



## Nutrition and Tuberculosis

Good nutrition is important in the recovery from tuberculosis (TB). The foods you choose can affect how well your body heals itself. Healthy eating helps you rebuild your muscle tissue and increase your strength. Here are some tips for healthy eating.

### Follow Canada's food guide:

- Choose a variety of foods to ensure you are getting all the nutrients your body needs.
- Increase the amount you eat. Your body needs extra energy and nutrients for healing.
- Choose foods high in protein such as meat, fish, milk and dried peas, beans and lentils. See food choices below.
- **Avoid alcohol.** Alcohol has calories, but no other nutrients. It can be harmful to your liver, especially if you are also taking isoniazid (INH), pyrazinamide (PZA) or rifampin (RMP).

### Choose foods high in the following nutrients:

#### Vitamin B6 (pyridoxine)

- Liver, chicken, pork, beef, fish
- Chickpeas, soybeans
- Brussel sprouts, cauliflower, peas, broccoli
- Bananas, cantaloupe, grapes
- Dried fruit (raisins, dates, figs)
- Wheat germ, whole grain cereals
- Peanuts, walnuts, hazelnuts

#### Vitamin C

- Citrus fruit and juice (orange, grapefruit)
- Cantaloupe, strawberries
- Tomatoes, potatoes
- Broccoli, sweet peppers, kale,
- Cabbage, cauliflower

**Tip:** Steam, microwave or cook vegetables in a small amount of water just until tender crisp. This will help you get the most vitamin C from the vegetables.

#### Protein

- Beef, pork, lamb, veal, ham
- Chicken, turkey, other poultry
- Eggs
- Milk, yogurt, cheese
- Dried peas, beans, lentils

**Tip:** Add skim or whole milk powder to soups, smoothies or casseroles

#### Calcium

- Milk, yogurt, cottage cheese, enriched soy beverages
- Soybeans, tofu (made with calcium sulphate), most cheese
- Broccoli, kale
- Sardines and salmon, including bones
- Baked beans

**Tip:** Calcium is best absorbed when eaten with foods rich in vitamins C and D, such as enriched soy beverage, milk, calcium enriched orange juice.

## **Vitamin A**

- Cooked beef, veal, chicken liver
- Sweet potato
- Carrot
- Kale, turnip greens, spinach, red bell pepper
- Mango, papaya, apricot, cantaloupe

**Tip:** Choose bright coloured vegetables and fruits. They are rich in vitamin A and lots of other vitamins and minerals.

## **Iron**

### **Animal sources:**

- Liver, kidney
- Beef, pork, veal, ham, chicken and turkey thighs and drumsticks

### **Plant-based sources:**

- Cream of wheat, enriched whole grain cereal and bread
- Dried peas, beans, lentils
- Prune juice, prunes, dates

**Tip:** Plant-based sources of iron are best absorbed when eaten with foods high in vitamin C.

For more information about healthy eating, visit [food-guide.canada.ca](https://www.food-guide.canada.ca).