

Dietary Management of Common Symptoms of HIV

Illness	Diet
Anorexia (appetite loss)	<ul style="list-style-type: none">• Stimulate appetite by eating favorite foods.• Eat small amounts of food more often.• Eat more energy-dense foods.• Avoid strong-smelling foods.
Diarrhea	<ul style="list-style-type: none">• Drink plenty of fluids (e.g., soups, diluted fruit juices, boiled water, and light herbal teas) to prevent dehydration.• Avoid citrus fruits, which irritate the stomach.• Eat foods rich in soluble fiber (e.g., bananas, peas, and lentils) to help retain fluids.• Eat fermented foods such as yogurt.• Eat easily digestible foods such as rice, bread, porridge, potatoes, and crackers.• Eat small amounts of food frequently.• Continue to eat frequently after illness to recover weight and nutrient loss.• Eat soft, mashed fruits and vegetables.• Drink non-fat milk if there is no problem with lactose.• Boil or steam foods if diarrhea is associated with fat malabsorption.• Avoid or reduce intake of dairy products, caffeine, alcohol, fatty foods, fried foods, and gas-forming foods such as cabbage, onions, and carbonated soft drinks.
Fever	<ul style="list-style-type: none">• Eat soups with nutrient-rich ingredients such as grains, potatoes, and carrots.• Drink plenty of fluids to prevent dehydration.• Continue to eat small, frequent meals as tolerated.• Seek medical treatment for a fever that lasts 2 days and is not relieved with analgesics.

Illness	Diet
Nausea and vomiting	<ul style="list-style-type: none">• Avoid an empty stomach, which makes nausea worse.• Eat small, frequent meals.• Eat soups, unsweetened porridge, and fruits such as bananas.• Eat slightly salty and dry foods such as crackers to calm the stomach.• Avoid spicy and fatty foods.• Avoid caffeine and alcohol.• Drink liquids such as clean boiled water and herbal teas and lemon juice in hot water.• Avoid lying down immediately after eating—wait at least 20 minutes.• Rest between meals.
Thrush	<ul style="list-style-type: none">• Eat soft, mashed foods such as rice, carrots, scrambled eggs, potatoes, bananas, and soup.• Eat cold or room-temperature foods.• Avoid spicy, salty, or sticky foods that may irritate mouth sores.• Avoid sugary foods that help yeast grow.• Drink plenty of fluids but avoid citrus juices and alcohol.• Use a spoon or cup to eat small amounts of foods.• Tilt your head back when eating to help with swallowing.• Rinse your mouth with boiled warm, salty water after eating to reduce irritation and keep yeast from growing.
Constipation	<ul style="list-style-type: none">• Eat more high-fiber foods such as rice, green leafy vegetables, and washed fruits with the peel.• Drink plenty of fluids.• Avoid processed or refined foods.• Avoid cleansing practices such as enemas and medications.
Anemia	<ul style="list-style-type: none">• Eat iron-rich foods such as animal products (eggs, fish, meat, liver), green leafy vegetables (spinach), legumes (beans), nuts, oil seeds, and fortified cereals.• If available, take one iron tablet a day with food.• Eat meals with a source of vitamin C such as fresh tomatoes or oranges to help absorb iron from plant-based foods.• Avoid drinking tea or coffee within 2 hours before or after meals.

Illness	Diet
Bloating or heartburn	<ul style="list-style-type: none">• Eat small, frequent meals.• Avoid gas forming foods (cabbage, soda).• Drink plenty of fluids.• Eat long enough before sleeping to allow food to digest.
