



HIV

symptom management tool kit

 **meijer**
specialty pharmacy

HIV symptom introduction

This symptom management tool-kit has been designed to focus on the common symptoms associated with HIV and ways you can better manage them by taking charge of your health and nutrition.

HIV can cause a variety of symptoms. Symptoms may vary from person to person and depend on the stage of the disease. Often the more active the virus, the more symptoms occur.

Some of the most common symptoms that affect nutrition include mouth sores, nausea and vomiting, diarrhea and fatigue.

Understanding your symptoms can help you take charge of your health and wellness. Refer to this tool-kit to learn more about the symptoms you may face, and ways to manage them. This tool-kit will help you to:

- Discover ways to manage symptoms with nutrition.
- Discover the best foods recommended based on each symptom.
- Learn new cooking tips to apply in the kitchen.

for a healthier you

Remember, this tool-kit is to be used as a resource only. **For individualized nutrition questions, check with your health care provider or medical team.**



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difficulty swallowing

Dysphagia (pronounced dis-fay-juh) is the medical term that describes difficulty swallowing.

Swallowing involves the coordinated activity of the mouth, pharynx, larynx and esophagus.

Any changes in one of these body parts can make it difficult to swallow. Below are possible causes of swallowing problems.

Esophagitis (pronounced i-sa-fe-ji-tes)

Esophagitis is the medical term that describes a sore and inflamed throat. A sore and inflamed throat can make it challenging and painful to swallow food and beverages.

Mucositis (pronounced mu-co-si-tis)

Mucositis is the medical term to describe inflammation in the mouth, esophagus, and other areas of the GI tract. If any of these areas are inflamed it can become painful and challenging to swallow.

Thrush

Thrush is a fungal infection that affects the lining of the mouth. It can cause white lesions to appear on the tongue, inner cheeks, gums, tonsils and the roof of the mouth. In severe cases, thrush may spread into the esophagus, causing pain and difficulty swallowing.

Pain, inflammation or mouth sores can all lead to swallowing challenges. To stay well-nourished, it's best to work with your health care provider and dietitian to create an individualized nutritional plan.

Managing with Nutrition:

- Eat 5 or 6 smaller meals throughout the day instead of 3 large meals. Small quantities of food may be easier to swallow.
- Include soft, easy-to-swallow foods like scrambled eggs, cooked cereal or milkshakes.
- Cook foods until they are soft and tender.
- Cut foods into small pieces or use a food processor or blender to puree food to desired consistency.
- Add sauces, gravies, broth, or yogurt to help soften foods.
- Try sipping drinks through a straw, it may help make swallowing easier.
- Avoid foods that can bother or irritate your throat:
 - Hot (Temperature) Foods and Drinks
 - Highly Acidic Foods – tomatoes, oranges, lemonade
 - Sharp, Crunchy Foods- potato and tortilla chips
 - Alcoholic Beverages
 - Spicy Foods

difficulty swallowing

Easy to Swallow Foods & Drinks

Nutrition is a key component to overall health, but swallowing challenges can make it difficult to nourish your body. Below are suggestions for easy to swallow foods and drinks to help you stay nourished. Always consult with your health care provider about any new changes you notice in swallowing, or pain in the throat and mouth. Some people may need to work with a registered dietitian for specific swallowing and dietary requirements.

Proteins (Meats, Nuts, Seeds)
Scrambled Eggs
Creamy Peanut Butter
Pureed, Cooked Foods
Creamy Seed Butter (Sun Butter®)

Dairy
Cottage Cheese
Ice Cream
Milkshakes
Yogurt: smooth, without fruit chunks

Desserts & Snacks	
Flan	Sherbet
Fruit: pureed or baby food	Smoothies
Gelatin	Soft Fruits: bananas, applesauce
Puddings	Sorbet

Meals and Meal Replacement
Baby Food
Casseroles
Chicken Salad
Clear Nutritional Supplements: Resource Breeze®, Ensure Clear®
Egg Salad
Ensure®
Instant Breakfast Drinks: Carnation Instant Breakfast®
Macaroni and Cheese
Soups
Stews
Tuna Salad

Grains & Starches
Cooked Cereals: Cream of Wheat®, instant oatmeal, grits
Mashed Potatoes

diarrhea

Diarrhea (frequent, loose bowel movements) is a common symptom of HIV. Diarrhea can also be caused by infections, food sensitivities, antibiotics or emotional upset.

