

# Keeping a Healthy Diet with HIV/AIDS

## AIDS Wasting Syndrome

Patients with HIV/AIDS who have difficulty in keeping a healthy weight should follow a high calorie/high protein diet.

### Helpful Tips

- Eat small, frequent meals - about 4-6 times per day.
- Drink plenty of water to prevent dehydration, constipation, and dry mouth. Clear urine is a good indication that you are hydrated.
- Limit sugary beverages (fruit juices, soft drinks, and cocktails) and caffeinated beverages to prevent heartburn and dehydration.
- Protein shakes are a good alternative if you cannot tolerate solid food.

### High Protein/High Calorie Foods

Group	Examples
Meats	Turkey, chicken, beef, veal, pork, lamb, duck
Fish	Cod, tuna (canned/packaged), salmon, halibut, snapper, perch, flounder, sole, tilapia, shrimp, oysters (cooked/canned), mackerel, herring, trout, sardines, anchovies
Dairy	Pasteurized cheese*, yogurt (regular/Greek), milk (fat content 2% or greater), buttermilk
Beans	Kidney, white, lima, fava, black, lentils, edamame
Seeds	Pumpkin seeds, sunflower seeds, flaxseed, chia seeds
Nuts	Peanuts/peanut butter, almonds/almond butter, pistachios, mixed nuts, macadamia nuts, pecans, pine nuts, brazil nuts, walnuts, hazelnuts, cashews
Other	Tofu, eggs

\*Before you buy any kind of cheese, make sure the packaging says “pasteurized,” meaning that it is safe to eat.

### Other High Calorie Foods

Oils	Peanut oil, canola oil, olive oil, sesame oil
Fruit	Avocados, coconut, raisins, dates, prunes, olives, bananas, grapes, figs, nectarines, cherries
Vegetables	Potatoes (sweet, red, white, etc.), corn, peas, carrots, squash, artichoke, parsnip, Brussels sprouts
Whole Grains	Whole wheat pasta, quinoa, brown rice, wild rice, soba noodles, oats, whole wheat bread, quinoa