raw, cracked eggs.*

### **STRAWBERRY FLIP**

5 oz. sweetened, frozen strawberries, thawed

4 oz. plain yogurt

3 oz. unsweetened pineapple juice

2 tbsp. sugar

2 tbsp. wheat germ, if desired

Blend all ingredients at high speed until smooth.

Makes 1 serving. **417 Calories, 8.5 grams Protein per serving.**

### **BANANA FLIP**

2 peeled bananas  
1 package instant breakfast drink  
8 oz. whole milk  
4 oz. orange juice

Mix all ingredients together in blender and blend until smooth.  
Makes 1 serving. **545 Calories, 17 grams Protein per serving.**

### **FORTIFIED MILK**

1 quart milk or Half and Half®  
2/3 cups dry powdered milk

Mix with hand mixer or blender.

**Approximately 357 Calories, 22 grams Protein (half & half) per serving. Approximately 205 Calories, 22 grams Protein (with milk) per serving.**

*Variation:*

### **FORTIFIED MILKSHAKE**

2 cups fortified milk  
2 cups ice cream or sherbet  
flavored syrup

Mix with hand mixer or blender

**Approximately 460 Calories with milk  
Approximately 650 Calories (with half & half)**

### **TUTTI-FRUITY SHAKE**

1/2 cup vanilla ice cream  
1 package vanilla instant breakfast drink  
1/2 cup any kind canned fruit/fruit cocktail in syrup, drained  
1/2 cup half & half

Blend until smooth.

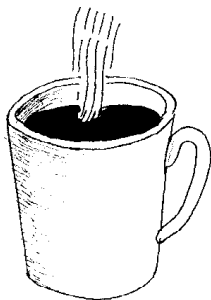
Makes 1 serving. **518 Calories, 13 grams Protein per serving.**

## **HIGH CALORIE HOT CHOCOLATE**

- 4 oz. half & half cream
- 4 oz. whole milk
- 2 Tbsp. chocolate syrup
- 2 Tbsp. non-fat dry milk powder

Heat milk and cream. Stir in syrup and milk powder until smooth, serve immediately.

Makes 1 serving. **387 Calories, 12 grams Protein per serving.**



## **CHOCOLATE MINT SHAKE**

- 1 cup chocolate ice cream
- 1 package chocolate instant breakfast drink
- 4 oz. whole milk
- 1/2 tsp. peppermint extract

Mix in blender until smooth

Makes 1 serving. **500 Calories, 16 grams Protein.**

**SURVIVING  
THE COCKTAIL  
HOUR**



# Food Guidelines for use with ANTIRETROVIRALS

Some antiretroviral medications are pretty tricky when it comes to knowing whether to take them with or without food. Some should be taken on an empty stomach. Some are used best by the body if taken with food or even a high-fat meal. To sort it all out, let's take a look at each of the medications and what they require.

These medications should be taken on an **empty stomach**:

**Didanosine (Videx®)** also known as “ddI,” Videx® should also be taken on an empty stomach at least 30 minutes before meals or 2 hours after eating. What makes it more challenging is that you should take Crixivan® and Videx® an hour apart from each other. You can mix ddI with apple juice, but not acidic juices. You should not take aluminum or magnesium-containing antacids with ddI. The potential for toxic effects of this drug is worsened by alcohol.

**Indinavir (Crixivan®)** with Crixivan® you should try to take it on an empty stomach (this means 1 hour before or 2 hours after eating) as close to exactly at the 8 hour apart mark. If you find that this doesn't work for you, you can take Crixivan® with non-fat snacks or small non-fat and low-protein meals.<sup>1</sup> With this one, you will need to take plenty of fluids (preferably water and non-fat fluids), at least 48 ounces, to prevent the unwanted side effect of kidney stones. And though there is no perfect consensus, it has been recommended

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<sup>1</sup> See Meal Suggestions for Medication Success

to avoid grapefruit juice when taking Crixivan® since it appears to lower absorption of the drug. (**note:** if your regimen includes ritonavir [Norvir®] you do not need to take on empty stomach).