Diarrhea occurs when foods and liquids pass through the gut so quickly that the body cannot absorb and digest it. This can also cause dehydration. Diarrhea symptoms can vary from mild to severe and last a short or long time.

Managing with Nutrition:

- To prevent dehydration, drink plenty of fluids to replace those you lose. Clear liquids are best, including water, sports drinks, clear flat soft drinks, chicken broth or weak caffeine-free tea.
- Choose soft, bland foods. Good choices include noodles, hard-boiled eggs, white bread, pureed vegetables, lean turkey and chicken, fish and mashed potatoes.
- Try the BRAT diet. BRAT stands for bananas, rice, applesauce and toast. These foods are higher in water-absorbing soluble fiber.
- Include foods that are higher in potassium and sodium. Try potatoes, broth, apricots and bananas.
- Eat small meals, more often. Eating 5-6 small meals per day may be easier on the gut than 3 large meals.
- Consume food and drinks at room temperature.

Tips For When You Experience Diarrhea:

- Take anti-diarrheal medications as prescribed.
- Rest your gut for 12-14 hours after having diarrhea and only drink clear liquids during this time. Use the *Clear Liquids* handout for a list of suggested foods and beverages.
- For nutrition recommendations, review the *Foods to Help with Diarrhea* found on the next page.

Avoid:

- Foods high in insoluble fiber. These foods may make diarrhea worse. Avoid raw fruits and vegetables, nuts, seeds, whole grain products, and high-fiber produce (broccoli, corn, beans, cabbage, cauliflower and peas).
- Caffeine-containing products (coffee, tea, chocolate, some soda).
- High-sugar beverages, such as regular soda and fruit punch.
- Lactose-containing dairy products (milk, cheese, yogurt).
- Sugar-free products sweetened with xylitol or sorbitol. These sweeteners are mostly found in sugar-free candy and gum.
- Spicy foods (hot peppers, curries, buffalo wings, salsa, black pepper, hot sauce).
- Greasy, fatty or fried foods (fatty cuts of meat, French fries, potato chips, fast food).
- Alcohol

Call your doctor immediately if you experience any of the following signs or symptoms with diarrhea:

- Six or more loose bowel movements a day for more than two days
- Blood in your stool or rectal area
- Weight loss due to diarrhea
- Fever of 100.5°F or higher
- Inability to control bowel movements
- Diarrhea or abdominal cramps that last more than a day
- Diarrhea accompanied by dizziness

diarrhea

Foods to Help with Diarrhea

When dealing with the unpleasant symptom of diarrhea, there are certain foods that may help provide relief. See the table below for more details.

Food Group	Recommended Foods	Other Considerations
Dairy	<ul style="list-style-type: none"> Buttermilk Evaporated milk Powdered milk Soy milk Yogurt with live, active cultures 	<ul style="list-style-type: none"> Avoid yogurts with added nuts or dried fruit Try lactose-free products, if lactose intolerant
Grains	<ul style="list-style-type: none"> Bread, bagels, rolls, crackers, and pasta made from white or refined flour Cereals made with refined grains (Corn Flakes®, puffed rice) Cream of Wheat® White rice Oatmeal 	<ul style="list-style-type: none"> Choose foods with less than 2g of fiber per serving
Fruits & Vegetables	<ul style="list-style-type: none"> Applesauce Canned, soft fruit Ripe bananas Melons Fruit juice without pulp Strained vegetables 	<ul style="list-style-type: none"> Avoid canned fruit in heavy syrup Avoid cruciferous vegetables, like broccoli, cauliflower, and Brussels sprouts Avoid dried fruits Avoid fruit juice with pulp and prune juice Avoid most raw produce, unless listed to the left
Proteins	<ul style="list-style-type: none"> Smooth nut butters Tender, well-cooked meat, pork, poultry, fish, eggs or soy foods made without added fat 	<ul style="list-style-type: none"> Avoid chunky nut butters Avoid fatty cuts of meat, like pork ribs, chicken thighs, high-fat (55%) ground beef, ribeye steaks, etc.
Beverages	<ul style="list-style-type: none"> Caffeine-free teas Decaffeinated coffee Rehydration drinks Sports drinks Water 	<ul style="list-style-type: none"> Avoid sugary and alcoholic beverages Avoid caffeinated beverages
Fats	<ul style="list-style-type: none"> Choose a low-fat diet 	<ul style="list-style-type: none"> A high-fat diet may make diarrhea worse
Other	<ul style="list-style-type: none"> Anti-diarrheal medications 	<ul style="list-style-type: none"> Avoid sorbitol or sugar-alcohol containing products

