



HIV

# nutrition tool kit

 **meijer**  
specialty pharmacy

# 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](https://www.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	
<b>*Always wash fruit before eating</b>	
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	
<b>*Always wash vegetables before eating</b>	
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

### HIV

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
<b>Dairy</b>	<ul style="list-style-type: none"> <li>Commercially packaged cheese and cheese products made with pasteurized milk, such as mild and medium cheddar, mozzarella, Parmesan, Swiss</li> <li>Commercial eggnog</li> <li>Dry, refrigerated and frozen pasteurized whipped topping</li> <li>Commercially made ice cream, frozen yogurt, sherbet, ice cream bars, homemade milkshakes</li> <li>Pasteurized milk</li> <li>Pasteurized yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Cheeses containing chili peppers or other uncooked vegetables</li> <li>Cheeses with mold, such as blue cheese, gorgonzola, stilton, Roquefort</li> <li>Mexican-style cheeses, such as queso fresco – these are typically made with unpasteurized milk</li> <li>Unpasteurized or raw milk, cheese, yogurt, and other milk products</li> </ul>
<b>Protein: Meat, Fish, Eggs, Poultry, Soy</b>	<ul style="list-style-type: none"> <li>Cooked tofu or shelf stable tofu, such as Mori-Nu® silken tofu</li> <li>Limit hot dog, sausage, and bratwurst consumption, but if consuming heat until steaming hot</li> <li>Well-cooked eggs and egg substitutes</li> <li>Well-cooked fish, meat, poultry- use the <i>Safe Cooking Temperatures</i> handout for food safety tips</li> </ul>	<ul style="list-style-type: none"> <li>Deli meats, hot dogs, sausages, and bratwursts unless reheated until steaming hot</li> <li>Foods containing raw eggs – hollandaise sauce, raw cookie dough, homemade mayonnaise, Caesar salad dressing</li> <li>Raw or runny eggs</li> <li>Raw meats, fish, or poultry</li> <li>Raw tofu</li> <li>Refrigerated meat spreads</li> <li>Smoked or pickled fish</li> <li>Sushi, lox, or sashimi</li> <li>Tempeh products</li> </ul>
<b>Fruits and Vegetables</b>	<ul style="list-style-type: none"> <li>Dried fruits</li> <li>Frozen or canned fruits or vegetables</li> <li>Shelf-stable salsa or salad dressing</li> <li>Well-washed fruits, vegetables, and herbs – do not use soap as this can cause diarrhea, cold water works well</li> <li>Dehydrated fruits and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Bruised, damaged, or moldy fruits and vegetables</li> <li>Food that came from a damaged can</li> <li>Fresh salsa or salad dressing found in the refrigerated section of the grocery store</li> <li>Fruits or vegetables from a buffet line or salad bar</li> <li>Raw vegetable sprouts – alfalfa, radish, broccoli, mung bean, or other sprouts</li> <li>Unwashed herbs</li> <li>Unwashed fruits and vegetables</li> <li>Wilted salad greens</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>Cooked grains – pasta, rice, other grains</li> <li>All breads, bagels, rolls, muffins, waffles</li> </ul>	<ul style="list-style-type: none"> <li>Avoid “bulk bin” sources of cereals, grains or other foods</li> <li>Avoid eating foods with raw flour</li> </ul>
<b>Nuts and Seeds</b>	<ul style="list-style-type: none"> <li>Canned or bottled roasted nuts</li> <li>Commercially packaged peanut butter</li> <li>Nuts in baked products</li> <li>Shelled, roasted nuts</li> </ul>	<ul style="list-style-type: none"> <li>Non-commercially packaged peanut butter</li> <li>Unroasted, raw nuts</li> <li>Roasted nuts in the shell</li> </ul>

## eat this, not that

### HIV

Group	Eat This	Not That
<b>Sweets and Desserts</b>	<ul style="list-style-type: none"> <li>• Commercially packaged sweets, such as cookies, cakes, pies and other shelf-stable items</li> <li>• Popsicles</li> <li>• Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid unrefrigerated, cream-filled pastry products</li> <li>• Bakery items that are past the expiration date or have been sitting out all day</li> <li>• Raw or non-heat-treated honey; honey in the comb</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Distilled, bottled or city water</li> <li>• Homemade juices, if consumed within 2 hours of juicing</li> <li>• Tea made with boiling water and commercial tea bags</li> <li>• Instant, brewed or cold brew coffee made with boiling water</li> </ul>	<ul style="list-style-type: none"> <li>• Sun tea</li> <li>• Unpasteurized fruit juice, vegetable juice or cider</li> <li>• Water from lakes, rivers, streams, or springs</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>• Packaged oils</li> <li>• Pasteurized butter</li> </ul>	<ul style="list-style-type: none"> <li>• Unpasteurized butter</li> </ul>
<b>Other</b>		<ul style="list-style-type: none"> <li>• Brewer's yeast, if uncooked</li> <li>• Herbal and nutrient supplement preparations</li> </ul>

## 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

**4**  
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.

## Instructions

### 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



Cutting Board



Knife



Vegetable Peeler



Measuring Spoon



Measuring Cups



Large Pot with Lid



Wooden Spoon



Immersion Blender, Blender or Food Processor

### 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

**4**  
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 Tbsp** Extra Virgin Olive Oil

**¼ 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.

## Instructions

### 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](https://mushroomcouncil.com)

## What You'll Need



Food Processor (optional)



Knife



Cutting Board



Skillet



Measuring Spoon



Measuring Cup



Spoon



Large Bowl



Plates (2)



Grill



Grill Spatula

### Fatigue Buster

- 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

 **9** Servings • **1** Cookie Serving Size

 **25** Mins Total Time

 **Allergens: Dairy**

**2** Cups Old Fashioned Oats 

**1** Tsp Cinnamon

**3** Large Bananas, mashed 

**2** Tbsp Vegetable Oil

**½** Cup **Pasteurized** Plain Greek Yogurt

**1** Tsp Vanilla Extract

**½** Cup Mini Chocolate Chips

**¼** Cup Honey (to drizzle)

### Allergen Swap

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

### Nourishment Note



#### **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.

## Instructions

### 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

 **6 Servings**  **30 Mins Total Time**  **Allergens: Gluten**

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

½ Cup Water

¾ 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

## Instructions

### 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



Measuring Cups



Measuring Spoons



Large Skillet



Wooden Spoon



Large Pot



Colander



Oven Mitts



Cutting Board



Knife

### Fatigue Buster

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