**Zalcitabine (HIVID)®** also called ddC, best taken on an empty stomach and it is recommended to avoid antacids that reduce absorption of the drug.

These medications should be taken **with meals**:

**Nelfinavir (Viracept)®** small meals or light snacks work best with this one to increase drug levels by 2-3 times; don't mix the powder with acidic foods or liquids that will cause a bitter taste.

**Ritonavir (Norvir)®** take with meals; you may need to find the type of beverages or foods that will work well to mask the taste of this drug; new gel caps should eliminate much of the taste problems of liquid form.

**Saquinavir (Invirase® , Fortovase®)** take within 2 hours of a full meal, preferably a high-calorie, high-fat meal to improve systemic availability by 2-7 times.<sup>1</sup> A high-calorie, high-fat meal may contain upward of 1000 calories with 55-60 grams of fat. Interestingly, systemic availability of Invirase® may be enhanced by taking it with grapefruit juice.

**Tenofovir (PMPA)** this NRTI should be taken with meals.

The following medications can be taken **with** or **without food**:

**Abacavir (Ziagen®)** No food restrictions.

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<sup>1</sup> See Meal Suggestions for Medication Success

**AMPRENAVIR (AGENERASE®)** can be taken with or without food, but preferably not with a high-fat meal.

**DELAVIRDINE (RESCRIPTOR®)** can be taken with or without food; if you can, take with an acidic beverage, such as orange or cranberry juice; take at least 1 hour apart from antacids and magnesium-containing supplements.

**EFAVIRENZ (SUSTIVA®)** can be taken with or without food, but not with a high-fat meal.

**EMTRICITABINE (COVIRACIL®)** this investigational drug does not have food restrictions listed.

**HYDROXYUREA (DROXIA®, HYDREA®)** no food restrictions, but should be taken with plenty of fluids.

**LAMIVUDINE (EPIVIR®)** also called 3TC, food may decrease absorption, but seems to have no significant effect on systemic availability.

**LOPINAVIR (KALETRA®)** this medication contains a small amount of ritonavir and can be taken with or without food.

**NEVIRAPINE (VIRAMUNE®)** can be taken with or without food.

**PENTAFUSIDE (T-20)** this investigational drug is a “fusion inhibitor” and is a subcutaneous injection; no food restrictions are listed.

**STAVUDINE (ZERIT®)** also called d4T, take with or without food; food may decrease absorption a bit but seems to have no significant effect on systemic availability.

**ZIDOVUDINE (RETROVIR®)** also called AZT or ZVD, can be taken on an empty stomach or with low-fat meals to optimize absorption; a high-fat meal can reduce plasma concentrations of the drug.

# MEAL SUGGESTIONS FOR MEDICATION SUCCESS

No meal, low-fat meals, high-fat meals, no-fat meals—sometimes seems like an endless chore to make it work. If you keep in mind what works best with your combination of medications, it will be easier to set your routine. Sometimes that may require a bit of planning. Here you will find descriptions of foods that fall into all of these categories.

## **No fat, low-protein foods**

These are the types of foods that are best taken with Crixivan® and should contain less than 2 grams of fat and 6 grams of protein. [Note: if taking Crixivan® with Norvir® you do not need to restrict food]

Examples:

- Fruit or fruit juice (except for grapefruit varieties).
- Non-fat flavored yogurt.
- Non-fat cottage cheese with fruit
- Non-fat cereal (corn flakes, Rice Krispies®, Special K®, Cheerios®, Corn Pops®, Cream of Wheat® and others).
- White bread toast with jelly, jam or cinnamon and sugar (no margarine or butter).
- Saltine or other fat-free crackers.
- Angel food cake with fruit topping.
- Steamed vegetables or vegetable juice.

## **Low-fat foods:**

These are the types of foods that are best taken with Agenerase®, Retrovir®, and Sustiva®.