***These foods may be beneficial for most people, but not all.** If you find any of these foods make your diarrhea symptoms worse, stop eating them until symptoms go away. **Call your doctor right away if you experience any of the following signs or symptoms:**

- Six or more loose bowel movements a day for more than two days
- Blood in your stool or rectal area
- Weight loss due to diarrhea
- Fever of 100.5° or higher
- Inability to control bowel movements
- Diarrhea or abdominal cramps that last more than a day
- Diarrhea accompanied by dizziness

nausea and vomiting

Nausea happens when you feel “sick to your stomach” or queasy. You may also experience a watery mouth, dizziness or fast heartbeat.

When you don't feel your best, it can be difficult to get the nourishment that your body needs. A weak appetite can lead to weight loss and may affect how well your medications work. It's important to talk with your doctor if you're experiencing nausea.

Managing with Nutrition:

- Eat small, frequent meals throughout the day. Often this looks like 5 to 6 small meals instead of 3 large meals. Small, frequent meals are typically well-tolerated.
- Do not skip meals or snacks. Even if you don't feel hungry, you should still eat. An empty stomach can make nausea worse. Set an alarm as a reminder to eat every 2-3 hours.
- Room-temperature foods are often well-tolerated. Allow hot foods to cool down and cool foods to warm up before consuming.
- When you're not feeling well, avoid eating your favorite foods. This may cause you to link them to feeling sick.
- Stay hydrated. Drink liquids throughout the day.
- If you have nausea in the morning, try keeping crackers next to the bed and eat a few before even getting out of bed.
- Try resting after eating.
- Wear loose and comfortable clothing.
- Avoid strong food and drink smells. Strong smelling foods include coffee, fish, onions, and garlic.

clear liquids

Foods that Help with Nausea or Vomiting

The following foods and beverages may help if you're experiencing vomiting, diarrhea or appetite loss. If experiencing vomiting, wait until it subsides before eating anything.

Soups
Fat-Free Bone Broth
Fat-Free Chicken Broth
Fat-Free Vegetable Broth

Drinks
Apple Juice
Caffeine-Free Tea
Clear, Carbonated Beverages
Fruit-Flavored Drinks
Fruit Punch
Water with Lemon
Water, Plain
Sports Beverages

Sweets
Fruit Ice, without milk or fruit pieces
Popsicles
Sorbet, without fruit pieces
Jello-O®

Meal Replacements
Clear Nutritional Supplements (Carnation Instant Breakfast Juice®)

full liquids

Foods that Help with Nausea or Vomiting

Full liquids generally have more calories, protein and nutrients than clear liquids. Full liquids may help if you have a loss of appetite, vomiting or weight loss. Some liquids are considered both clear and full.

Hot Cereals
Cream of Wheat®
Cream of Rice®
Grits
Instant Oatmeal

Soups
Broth
Soup, strained or put through a blender

Sweets and Snacks
Custard (baked)
Frozen Yogurt
Fruit Puree
Ice Cream, with no chunks (cookie or nut pieces)
Ice Milk
Pudding
Sherbet
Sorbet
Yogurt, plain or vanilla (no fruit pieces)

Drinks
Carbonated Beverages
Decaffeinated Tea
Fruit Drinks
Fruit Punch
Milk
Milk Alternatives (soy milk or nut milk varieties)
Milkshakes
Smoothies
Sports Beverages
Tomato Juice
Vegetable Juice
Water

Meal Replacements
Instant Breakfast Drinks:
Carnation Instant Breakfast®
Liquid Meal Replacements:
Boost®
Ensure®
Clear Nutritional Supplements:
Ensure Clear®

easy on the stomach

Foods that Help with Nausea or Vomiting

When you're feeling nauseous it can be challenging to eat. Certain foods can help to calm nausea and some just feel easier sitting in the stomach. Below are foods to eat to stay nourished, even when your stomach is feeling queasy. If you're throwing up, it is best to wait until your vomiting has stopped before eating.

