

general nutrition recommendations

HIV

There is no one food or diet that will cure HIV, but there are ways that you can eat that may help to improve HIV symptoms. Choosing foods that can help support the immune system and support good health may be helpful. Good nutrition may help to give you more energy, manage medication side effects and best manage your symptoms.

Choose a diet balanced in:

- Fruits
- Vegetables
- Lean protein
- Nuts and seeds
- Whole grains

Include lean protein sources at every meal and snack:

- Beans
- Beef
- Chicken (white meat)
- Eggs
- Low-fat dairy (cheese, yogurt, milk)
- Nuts and seeds
- Pork (tenderloin)
- Tofu
- Turkey (white meat)

Choose foods high in antioxidants – nutrients to help protect healthy cells

- **Fruits:** blackberries, blueberries, cherries, strawberries
- **Vegetables:** cauliflower, collard greens, Brussels sprouts, kale, spinach
- **Herbs and Spices:** cinnamon, garlic, ginger, turmeric

Include healthy fats that help to lower inflammation:

- **Fatty fish** : mackerel, salmon, sardines, tuna
- **Fruit:** avocado
- **Nuts and Seeds:** almonds, ground flax seed, walnuts
- **Oil:** extra virgin olive oil

Limit or avoid foods that may increase inflammation:

- Alcohol
- **High-sugar foods:** candies, cake, cookies, desserts, ice cream, soda, sweet-tea
- **Fatty foods:** chips, fried foods (fried chicken, French fries etc.), hamburger, pizza etc.