### Examples:

- Low-fat flavored yogurt.
- Instant breakfast made with low-fat milk.
- Tuna sandwich made with canned tuna in water and non-fat mayonnaise.
- Grilled skinless chicken breast.
- Pudding made with low-fat or 1% milk.

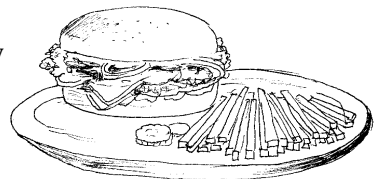


### High-fat foods:

These are the types of foods that are best taken with Invirase® or Fortovase®. Meals may contain as much as 1000 calories and 55-60 grams of fat.

### Examples:

- Bacon and eggs with hashbrowns and buttered toast.
- Bagel with cream cheese and glass of whole milk.
- Peanut butter and jelly sandwich with glass of whole milk.
- Cheeseburger and french fries.
- Fried chicken with biscuits and gravy (or butter).
- Burrito with sour cream, guacamole and cheese.
- Pepperoni, sausage and cheese pizza.
- Fettuccine Alfredo or pasta with cream sauce.
- Milkshake or ice cream with chocolate chip cookies.



## **SYMPTOM MANAGEMENT STRATEGIES**

Many of the antiretroviral medications interact with nutrition. Aside from meal planning to make the most of the medications, you may need to overcome some of the common side-effects that may impact your ability to stay nutritionally sound. These are some common problems and solutions. Remember that you are unique and may react differently than others. As such, trial and error may be the way to find what works best for you.

### **Loss of Appetite**

Reported with the use of Epivir®, Droxia®/Hydrea®, HIVID®, Norvir®, Rescriptor®, Retrovir®, Sustiva®, Zerit®, Ziagen®.

**STRATEGIES:** eat small, frequent meals (coincide with medication schedule); go for a walk before eating; ask someone to prepare food for you avoid food odors when not eating have convenient foods around that are quick & easy to prepare; ask your physician about appetite stimulant medications.

### **DIARRHEA**

Mostly reported with Agenerase®, Coviracil®, Epivir®, Droxia®/Hydrea®, Norvir®, PMPA, Sustiva®, Videx®, Viracept®, Zerit®, Ziagen®.

**STRATEGIES:** continue to eat and drink plenty of fluids to replace lost fluids and nutrients; avoid caffeinated beverages and foods (coffee, cocoa, chocolate); avoid some high fiber foods (such as whole grains, bran, granola, nuts, vegetables and fruits with skins); eat meals at room temperature; avoid fatty foods; ask your physician about the use of anti-diarrhea medications; small studies have reported success in using prescription pancrelipase when diarrhea occurs with Viracept®.

## **NAUSEA OR VOMITING**

Mostly reported with Agenerase®, Coviracil®, Crixivan®, Epivir®, Droxia®/Hydrea®, Norvir®, PMPA, Retrovir®, Videx®, Zerit®, Ziagen®.

**STRATEGIES:** if vomiting, drink plenty of fluids to replace lost fluids and nutrients; avoid food odors between meals eat cold or room temperature meals. Some patients have reported success in eating a few saltine crackers or a small slice of ginger root when feeling nauseated. Drink cold beverages (lemon-lime or ginger-ale) between meals; eat meals without beverages; drink beverages 1-2 hours before and after meals; allow an hour or so before lying down after a meal; ask your physician about anti-nausea medications.

### **A word about availability of drugs used in the treatment of AIDS:**

The availability of the drugs mentioned in this guide is subject to the patient's health plan and source of treatment. Not all drugs are covered by all plans or providers.

