
HIV Nutrition Education

Fact Sheet



Eat and Travel Safe

When traveling or attending social gatherings, it may be a time you eat foods different from your normal diet. Take precautions to keep yourself safe from illness. Be prepared for delays in traveling and unexpected extended stays.

Tips when attending a party

- ❑ Eat a healthy snack before you go to the party. Do this just in case you are not satisfied the food being served has been safely prepared, handled, or stored, or are not your food preferences.
- ❑ Eat when the food is first served and make sure the cold foods are cold, and the hot foods hot.
- ❑ Avoid foods that you suspect were made with raw eggs such as homemade eggnog or Caesar salad dressing.
- ❑ Eat and drink only pasteurized dairy products (milk, cream, cheese) and eggnog and juices.
- ❑ Avoid raw fish or foods that contain raw fish.
- ❑ Avoid undercooked protein foods, such as chicken that is still pink, meat that is red, or runny eggs.
- ❑ Avoid fresh fruit or vegetables served raw unless you know they were washed prior to cutting.
- ❑ Wash your hands after having contact with others to avoid spread of germs.

If you experience diarrhea easily

- ❑ Watch out for fried foods, high fat foods, foods that contain lactose, such as most dairy products, spicy foods, caffeinated beverages, popcorn, nuts, or insoluble fiber, such as the skins and seeds of fruits and vegetables. Small amounts may be fine.
- ❑ Foods that can help decrease diarrhea include white rice, bananas, white toast, applesauce, skinless mashed potatoes, yogurt with active cultures, or a dose of Metamucil, Citrucel, Konsyl, psyllium, or other soluble fiber powder taken before the party, daily, or as needed.

Tips to remember while traveling

- ❑ Follow the same food safety guidelines above. What is considered "safe" for others may not be safe for you.
- ❑ Take medications along for an extra three to ten days. This should allow time for mail to reach you with a new supply if needed.
- ❑ Have the names and numbers of medical services and HIV knowledgeable doctors on the way to and at your destination in case of an emergency, or if you have to go to an ER, you can always ask for the ID (infectious disease) doctor on call.
- ❑ Travel with your medication in their original prescription containers in your backpack, pockets or in a bag that is with you at all times. Checked bags can be delayed or lost during travel.
- ❑ If you don't have your prescription bottles, ask your doctor for a list of your medications to identify them as necessary for a medical condition or ask your pharmacist for a copy of the prescription label for each medication.
- ❑ Avoid changes in the medication regimen shortly before travel to ensure that no side effects or complications of a new regimen occur while traveling.
- ❑ Take anti-diarrheal medicine with you in case you need it.
- ❑ Consult your doctor about prescribing Cipro, a broad-spectrum antibiotic, as prophylaxis against pathogens.
- ❑ Norvir (ritonavir) and Kaletra (which contains ritonavir) in the soft gel need to be stored below 77 degrees Fahrenheit (25 degrees Celsius.) However the new formulation of Kaletra does not need refrigerated. Carry a small cooler with cold packs to keep medications safe from the heat. Do not leave medications in the car where the temperatures may go over 77 degrees F. Protect Norvir from the light.
- ❑ Fuzeon or T20 needs to be stored at 77 degrees Fahrenheit or 25 degrees Celsius. Once mixed with water (reconstituted), it should be stored under refrigeration to 36-46 degrees Fahrenheit or 2-8 degrees Celsius and used within 24 hours. Look for hotels, motels, inns that have small in-room refrigerators. Consider taking a refrigerator thermometer to make sure it does not get too cold and freeze your medication or keep it at sub-optimal temperatures.
- ❑ Always travel with safe fluids and snacks. Use ice or ice packs to keep refrigerated foods cold.

For more information or to sign up for a nutrition class call:

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- ❑ Use safe water. Avoid tap water. Drink only bottled water that has been distilled or that has gone through reverse osmosis or water that has been boiled and cooled properly, or bottled (carbonated) or canned beverages. Make sure the seal on the cap has not been broken. Avoid ice cubes, fountain drinks: anything with tap water.
- ❑ Use safe water for brushing your teeth.
- ❑ Wash your hands often. Carry moist hand towelettes or waterless hand cleaners for temporary hand washing until you can properly wash your hands.
- ❑ Avoid food purchased from street vendors.
- ❑ Keep current with necessary vaccines. For more information, visit www.cdc.gov, click on 'Traveler's Health,' and look under 'Special Needs Travelers.' <http://www.cdc.gov/travel/diseases/hiv aids.htm> <http://www.cdc.gov/travel/hivtrav.htm> .
- ❑ For more information about cryptosporidium, and food, water and traveling, check out the **Safe Food and Water Category** at <http://www.cdc.gov/travel/diseases.htm#crypto> and <http://www.cdc.gov/travel/food-drink-risks.htm>
- ❑ Visit www.cdc.gov find helpful information about common health risks in many areas of the world and what you can do to keep yourself healthy, go to <http://www.cdc.gov/travel/diarrhea.htm>

Eat smart and enjoy!

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