Snack Pack

April 1, 2006 By Nick Burns

Some HIV meds must be taken with a meal or a snack; others lack food restrictions, but popping them with a nibble can help cut down on nausea. Nutritionist Silbersmith offers up four HIV-med side dishes. Check with your doctor for munching orders—then dig in.

1. Two tablespoons of natural peanut butter—look for Smucker's Reduced-Fat. All-Natural—smeared on a few whole-grain crackers.
2. One ounce of low-fat cheese (that's about the size of your thumb) spread on a slice of whole wheat toast. It's best to buy your cheese from the deli counter—it's less processed and better for you.
3. Two tablespoons of wheat germ stirred into a small container (six ounces) of low-fat yogurt. Wheat germ is high in fiber and vitamin E, and it gives the yogurt a nice texture.
4. A handful of nuts. Almonds can help lower your cholesterol, and Brazil nuts may help prevent men from developing prostate cancer. If you've got high blood pressure, be sure you grab a fistful of the low-salt mix.

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