**Adapted from: Material developed by "The Cutting Edge," Carey, IL. 60013. It is used here with their permission.**

# ANTIRETROVIRAL MEDICATIONS

Following is a list of generic and commercial names for antiretroviral medications:

<b>GENERIC NAME</b>	<b>Type*</b>	<b>COMMERCIAL NAME</b>
Abacavir	PI	Ziagen
Amprenavir	PI	Agenerase
Delavirdine	NNRTI	Rescriptor
Didanosine	NRTI	Videx
Efavirenz	NNRTI	Sustiva
Emtricitabine	NRTI (inv)	Coviracil
Hydroxyurea	antineoplastic	Hydrea, Droxia
Indinavir	PI	Crixivan
Lamivudine	NRTI	Epivir
Lopinavir	PI	Kaletra (contains ritonavir)
Nelfinavir	PI	Viracept
Nevirapine	NNRTI	Viramune
Ritonavir	PI	Norvir
Saquinavir	PI	Fortovase, Invirase
Stavudine	NRTI	Zerit
Tenofovir	fusion inhibitor	PMPA
Zalcitabine	NRTI	Hivid
Zidovudine	NRTI	Retrovir

\* PI = protease inhibitor

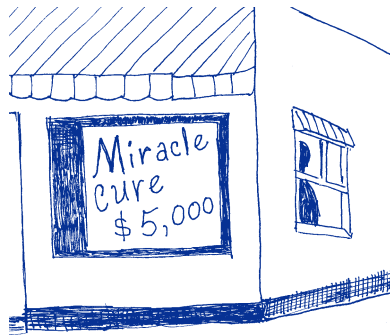
NRTI = nucleoside reverse transcriptase inhibitor

NNRTI = non-nucleoside reverse transcriptase inhibitor

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# **AIDS**

## **HEALTH FRAUD**



Consumer fraud directed at persons living with AIDS costs millions of dollars and many lives each year. Health fraud is defined as the deceptive promotion, advertisement, distribution or sale of articles represented as being effective to diagnose, prevent, cure or treat HIV/AIDS, or provide a beneficial effect on health, but which have not been scientifically proven safe and effective for such purposes. Such practices may be deliberate or done without adequate knowledge or understanding. The AIDS Health Fraud Task Force Network is a nationwide program sponsored by the U.S. Food and Drug Administration (FDA) to educate the public about the dangers of AIDS health fraud and to increase patients' ability to make informed decisions about their health. AIDS health fraud is dangerous and expensive. Although it is tempting to believe that a quick cure for AIDS exists, be very cautious of what you see and hear. Some products can be extremely dangerous. Talk to your health care provider about treatment options. The smart consumer knows: if it sounds too good to be true, then it probably is neither good nor true.

## **SOME COMMON INDICATORS OF POSSIBLE HEALTH FRAUD ARE:**

- Use of testimonials or anecdotes from satisfied customers.
- Use of words such as “miraculous, secret, ancient or conspiracy.”
- Claims that the product cures a wide variety of ailments.
- Use of questionable diagnostic techniques such as computer scoring, hair analysis and iridology.
- The product is available from only *one source*, or advertised in the back of magazines, over the phone, direct mail, infomercials or the Internet.
- Web pages that can’t be printed out may contain fraudulent schemes or products.
- Use of a P.O. Box instead of a street address—although some savvy con artists utilize fake street addresses too!
- Foreign clinics often lure people to areas without strict control over unproven treatments.

### **Avoid Dangerous and Ineffective Treatments**

Persons living with AIDS/HIV have been targeted by proponents of several treatments that may be dangerous and/ or ineffective. A hidden danger in trying unproven treatments that are merely ineffective is delaying the best available medical treatment. Of course, all of these bogus treatments are dangerous to your wallet.

<i>Parasite Zapper</i>	may be harmful; ineffective
<i>Ozone Treatments</i>	may be harmful; ineffective
<i>Colloidal Silver</i>	harmful, not shown to be effective
<i>Colonic irrigation</i>	harmful, not shown to be effective
<i>Chelated or Colloidal</i>	
<i>Mineral Products</i>	may be harmful, not shown effective

# **ABOUT THE AIDS HEALTH FRAUD TASK FORCE**

The AIDS Health Fraud Task Force Network is a nationwide program. Its purpose is to protect and educate the public from the promotion of AIDS-related health products or treatments known to be untested, unapproved or potentially harmful.