Beverages
Caffeine-Free Tea
Clear, Flat Carbonated Beverages
Cranberry Juice
Fruit Punch
Sports Drinks
Vegetable Juice
Water

Fruits and Vegetables
Bananas
Canned Fruit - applesauce, peaches, pears
Potatoes – baked or boiled, no skin

Meal Replacements
Instant Breakfasts – Carnation Instant Breakfast®
Liquid Meal Replacement - Ensure®
Clear Nutritional Supplements – Resource Breeze®, Carnation Instant Breakfast Juice®, Ensure Clear®

Other
Ginger and Ginger-Favored Foods – ginger chews, ground ginger, ginger gum, etc.

Proteins
Chicken or Turkey – baked without skin
Eggs
Fish – poached or broiled

Desserts and Sweets
Angel Food Cake
Jell-O®
Low-Fat Ice Cream
Lemon Drops
Popsicles
Sherbet
Sorbet

Grains
Crackers - plain
Noodles – plain
Pretzels
Refined, Cold Cereals – Corn Flakes®, Rice Krispies®, Rice Chex®
Rice
Toast – plain

low appetite/weight loss

Appetite loss is when you lose interest in eating or you don't want to eat very much. It can occur for a lot of reasons.

Reasons include fatigue, pain, certain medications and emotional issues. Appetite loss is very common and can vary in length. Longer term appetite loss can result in weight loss and malnutrition.

Managing with Nutrition:

- Try a liquid or powdered meal replacement, like Boost®, Ensure® or Carnation Instant Breakfast®.
- Instead of eating 3 large meals a day, try to eat 5-6 smaller meals throughout the day.
- Eat your largest meal when you are hungriest. For many people, this is in the morning.
- Start your meal with high-protein foods, when appetite is the strongest. See *Tips for Adding Protein* for ways to incorporate more protein into your meals.
- Drink high-calorie beverages, like milkshakes, smoothies, juices or soups.
- Keep snacks handy. See *Snack Ideas for Appetite Loss* for some tasty and easy snack suggestions.
- Drink liquids throughout the day, especially if you don't feel like eating. If it's difficult for you to remember, set a timer to remind you.
- Try to eat a bedtime snack. This will provide extra calories, but not affect your appetite for the next day.
- Eat soft, cool or frozen foods like popsicles, sorbet or yogurt.

Avoid:

- Drinking large amounts of liquids at meals, as this could make you feel full very quickly and reduce the amount of food you are able to eat.

Additional Tips:

- Keep a normal eating schedule, eating every 2 ½–3 hours.
- Set an alarm to remind you to eat snacks.
- Try to be physically active, this can help to stimulate appetite.
- Your doctor may be able to prescribe medications to help improve appetite.
- Recruit the help of friends or family members to help you purchase and/or prepare food.
- Try to keep mealtimes relaxed and pleasant.
- Talk with your doctor if emotional issues, like depression or anxiety, may be affecting your appetite.

tips for adding calories

It is common to lose weight with an HIV diagnosis.

To help maintain your weight, try to get enough calories in your diet. See the tips below for ideas to increase the number of calories you eat and prevent weight loss.

Tips for Adding Calories:

- Eat at least 3 meals and 3 snacks daily.
- Limit the amount of liquid you drink at meals to avoid filling up too fast. Drink more between meals instead.
- Add additional calories to at least one food item at each meal and snack.
- Always have favorite snack foods available.
- Set up an eating schedule and set reminders to eat.
- Eat your largest meal when appetite is the strongest.
- Add butter, oil, cheese or cream to foods.
- Add nut butters to foods like fruit, yogurt or ice cream .
- Add extra gravies, sauces or salad dressings to foods.
- Add sweeteners like sugar, brown sugar, maple syrup or honey to cereal, oatmeal or hot beverages.
- Use 2% or whole dairy products, including milk, yogurt, cheese and cottage cheese.
- Use higher calorie cooking methods, like sautéing or frying foods.

