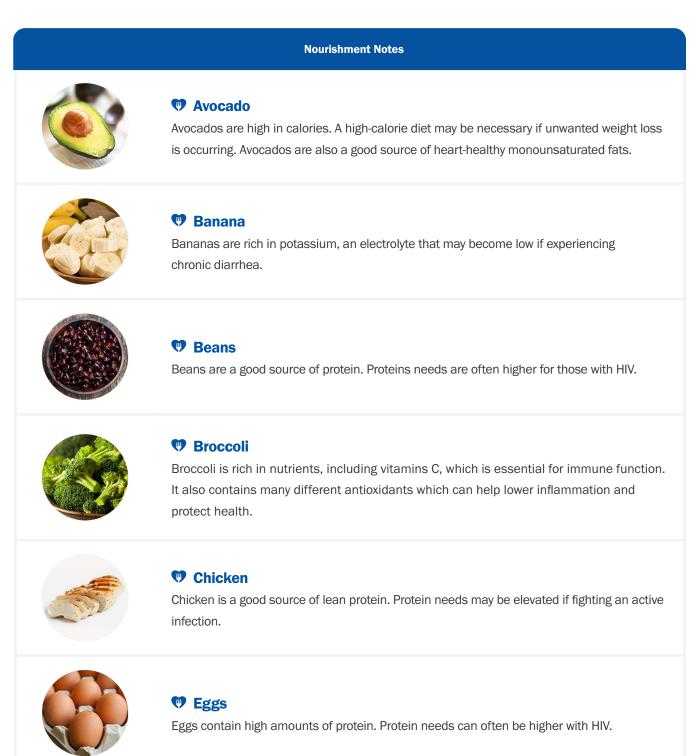


nourishment notes

HIV





nourishment notes

HIV



Nourishment Notes

🖤 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.



D Lentils

Lentils are a good plant-based protein source. Protein needs may be higher with HIV.



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.



🖤 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.



Pork Tenderloin

Pork tenderloin is a high-quality, lean protein source. Protein needs may be elevated for those with HIV.



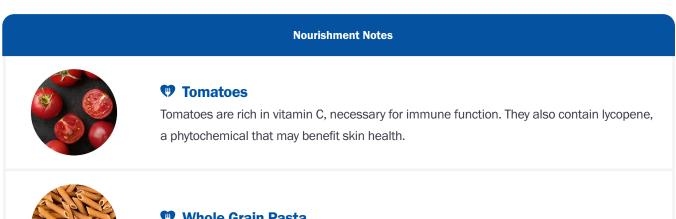
🖤 Soup

If you're experiencing nausea, soups that are low-fat and mild may help you feel better. Enjoy at room temperature if hot foods are bothersome.



nourishment notes

HIV



Whole Grain Pasta

Whole grains are a good source of fiber and may support heart and digestive health.