















HIV

nutrition tool kit





about HIV

Living with a chronic condition, like HIV, can be challenging, especially when it affects day-to-day life. To help you, our team of registered dietitians has created this resource filled with tools, tips and recipes.

For more information on the role of nutrition in managing HIV, please check out our website. You'll find numerous downloads including general nutrition recommendations, key nutrients, tips for shopping on a budget and more!

Our dietitian-tested recipe section includes:

- Food substitutions based on common food allergens and intolerances
- · Helpful nourishment notes calling out the benefits of certain foods for HIV
- Downloadable recipes

And don't miss the Empower Your Well-Being section focusing on sleep, stress management and movement.

Find all of this and more at meijerspecialtypharmacy.com

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shopping list

HIV

Navigating the grocery aisles may be overwhelming, especially if you're not feeling your best. We're here to help. Our dietitians have developed an organized grocery list to help you easily find foods to nourish your body.

Fruit		
*Always wash fruit before eating		
Apples	Kiwi	
Apricots	Mangos	
Avocados	Nectarines	
Bananas	Oranges	
Blackberries	Peaches	
Blueberries	Pears	
Cantaloupe	Pineapple	
Cherries	Plums	
Figs	Pomegranates	
Grapes	Raspberries	
Honeydew Melon	Strawberries	
Jackfruit	Watermelon	

Grains & Starches		
Barley	Quinoa	
Bean-Based Pasta	Sprouted Breads	
Brown Rice	Wheat Berries	
Crackers	Whole Grain Bread	
Old Fashioned Oatmeal	Whole Grain Pasta	

Vegetables		
*Always wash vegetables before eating		
Artichoke	Lettuce	
Asparagus	Mushrooms	
Beans	Okra	
Beets	Onions	
Bell Peppers	Parsnips	
Bok Choy	Pattypan Squash	
Broccoli	Peas	
Broccoli Rabe	Peppers	
Brussels Sprouts	Potatoes	
Butternut Squash	Pumpkin	
Carrots	Radish	
Cauliflower	Scallions	
Corn	Spaghetti Squash	
Cucumber	Spinach	
Eggplant	Sugar Snap Peas	
Green Beans	Summer Squash	
Jicama	Tomatoes	
Kale	Zucchini	



foods to stock your pantry

HΙV

Keeping a power-packed pantry can help you stay well-nourished. Items found on this list can be easily stored and prepared, which is especially helpful when you may not be feeling well.

Grains		
Bean-Based Pastas	Pasta	
Bread	Polenta	
Cream of Wheat®	Rice	
Granola Bars	Whole Grain Crackers	
Instant Brown Rice	Whole Grain Pasta	
Low-Sugar Cereal	Quick-Barley	
Old-Fashioned Oats	Quinoa	

Protein	
Canned Beans and Legumes	
Nut or Seed Butters	
Salmon (cans or pouches)	
Tuna Fish (cans or pouches)	
Chicken (cans or pouches)	
Roasted Nuts or Seeds (almonds, cashews, chia seeds, peanuts, pistachios, sunflower seeds, walnuts)	

Herbs, Spices and Condiments (Dried or Powdered)		
Basil	Honey	
Cinnamon	Italian Seasoning	
Cumin	Oregano	
Chili Powder	Pepper	
Dijon Mustard	Rosemary	
Garlic	Turmeric	
Ginger		

Beverages	
100% Juice	
Chicken or Beef Stock	
Coffee	
Naturally Flavored Sparkling Water	
Shelf-Stable, Non-Dairy Milk	
Sports Drinks	
Tea	
Water	

Fruit
Applesauce
Canned Fruit (packed in water)
Dried Fruit



foods to stock your pantry

HIV

Vegetables	
Canned Beans and Legumes	
Canned, Reduced-Sodium Vegetables	
Canned Tomatoes	
Onions	
Pasta/Marinara Sauce	
Potatoes	
Sweet Potatoes	
Vegetable Juice	
Vegetable Stock	

Other	
Canola Oil	
Commercial Thickeners (to thicken liquids, if necessary)	
Extra Virgin Olive Oil	
Liquid Meal Replacements (Boost®, Carnation Instant Breakfast®, Ensure®, Orgain®)	
Low-Sodium Gravy (to moisten food, if necessary)	
Pudding Cups	
Protein Powder	
Vinegar (apple cider, balsamic, white)	