Under the sponsorship of the U.S. Food and Drug Administration, many states have organized AIDS Health Fraud Task Forces. Contact a representative in your state for more information.

## **TASK FORCE REPRESENTATIVES**

Alabama	Sandy Baxter	(615)781-5372
California	Rosario Vior	(949) 798-7607
Colorado	Devin Koontz	(303) 236-3020
Florida	Lynne Isaacs	(407) 475-4704
Georgia	JoAnn Pittman	(404) 253-1272
Illinois	Darlene Bailey	(312) 353-5863
Indiana	Janet LeClair	(317) 226-6500
Michigan	Evelyn DeNike	(313) 226-6158
Minnesota	Steve Davis	(414) 771-7167
Missouri	Don Aird	(314) 645-1167
Nevada	Mary Ellen Taylor	(510) 337-6888
New Jersey	Joan Lytle	(201) 331-2935
New Mexico	Devin Koontz	(303) 236-3020
New York	Dilcia Granville	(718) 662-5445
Ohio	Ruth Weisheit	(330) 273-1038
Pennsylvania	Anitra Brown-Reed	(215) 597-4390
Puerto Rico	Nilda Villegas	(787) 729-6852
U.S. Virgin Islands	Ruth Marcano	(787) 729-6852

If you don't see your state listed, contact Betty Dodson, Coordinator, National AIDS Health Fraud Task Force Network, (301) 827-2913. Visit <http://www.fda.gov/oashi/aids/eval.html>.

*Revised May 2002.*



## **TIP # 6**

**If it sounds  
too good to be true,  
it probably is neither  
good nor true.**

# **AIDS RESOURCES**



# RELIABLE INTERNET SOURCES

Many legitimate providers of health and medical information are taking advantage of the Internet's popularity by offering in-depth information on specific topics. Unfortunately, con artists have also established Web sites. It is advisable for consumers to be skeptical when someone advocates a purported "cure" to be purchased and taken instead of prescribed medication. Although the Internet can be a valuable resource for information, it is important to be aware that what is found there should be verified by other reliable sources.

## Is This Site Reliable?

- **Who maintains the site?** Government and university sites are among the best sources for scientifically sound health and medical information (.gov and .edu sites).
- **Is there an editorial board or other listing of the names and credentials of those responsible for preparing and reviewing the site's contents?**
- **Does the site link to other sources of medical information?** A reputable organization will not position itself as the sole source of information on a particular health topic. However, links alone are not a guarantee of reliability.
- **When was the site last updated?** Ideally, health and medical sites should be updated weekly or monthly.
- **Does the site charge an access fee?** Many reputable sites offer access and materials for free.

If you find something of interest at a site, such as a new drug touted to relieve disease symptoms with fewer side effects, write down the name and address of the site, print out the information and bring it to your

doctor. Your doctor can help determine whether the information is supported by legitimate research sources.

## **RELIABLE SOURCES OF INTERNET HEALTH INFORMATION**

- American Medical Association: <http://www.ama-assn.org>
- The Body: <http://www.thebody.com>
- Centers for Disease Control and Prevention: [http:// www.cdc.gov/hiv/dhap.htm](http://www.cdc.gov/hiv/dhap.htm)
- Florida Dept. of Health, Bureau of HIV/AIDS: <http://www.wemakethechange.com>
- The Florida HIV/AIDS Hotline: <http://www.tcrs211.org/hiv/>
- Food and Drug Administration: <http://www.fda.gov/oashi/aids/hiv.html>
- Food Safety: <http://www.foodsafety.gov>
- Healthfinder: <http://www.healthfinder.gov>
- HIV/AIDS Dietetic Practice Group: <http://www.hivaidsdpg.org/main.asp>
- HIV Fitness Guidelines: <http://www.tbrewi.com/hivfitness>
- Medline Plus: <http://medlineplus.gov/>
- Medscape: <http://www.medscape.com/hiv-aidshome>
- National Institute for Allergies and Infectious Diseases: <http://www.niaid.nih.gov/daids/default.htm>
- New York Online Access to Health: <http://www.noah-health.org>
- Project Inform: <http://www.projectinform.org>

