

nourishment notes

HIV

Nourishment Notes



Avocado

Avocados are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Avocados are also a good source of heart-healthy monounsaturated fats.



Banana

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



Beans

Beans are a good source of protein. Proteins needs are often higher for those with HIV.



Broccoli

Broccoli is rich in nutrients, including vitamins C, which is essential for immune function. It also contains many different antioxidants which can help lower inflammation and protect health.



Chicken

Chicken is a good source of lean protein. Protein needs may be elevated if fighting an active infection.



Eggs

Eggs contain high amounts of protein. Protein needs can often be higher with HIV.

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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.



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.

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Tomatoes

Tomatoes are rich in vitamin C, necessary for immune function. They also contain lycopene, a phytochemical that may benefit skin health.



Whole Grain Pasta

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