$eat\,this,\,not\,that$

HIV

Group	Eat This	Not That
Dairy	Commercially packaged cheese and cheese products made with pasteurized milk, such as mild and medium cheddar, mozzarella, Parmesan, Swiss Commercial eggnog Dry, refrigerated and frozen pasteurized whipped topping Commercially made ice cream, frozen yogurt, sherbet, ice cream bars, homemade milkshakes Pasteurized milk Pasteurized yogurt	 Cheeses containing chili peppers or other uncooked vegetables Cheeses with mold, such as blue cheese, gorgonzola, stilton, Roquefort Mexican-style cheeses, such as queso fresco – these are typically made with unpasteurized milk Unpasteurized or raw milk, cheese, yogurt, and other milk products
Protein: Meat, Fish, Eggs, Poultry, Soy	Cooked tofu or shelf stable tofu, such as Mori-Nu® silken tofu Limit hot dog, sausage, and bratwurst consumption, but if consuming heat until steaming hot Well-cooked eggs and egg substitutes Well-cooked fish, meat, poultry- use the Safe Cooking Temperatures handout for food safety tips	Deli meats, hot dogs, sausages, and bratwursts unless reheated until steaming hot Foods containing raw eggs – hollandaise sauce, raw cookie dough, homemade mayonnaise, Caesar salad dressing Raw or runny eggs Raw meats, fish, or poultry Raw tofu Refrigerated meat spreads Smoked or pickled fish Sushi, lox, or sashimi Tempeh products
Fruits and Vegetables	Dried fruits Frozen or canned fruits or vegetables Shelf-stable salsa or salad dressing Well-washed fruits, vegetables, and herbs – do not use soap as this can cause diarrhea, cold water works well Dehydrated fruits and vegetables	Bruised, damaged, or moldy fruits and vegetables Food that came from a damaged can Fresh salsa or salad dressing found in the refrigerated section of the grocery store Fruits or vegetables from a buffet line or salad bar Raw vegetable sprouts – alfalfa, radish, broccoli, mung bean, or other sprouts Unwashed herbs Unwashed fruits and vegetables Wilted salad greens
Grains	Cooked grains – pasta, rice, other grains All breads, bagels, rolls, muffins, waffles	Avoid "bulk bin" sources of cereals, grains or other foods Avoid eating foods with raw flour
Nuts and Seeds	Canned or bottled roasted nuts Commercially packaged peanut butter Nuts in baked products Shelled, roasted nuts	Non-commercially packaged peanut butter Unroasted, raw nuts Roasted nuts in the shell



$\boldsymbol{\text{eat this}}, \boldsymbol{\text{not that}}$

HIV

Group	Eat This	Not That
Sweets and Desserts	Commercially packaged sweets, such as cookies, cakes, pies and other shelf-stable items Popsicles Pudding	Avoid unrefrigerated, cream-filled pastry products Bakery items that are past the expiration date or have been sitting out all day Raw or non-heat-treated honey; honey in the comb
Beverages	Distilled,bottled or city water Homemade juices, if consumed within 2 hours of juicing Tea made with boiling water and commercial tea bags Instant, brewed or cold brew coffee made with boiling water	Sun tea Unpasteurized fruit juice, vegetable juice or cider Water from lakes, rivers, streams, or springs
Fats and Oils	Packaged oils Pasteurized butter	Unpasteurized butter
Other		Brewer's yeast, if uncooked Herbal and nutrient supplement preparations



food and symptom tracker

Date & Time	Food Eaten	Symptoms	Well-Being ⊕ ⊕ ⊕ ⊗
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Lunch | Dinner

Potato Leek Soup

20 Mins **Prep Time**

50 Mins **Cook Time**

Servings

235 Calories 4g Fat 43g Carbs **5g** Protein



Ingredients

4 Servings



1 hr **10** Mins Total Time



Allergens: Nuts

- 8 Cups Vegetable Stock
- 6 Russet Potatoes, peeled, washed and cut into large pieces
- 2 Leeks (whites only), thoroughly washed and sliced
- 3 Stalks Celery, washed and roughly chopped
- 1 Bay Leaf
- 1½ Tsp Dried Thyme

Salt and Pepper, to taste

1 Cup Plain Almond Milk

Allergen Swap

Nuts Replace the almond milk with low-fat milk

Nourishment Note



Soup

If you're experiencing nausea, this soup is a low-fat and mild-tasting recipe that may help you feel better. Enjoy at room temperature if hot foods are bothersome.



