

# EATING RIGHT IN THE FIGHT AGAINST TB



Committed to Better Lung Care

## BREATHE FREE LIVE FIT



### CHEST CARE CLINIC, KHARGHAR

Dr. VISHAL GUPTA- CHEST SPECIALIST  
Dr. DEEPIKA UGHADDE GUPTA- CHEST  
SPECIALIST

**TIMINGS: MON TO SAT , 10:00 AM TO 1:00 PM  
AND 5:00 PM TO TO 9:00 PM.  
SUNDAY CLOSED**

**SHOP NO. 21, OM SAI CHS, BELOW MEDICITY  
HOSPITAL, NEAR KHARGHAR POLICE STATION,  
KHARGHAR, NAVI MUMBAI 410210.**

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Treatment of tuberculosis can be of very long duration with longer duration of antibiotics. It would make sense to eat right food to supplement the therapy and to build good immunity. If you are or remain underweight, you are likely to get re infected or relapse with tuberculosis again despite a good anti TB course.

It's a vicious cycle: Poor nutrition can actually encourage the persistence of active TB and active tuberculosis leads to worsening malnutrition. So to keep your body primed to fight TB, you have to feed it right.

## **DO'S AND DON'T'S IN TB**

Discuss with your physician what exactly works out for

You. Some of the things are common sense while

Others are debatable everyone has the power to

choose one over the other from the options.

### **DON'T :**

STRICTLY NO. ALCOHOL / TOBACCO / SMOKING

AVOID TAKING OTHER ANTIBIOTICS WITH THE

MEDICATION WITHOUT YOUR PHYSICIAN'S OPINION.

AVOID EXCESS STRESS AND FATIGUE

### **DO'S :**

REGULAR EXERCISE / INDOOR AND YOGA PREFERRED.

GET COMPLETE REST AND SLEEP

### **DIET:**

PLENTY OF MINERALS, VITAMINS AND HIGH

PROTEIN DIETS.

- Leafy, dark-colored greens like spinach, for their high iron and B-vitamin content.
- Plenty of whole grains, like whole wheat pastas, breads, and cereals.
- Antioxidant-rich, brightly-colored vegetables, such as carrots, peppers, legumes and starchy vegetables including bitter melon, drumsticks, spinach and broccoli.
- Unsaturated fats like vegetable or olive oil, instead of butter.
- Proteins from lean meats like egg, chicken, fish, soy, beans and legumes.

- **EAT SMALL PORTIONS AT A TIME SO AS NOT TO STRAIN THE DIGESTIVE SYSTEM.**

- Drink nutrient rich juices and squash like tomato, blueberries, cherries, carrot, orange and pineapple juice. — think of buying produce in a full rainbow of colors.

### **What to Avoid When You Have Active Tuberculosis.**

As is always the case for good health, there are certain foods you shouldn't eat and substances you shouldn't use.

- Skip tobacco in all forms.
- Don't drink alcohol — it can add to the risk of liver damage from some of the drugs used to treat your TB.
- Limit coffee and other caffeinated drinks.
- Limit refined products, like sugar, white breads, and white rice.
- Avoid high-fat, high-cholesterol red meat and instead load up on leaner protein sources like eggs, beans, tofu, and fish.

Many medications used to treat active tuberculosis have side effects that can make it difficult to eat well. With some drugs, you could:

- Lose your appetite
- Feel nauseated
- Vomit
- Experience abdominal cramping

You can't stop taking your TB drugs, so instead talk to your doctor about what you can do to help eliminate side effects.

Make every effort to give your body the nutrition it needs to maintain a healthy weight and build up strength to destroy the tuberculosis bacteria and reduce your risk of a relapse. Eating a varied, healthy diet, and staying away from unhealthy habits you feel better, faster. Regular exercise should also be started once physically fit.