Foods	Serving / Calories	Suggestions
Avocado	$\frac{1}{3}$ = 80 calories	<ul style="list-style-type: none"> • Slice for sandwiches or salads • Stir into dips • Make guacamole • Serve with eggs
Butter	1 tsp = 45 calories	<ul style="list-style-type: none"> • Add to soups, potato dishes, hot cereals, grits, rice, noodles and cooked vegetables • Top muffins, crackers, rolls or toast • Stir into cream soups, sauces and gravies • Combine with spices and herbs and spread on cooked meats, fish, hamburgers and egg dishes • Use melted butter on vegetables or seafood

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual.
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

tips for adding calories

HIV

Foods	Serving / Calories	Suggestions
Cream Cheese	1 oz = 100 calories	<ul style="list-style-type: none"> • Spread on breads, muffins, crackers or fruit slices • Add to vegetables and casseroles • Roll into balls and coat with chopped nuts, shredded coconut, herbs or granola • Soften and season as a fruit dip
Dried Fruits	½ cup = 100-200 calories	<ul style="list-style-type: none"> • Serve in breakfast dishes, as a dessert or eat for a snack • Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings and stuffing • Combine with sweeter vegetables, such as cooked carrots, sweet potatoes, yams, acorn squash or butternut squash • Combine with nuts and/or granola for snacks
Dry Pudding Mix	Calories vary per serving and variety	<ul style="list-style-type: none"> • Add dry mixes when baking cakes, muffins or sweet breads • Add to shakes and smoothies
Granola	½ cup = 300 calories	<ul style="list-style-type: none"> • Use in cookie, muffin and sweet bread batters • Sprinkle on yogurt, ice cream, pudding, custard, frozen yogurt or fruit • Layer with fruit and bake • Mix with dried fruits and nuts for a snack • Use instead of bread or rice in pudding recipes
Greek Yogurt	5-6 oz = 150 calories	<ul style="list-style-type: none"> • Use in place of regular yogurt in recipes • Serve with fruit for a snack • Add to shakes and smoothies • Freeze in popsicle molds for a cool treat

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual.
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

tips for adding calories

HIV

Foods	Serving / Calories	Suggestions
Half-and-Half or Cream	1 Tbsp = 30-50 calories	<ul style="list-style-type: none"> • Use on hot or cold cereals • Use in milkshakes or smoothies • Use in place of milk for cream soups and sauces • Mix with pasta, rice or mashed potatoes • Pour on chicken or fish while baking • Substitute for milk in recipes • Make hot chocolate with cream and add marshmallows
Honey, Jam, Sugar	1 Tbsp = 60 calories	<ul style="list-style-type: none"> • Add to bread, cereal, oatmeal, milk drinks and fruit or yogurt desserts • Use as a glaze for meats, such as chicken or pork
Hot Fudge or Caramel	1 Tbsp = 65 calories	<ul style="list-style-type: none"> • Serve over dessert • Add to puddings, cheesecakes and prepared items • Add to coffee
Nuts and Seeds	¼ Cup = 200 calories	<ul style="list-style-type: none"> • Serve as a snack • Use to make fudge, candy or special desserts • Crush and make a coating for fish or chicken • Add to salads or grain-based dishes
Nut Butters	2 Tbsp = 190 calories	<ul style="list-style-type: none"> • Add to shakes or smoothies • Stir in hot cereal • Spread on muffins, waffles, pancakes, English muffins or French toast • Spread on bread or crackers for snacks • Use as a dip for fruit or veggies • Make a nut butter-based sauce

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual.
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

tips for adding calories

HIV

Foods	Serving / Calories	Suggestions
Oils (olive oil, canola oil, grapeseed oil)	1 Tbsp = 120 calories	<ul style="list-style-type: none"> • Add to flavor most menu items and dressings • Use to pan fry meats, seafood, poultry or vegetables • Finish soups, pastas and salads with a drizzle of high-quality oil • Use as a dip for bread • Use to make a grain-based salad
Salad Dressings and Mayonnaise	1 Tbsp = 60-100 calories	<ul style="list-style-type: none"> • Spread on sandwiches and crackers • Combine with meat, fish, eggs or vegetables • Use in sauces • Use liberally for dipping vegetables
Sour Cream	1 Tbsp = 30 calories	<ul style="list-style-type: none"> • Add to cream soups, baked or mashed potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meats and fish • Make a dip for vegetables • Scoop on fresh fruit with brown sugar

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual.
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

tips for adding protein

HIV may make protein needs higher than normal.

To help stay nourished, try to get enough protein in your diet. See below for ideas on how to add more protein to your diet.