1. Wash Hands

Wash hands with soap and water.

2. Add Ingredients to a Large Pot

Add the vegetable stock, potatoes, leeks, celery, bay leaf, thyme, salt and pepper to large pot. Boil until the potatoes are soft, about 15-20 minutes.

3. Blend

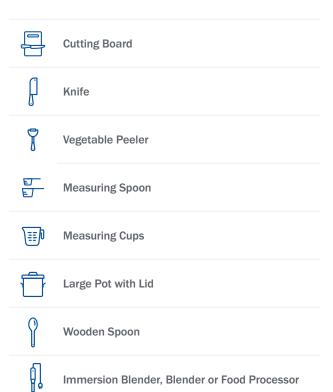
Remove the bay leaf. Using an immersion blender (a blender or food processor can also work) blend the soup until smooth. Return the soup to stove. Add the almond milk and simmer until the soup has thickened, about 20 minutes.

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from The Food Network

What You'll Need



Fatigue Buster

- Prep the leeks and celery up to a day in advance.
- Ask a friend or family member to help you prepare this soup.



Lunch | Dinner

Meaty Mushroom Burgers

10 Mins Prep Time

10-12 Mins **Cook Time**

Servings

356 Calories

15g Fat

28g Carbs

29g Protein

*Nutrition information does not include burger toppings



Ingredients

4 Servings • 4 oz Burger Serving Size



20-22 Mins Total Time



Allergens: Fish

1 lb Lean Ground Beef (90/10), do not rinse meat before using





8 oz Sliced White or Baby Bella Mushrooms, wash under cold running water



1/4 Cup Worcestershire Sauce, divided

Salt and Pepper, to taste

4 Hamburger Buns

Favorite Hamburger Toppings (optional)

Allergen Swap

Fish Omit Worcestershire sauce, which may contain anchovy paste

Nourishment Note



Lean Beef

Lean beef is a good source of many different vitamins and minerals, including zinc. Zinc is an important mineral for the immune system. Beef is also an excellent source of protein. Protein needs may be elevated when fighting an active infection.



Mushrooms

Mushrooms are a good source of antioxidants, like vitamin C, selenium and choline. Antioxidants are known for their important role in the immune system, by removing free radicals and reducing oxidative stress.



1. Wash Hands

Wash hands with soap and water.

2. Prepare Mushrooms

Add mushrooms to a food processor or finely dice with a knife and cutting board.

3. Heat Skillet

To a skillet, heat the olive oil over medium-high heat and add the finely diced mushrooms. Cook for 5-7 minutes, or until golden brown. Remove from heat and allow to cool for 5 minutes.

4. Prepare Burgers

Mix ground beef and cooled mushrooms in a bowl until well-combined. Make 4 burger patties and set on a plate. Season each burger with salt, pepper and 1 Tbsp Worcestershire sauce. Wash hands with soap and water after touching raw meat.

5. Grill Burgers

Grill burgers on medium-high heat, flipping halfway through, until internal temperature reaches at least 160°F, about 6-7 minutes per side.

6. Assemble Burgers

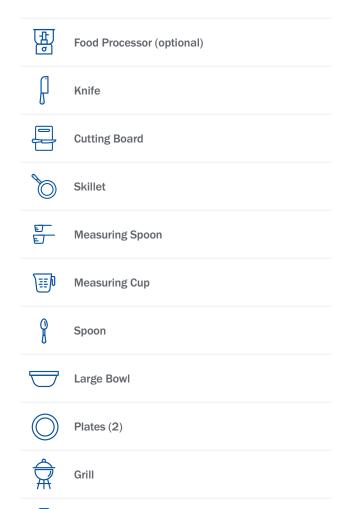
Transfer burgers to a clean plate. Place patties on hamburger buns and top with your favorite burger toppings. Enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from mushroomcouncil.com

What You'll Need



Fatigue Buster

Grill Spatula

- If you don't feel like grilling, cook hamburgers in a skillet, grill pan or an indoor grill (ex. George Foreman Grill™)
- Freeze any uneaten burgers and thaw to eat on a day when you are low on energy.