## **WHERE TO GET RELIABLE INFORMATION ABOUT AIDS TREATMENTS:**

AIDS Clinical Trials Information Service	1-800-874-2572
CDC-National AIDS Hotline	1-800-342-2437
for TTY	1-800-243-7889
CDC-National Prevention Information Network	1-800-458-5231
for TTY	1-800-243-7012
Florida HIV/AIDS Hotline	1-800-FLA-AIDS
for TTY	1-888-503-7118
HIV/AIDS Treatment Information Service	1-800-448-0440
National AIDS Health Fraud Task Force Network	1-301-827-2913
AIDS Treatment & Information Service	1-800-HIV-0440
National AIDS Health Fraud Task Force Network	1-301-827-2913

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# **Glossary AND References**



# Glossary

**angular cheilosis** - medical term meaning cracking of the mouth

**aspiration** - inhaling fluids or food into the nose or lungs

**cellulose** - a carbohydrate in plants that is not digested in the human body

**connective tissue** - tissues in the body including adipose (fat) tissue, cartilage and bone

**cross-contamination** - the transfer of harmful microorganisms from one food to another by a nonfood surface such as human hands, equipment or utensils. May also be a direct transfer from a raw to a cooked food item.

**dehydration** - loss of water from the body that occurs when water output exceeds water input

**dementia** - loss of intellectual faculties resulting from a disorder of the brain and often accompanied by emotional disturbance

**dysphagia** - trouble swallowing

**empty calorie** - a term for foods that give the body energy but do not contain nutrients, proteins, vitamins or minerals

**esophagitis** - inflammation of the tube through which food passes from the mouth to the stomach

**gastrointestinal tract** - of or related to the stomach and intestinal tract

**immune system** - a system in the body that identifies and fights potential disease causing organisms and substances

**immunocompromised** - an immune system in which the ability to resist or fight off infections and tumors is subnormal.

**infection** - an invasion of a disease-causing bacteria in a body's tissue

**insoluble fiber** - fiber in food that does not dissolve in water

**intoxication** - poisoning of the body caused by eating foods that contain poison produced by a microorganism

**lactose** - the primary sugar found in milk

**microorganism** - an organism of microscopic size, for example, a bacterium or protozoan

**opportunistic infections** - an infection that normally does not cause disease but becomes capable of causing a disease when the body's immune system is impaired and unable to fight off infection

**pasteurize** - heating a beverage or other food to a specific temperature for a specific period of time in order to kill microorganisms that could cause disease or spoilage

**Recommended Dietary Allowance - (RDA)** - the amounts of energy and selected nutrients considered adequate to meet the nutrient needs of practically all healthy people. RDAs are based on scientific knowledge and are prepared by a committee of the Food and Nutrition Board of the National Academy of Sciences/National Research Council

**residue** - the undigested portion of the diet that contributes to the content of feces, including undigested dietary fiber and other unabsorbed dietary components

**soluble fiber** - fiber in food that forms a gel with water

**steatorrhea** - excessive discharge of fat in the feces

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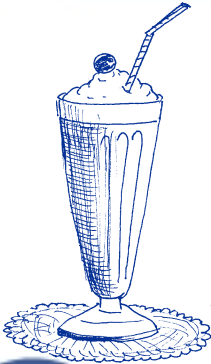
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**PASCO COUNTY  
HEALTH DEPARTMENT**

**U.S.  
FOOD AND DRUG  
ADMINISTRATION**



**FLORIDA  
AIDS HEALTH FRAUD  
TASK FORCE**

**NATIONAL  
AIDS  
TASK FORCE  
NETWORK**

**A PARTNERSHIP**