Dairy - Melt Cheese On:

- Bagels
- Chicken
- Crackers
- Eggs
- English Muffins
- Hamburgers
- Pita Bread
- Sandwiches
- Tortilla Chips
- Tortillas
- Tuna
- Vegetables

Dairy - Grate Cheese Over:

- Breadsticks
- Casseroles
- Mashed Potatoes
- Pastas
- Pizza
- Rice
- Salads
- Sauces
- Soups
- Vegetable Dishes

Dairy - Cottage and Ricotta Cheese:

- Use as a dip for fruits and vegetables
- Add to:
 - Casseroles
 - Egg Dishes
(omelets, frittatas, scrambled eggs)
 - Pancake/Muffin Batter
 - Pasta
 - Polenta
 - Smoothies

Dairy - Milk:

- Use milk to replace water in cooking
- Use in hot soups, cereal, cocoa and pudding

Dairy - Nonfat Instant Dry Milk:

- Add to milk or milk drinks, such as milkshakes, protein shakes or eggnog
- Add to:
 - Breads
 - Cream-Based Soups
 - Custards
 - Macaroni and Cheese
 - Mashed Potatoes
 - Muffins
 - Puddings
 - Sauces

Dairy - Meal Substitution and Protein Powders:

- Use “instant breakfast powder” in milk, milk drinks and desserts
- Mix with fruit, yogurt and ice for a high protein smoothie
- Add to:
 - Baked Goods
 - Coffee
 - Ice Cream
 - Oatmeal
 - Pudding

tips for adding protein

HIV

Dairy - Greek Yogurt:

- Mix with fruit and granola
- Use to replace sour cream in dishes
- Add to smoothies
- Freeze to make popsicles
- Use in baked goods

Eggs:

- Add chopped hard-boiled eggs to salads
- Make a custard with milk, eggs and sugar
- Make egg salad
- Make eggs in a variety of ways:
 - Scrambled Eggs
 - Frittatas
 - Muffin Tin Eggs
 - Breakfast Burritos
 - Omelets
 - Breakfast Sandwiches
 - Quiches

Nuts and Seeds:

- Add to:
 - Breads
 - Cookies
 - Muffins
 - Pancakes
 - Smoothies
 - Trail Mix
 - Waffles
- Sprinkle on:
 - Cereal
 - Ice Cream
 - Salads
 - Vegetable Dishes
 - Yogurt

Nut Butters:

- Swirl through yogurt
- Add to smoothies
- Spread On:
 - Crackers
 - Fruit or Veggie Slices
 - Muffins
 - Pancakes
 - Sandwiches
 - Toast
 - Waffles

Meat, Poultry, and Fish:

- Add cooked, chopped meat, poultry or fish to:
 - Casseroles
 - Omelets
 - Pasta
 - Quiches
 - Rice
 - Salads
 - Sandwiches
 - Soups
 - Vegetables

Beans, Legumes, and Tofu:

- Make hummus
- Add to:
 - Casseroles
 - Grain Dishes
 - Pasta
 - Salads
 - Soup
 - Stir-fries
 - Tacos

snack ideas for appetite loss

When you don't have an appetite, it may be hard to think of easy snack ideas.

However, snacks are an important part of staying nourished when you may not feel like eating a large meal. For quick and easy snack ideas, check out the list below.

Drinks

- Chocolate milk
- Hot chocolate
- Instant breakfast drinks
- Juice
- Kefir
- Milk
- Milkshakes
- Smoothies

Grains

- Bagels
- Bread/Toast
- Cereals
- Crackers
- Granola
- Granola bars
- Muffins
- Oatmeal
- Pancakes
- Pita bread
- Popcorn
- Tortillas
- Waffles

For more snack ideas:

Visit meijerspecialtypharmacy.com/ahealthieryou and click on HIV to view recipes designed for your condition. You can filter based on side effect or meal type, including snacks.

Fruits & Vegetables

- Applesauce
- Canned fruit
- Dried fruit
- Fresh fruit
- Fresh vegetables
- Fruit leathers

Dips

- Guacamole
- Hummus
- Salad dressings
- Tzatziki

Dairy

- Cheese
- Cottage cheese
- Frozen yogurt
- Ice cream
- Puddings
- Yogurt

Protein

- Fruit and nut bars
- Hard-boiled eggs
- Nut butters
- Nuts and seeds
- Trail mix

Other

- Sandwiches
- Soups
- Wraps

fatigue

Because the body is constantly fighting an infection, it is common to feel fatigued with HIV.

