

## Tuberculosis Diet Therapy

People fighting tuberculosis are recommended to follow a well-balanced diet. Tuberculosis increases the body's metabolism, so increased energy intake is necessary to maintain adequate body weight and meet the body's needs.

- **DIETARY FAT**
  - 20-35% of calories should come from fats/oils
  - Consume polyunsaturated and monounsaturated fatty acids
    - Salmon, olive oil, nuts
  - < 10% of calories from saturated fat per day
  - < 300 mg of cholesterol per day
  - Avoid all trans fats
  
- **PROTEIN**
  - 1.2 – 1.5 g/kg of weight is recommended per day – due to infection, Tuberculosis patients have slightly increased needs
  - Consume lean proteins
    - Chicken, eggs, turkey, lean beef, fish, legumes, peas, nuts, seeds
  - Avoid fried or battered meats
  - Consume baked and grilled protein
  
- **CARBOHYDRATES**
  - 45-65% of calories should come from carbohydrates per day
  - Consume a variety of fruits – approximately 2 cups per day
    - Apples, oranges, bananas, strawberries, blueberries, mangoes, grapes, kiwi, peaches, plums
  - Consume a variety of vegetables – approximately 2 ½ cups per day
    - Broccoli, spinach, sweet potatoes, carrots, bell peppers, avocados, squash, zucchini, beans
  - Avoid foods and drinks with added sugars
  - Consume 6 or more servings of grains per day (1 serving = 1 ounce) with half of these servings being WHOLE grain
    - Whole wheat, brown rice, quinoa, barley, spelt, rye, sorghum
  
- **SODIUM**
  - Consume a low sodium diet
  - Eat approximately > 2,300 mg of sodium per day
  
- **VITAMINS/MINERALS**
  - Take a daily multivitamin supplement
    - B-complex, Vitamin A, Vitamin D, vitamin E, vitamin C, zinc