Juiced for Health

January 1, 2006 By Nick Burns

When winter puts the freeze on your fresh-fruit supply, drink your FDA-advised five a day! But which popular fruit drinks mix best with HIV and meds? Elysa Silbersmith and Sonia Grant, nutritionists at New York City's God's Love We Deliver, rate six picks.

Tropicana Orange Juice
OJ's hefty hits of vitamin C and folic acid are great for people with HIV. Drink a glass a day, says Silbersmith—unless you've got a kidney disorder or diabetes, which squeeze OJ's high sugar and potassium out of the picture.

V8
Low in sugar and calories and packed with antioxidants, beta-carotene and vitamins A and C, the veggie medley makes an ideal HIV cocktail. But it's got lots of sodium and potassium, so Silbersmith bars it for folks with high blood pressure and kidney problems.

Vitamin Water—Energy
Rich in vitamins A, B, C and E. But beware the heart-pumping caffeine, Siberian ginseng and guarana herb. Not recommended for those on HIV meds, Silbersmith says: "Research on drug interactions with the herbs is needed."

Gatorade
This fave of parched athletes brims with hydrating electrolytes and can replace fluids you lose when you have diarrhea. But Grant cautions diabetics to avoid the 'ade's high levels of sugar and carbohydrates.

Odwalla C Monster
A pulpy way to get your daily fruit, but the huge dose of immune-boosting vitamin C can cause or worsen diarrhea, says Grant. And diabetics should limit intake—it's got monstrous levels of sugar and carbs.

Pom Wonderful
This pomegranate concentrate rocks for those with HIV: "High in folic acid, antioxidants, anti-microbials and vitamin C," says Grant. Its high C can worsen diarrhea—but if you can outrun it, cheers!

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