Fatigue can often be confused with tiredness. Everyone experiences tiredness, and typically a good night's sleep can help a person feel refreshed in the morning. However, HIV can cause excessive tiredness, especially when experiencing a high viral load. Fatigue may also be a side effect of some anti-HIV medications. Although fatigue may not be avoidable, below are suggestions for how nutrition may help to better manage your condition.

Managing with Nutrition:

- Fatigue can be worse if you're not nourishing your body well. Good nutrition is an important part of keeping your energy levels up and minimizing fatigue.
- Work with a dietitian to determine your caloric needs. Generally, 15 calories per pound of body weight is recommended. If weight loss has occurred, add an additional 500 calories to your total calorie needs.
- Include lean protein or proteins with healthy fats at each meal and snack time. Protein suggestions – nuts, seeds, legumes/beans, Greek yogurt, cooked tofu, cooked chicken, cooked fish.
- Maintain hydration levels. Dehydration can increase feelings of fatigue. Good sources of fluid include juice, milk, broth, milkshakes, water and other non-caffeinated beverages. Work with a dietitian to determine your fluid requirements. Eight cups, or 64 ounces, is the minimum requirement for most people.
- Talk with your health care provider, pharmacist or registered dietitian about incorporating a multivitamin that meets 100% of the recommended daily allowances (RDA) for most nutrients.
- Ask a trusted friend or family member to help prepare meals and snacks. This includes asking them to help prepare freezer meals to easily nourish your body when energy levels are low.

Additional Tips:

- Pace yourself – alternate standing with sitting, don't rush through activities
- Schedule in rest time throughout your day
- Use proper body techniques – when sitting, use a chair with good back support, adjust work height to prevent bending over, always bend at the knees and not the back
- Keep a diary to track the times of day you are low on energy or the most fatigued
- Avoid extreme temperature changes or long hot showers or baths
- Prioritize important tasks and what items can be delegated
- Store items in the home at low levels to prevent heavy lifting or strain
- Try yoga or relaxation techniques before going to sleep
- Implement stress management techniques

symptom tracker

HIV

HIV can cause a variety of symptoms that affect nutrition. It's important to keep track of your symptoms and work with your healthcare team to stay well nourished. For additional help, use the symptom tracker below.

Directions

- For each date, fill out the corresponding column of symptoms. If you're not experiencing that symptom, check "None".
- If you took a medication to manage that symptom, write that down in the space provided.
- **Call your doctor immediately if you have a symptom(s) that fit within the "severe" description.**

Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Loss of Appetite	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Slightly decreased appetite	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Often not hungry	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: No appetite at all/unable to eat*							
Symptom Medication Taken/Dosage:							
Nausea	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Can eat	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Eating or drinking less than normal	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: Unable to eat or drink*							
Symptom Medication Taken/Dosage:							

*Contact your doctor as soon as possible

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Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Vomiting	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Vomiting 1x/day	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Vomiting 2-5x/day*	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: Vomiting ≥ 6x/day*							
Symptom Medication Taken/Dosage:							
Sore Mouth	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Ulcer present but no pain; or soreness but no ulcer	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Able to eat, but ulcer causes pain*	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: Unable to eat due to ulcer pain*							
Symptom Medication Taken/Dosage:							
Diarrhea	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Loose stools	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Watery stools, many more than normal	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: Continuous or bloody stools, weight loss, diarrhea with fever greater than 100.5 °F, or diarrhea accompanied by dizziness.*							
Symptom Medication Taken/Dosage:							

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Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Trouble Swallowing	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
None	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
Mild: Can swallow, but slightly difficult	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
Moderate: Need soft or liquid diet due to swallowing difficulties*	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Severe: Unable to eat due to swallowing difficulties*							
Symptom Medication Taken/Dosage:							
Symptom:	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Symptom Medication Taken/Dosage:							
Symptom:	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Symptom Medication Taken/Dosage:							

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Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Symptom:	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Symptom Medication Taken/Dosage:							
Symptom:	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Symptom Medication Taken/Dosage:							
Symptom:	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None	<input type="radio"/> None
	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild	<input type="radio"/> Mild
	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate	<input type="radio"/> Moderate
	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe	<input type="radio"/> Severe
Symptom Medication Taken/Dosage:							

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Notes:
