



Highlights: Meal Plans and Medicines



This fact sheet is about meal plans and medicines (legal drugs). People use medicine to help them stay well. Some people need to take more than one kind of drug each day. Some things change how drugs work in the body. Most of the things that change how drugs work are listed here.

- age ● alcohol ● liver health ● food and supplements ● gender (being male or female) ● inherited genes (things you get from your parents) ● other drugs



Drugs to treat HIV usually have side effects. They cause changes in the body. The numbers in the list below note some drug side effects.

- ① changes in how the liver works
- ② headache
- ③ loose stools
- ④ lipodystrophy (changes in body fat, blood cholesterol levels and sugar levels)
- ⑤ stomach upset (gas, loss of desire to eat, nausea, stomach pain, vomiting)
- ⑥ tiredness

There are other side effects that people may not get as much. Some of them are fever, hard stools, feeling ill, or changes in the way that food tastes. People may also get mouth or throat sores or other things. A list of some drugs to treat HIV is on the other side of this paper. Meal plans help to limit drug side effects. See a health care provider at least twice a year. Ask about drugs before you take them. To limit drug side effects do not drink alcohol or take any herbs.



Telephone 202/898-0414 for more information on drugs. People with access to the Internet may visit <http://aidsmeds.com> or www.apla.org/apla/nutrition/factsheets/indlist.html.

Note: This fact sheet helps people learn about medications and meal plans. This information is current as of March 2005. It is not medical, fitness, dietetic, or professional advice. Ask a health care provider about the things in this fact sheet.



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Some meal plans help to avoid drug side effects. Eating a light snack helps to limit stomach upset. Special meal plans for some drugs are in the list below.

Medication	Food Plans
Fusion Inhibitor: <i>Enfuvirtide, T20 (Fuzeon)</i>	
Non-Nucleoside Reverse Transcriptase Inhibitors (NNRTI)	
<i>Rescriptor (Delavirdine)</i>	Take on an <u>empty stomach</u> or with a light snack . Do not take antacids with magnesium or aluminum within two hours.
<i>Sustiva (Efavirenz)</i>	Take on an <u>empty stomach</u> or with a low fat snack. Take at bedtime.
<i>Viramune (Nevirapine)</i>	
Nucleoside/Nucleoside Reverse Transcriptase Inhibitors (NRTI): Other side effects– anemia (low red blood cells), lactic acidosis, pancreatitis, ↓ B12, copper, zinc and carnitine.	
<i>Emtriva (FTC, emtricitabine) or Truvada (Emtriva+Viread)</i>	Take with fatty meal .
<i>Epivir (3TC/Lamivudine) or Combivir (3TC+ AZT) or Epzicom (3TC+ABC) or Trizivir (TRZ/AZT+3TC+ABC)</i>	Take with a low fat snack.
<i>Hivid (ddC/Zalcitabine)</i>	Take on an <u>empty stomach</u> . Do not take antacids with magnesium or aluminum within two hours.
<i>Retrovir (Zidovudine/AZT/ZDV) or Combivir (3TC+ AZT) or Trizivir (TRZ/AZT+3TC+ABC)</i>	Take with a low fat snack.
<i>Videx/Videx EC (Didanosine/ddI)</i>	Take with water on an <u>empty stomach</u> . Do not take antacids with magnesium or aluminum within two hours. Do not mix with acidic liquid.
<i>Viread (TDF/Tenofovir) or Truvada (Emtriva+Viread)</i>	Take with fatty meal .
<i>Zerit/Zerit XR (d4T/Stavudine)</i>	
<i>Ziagen (Abacavir/ABC) or Epzicom (3TC+ABC) or Trizivir (TRZ/AZT+3TC+ABC)</i>	Take with a low fat snack.
Protease Inhibitors	
<i>Agenerase (Amprenavir):</i> May also cause anemia (low red blood cells)	Take on an empty stomach . Low fat food limits stomach upset. <u>Avoid</u> grapefruit juice. Increase fluid intake. <u>Avoid</u> vitamin E supplements. <u>Avoid</u> taking antacids within two hours.
<i>Lexiva (prodrug of Amprenavir)</i>	Take with light meal and avoid vitamin E supplements.
<i>Crixivan (Indinavir):</i> May also cause kidney pain and/or kidney stone	Take on an empty stomach or with a light snack . <u>Avoid</u> grapefruit juice. Drink at least 1.5 liters (48 ounces) of liquid per day.
<i>Norvir (Ritonavir) or Kaletra (Lopinavir+Ritonavir)</i>	Take with a full meal to limit stomach upset.
<i>Reyataz (atazanavir sulfate)</i>	Take with a light meal .
<i>Fortovase-soft gel-FTV & Invirase-INV (Saquinavir)</i>	INV: Take within 2 hours after a full meal . Grapefruit juice helps absorption. FTV: Take with full meal . Absorbed better than INV.
<i>Viracept (Nelfinavir)</i>	Take <u>with meals</u> . Increase fluid intake. Avoid acidic food or liquid.
KEY: Empty Stomach: one hour before meals, or two hours after meals. Low Fat Food Examples: fresh or dried fruit, cereal, skim milk, non-fat yogurt, toast with jam. Light Snack: less than 300 calories, less than 2 grams fat, less than 6 grams protein and less than 65 grams carbohydrate. Light Meal: 357 calories, 8.2 grams fat, 10.6 grams protein. Full/Fatty Meal: meal high in fat (40-50% fat), protein (more than 40 grams protein) and calories (900-1,200 calories). Acidic Food Examples: apple juice, applesauce, grapefruit juice	