Breakfast | Snack

Banana Oatmeal Chocolate Chip Breakfast Cookies

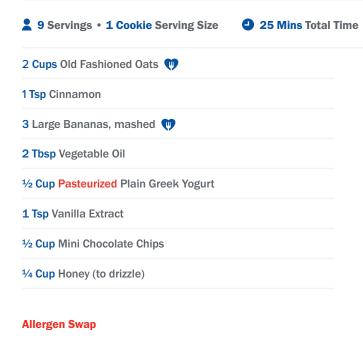
5 Mins Prep Time

20 Mins Cook Time 9 Servings

238 Calories 8g Fat 39g Carbs 4g Protein



Ingredients



Dairy Omit Greek yogurt and replace with a non-dairy yogurt alternative

Nourishment Note



Allergens: Dairy

Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water, potentially providing diarrhea relief.



Bananas

Bananas are rich in potassium, an electrolyte that may become low if experiencing chronic diarrhea.



1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 375°F.

3. Combine Ingredients

In a large bowl, combine all ingredients, using the fork to mash the bananas. Mix well.

4. Form Cookies

Scoop batter onto a parchment-lined baking sheet using a cookie scoop or two spoons. Batter makes approximately 9 cookies.

5. Bake

Bake for 18-20 minutes or until golden brown. Drizzle cookies with honey.

6. Let Cool

Allow to cool and enjoy!

7. Clean Up

Wash hands with soap and water.

8. Store Cookies

Store cooled cookies in the refrigerator for up to one week.

Recipe adapted from Milk and Honey Nutrition

What You'll Need



Measuring Cups



Measuring Spoons



Large Bowl



Fork



Mixing Spoon



Cookie Scoop (optional)



Spoons (2)



Baking Sheet



Parchment Paper (optional)

Fatigue Buster

- To soften bananas, place on a baking sheet and put in the oven as oven preheats.
- Have a friend or family member help you with this recipe.



Dinner

Stovetop Spaghetti

5 Mins Prep Time

25 Mins Cook Time

6 Servings

432 Calories 6g Fat 77g Carbs 17g Protein



Ingredients

30 Mins Total Time **Allergens: Gluten** 6 Servings 1 Tbsp Extra Virgin Olive Oil 1 Medium Shallot, minced 4 Cloves Garlic, minced 2 Medium Carrots, washed and shredded 1 Pinch Salt 26 oz Jarred Marinara Sauce, any kind 1 Pinch Red Pepper Flakes 1 Tsp Dried Basil 1 Tsp Dried Oregano 1 Tbsp Brown Sugar 1/2 Cup Water 3/4 Cup Red Lentils 💔 1 Package (1 Lb) Whole Grain Spaghetti

Nourishment Note Lentils Lentils are a good plant-based protein source. Protein needs may be higher with HIV. Whole Grain Pasta Whole grains are a good source of fiber and may support heart and digestive health. Allergen Swap

Gluten Swap whole grain spaghetti for a gluten-free pasta



1. Wash Hands

Wash hands with soap and water.

2. Cook Pasta

Cook spaghetti noodles according to package directions.

3. Heat Skillet

Heat a large rimmed skillet over medium heat. Once hot, add oil, shallot and garlic. Sauté for 2-3 minutes, stirring frequently, until slightly softened and fragrant. Turn down heat if browning.

4. Prepare Sauce

Add carrots and a pinch of salt and stir. Cook for 3-4 minutes more, then add marinara sauce and stir to coat.

5. Add Seasoning & Allow Sauce to Cook

Add red pepper flakes, basil, oregano, brown sugar, water and lentils. Increase heat slightly and bring mixture to a simmer, then reduce heat to medium-low and continue cooking until lentils are tender – stirring occasionally – about 17-20 minutes. Add a bit more water if mixture gets too thick.

6. Season Sauce to Taste

Once lentils are cooked, taste and adjust seasonings as needed.

7. Serve Spaghetti

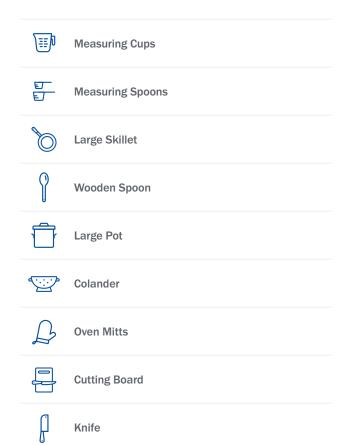
Serve sauce over noodles. Sauce will keep in the refrigerator for up to 3 days or in the freezer for 1 month.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from Minimalist Baker

What You'll Need



Fatigue Buster

- Instead of whole carrots, use pre-shredded, bagged carrots
- · Instead of whole garlic cloves, use jarred, minced garlic