



Highlights: Food Treatments for Unwanted Weight Loss



Some people lose weight but they do not know why. There are foods that are better for people with loose stools or HIV. There are foods for people with high blood sugar or heart disease. Nutritionists help people to learn what foods are best for them to eat. It is best to learn about these foods before taking any of them.

Company	Food Products	Calories	Protein	Fat
Abbott/Ross Laboratories www.abbott.com www.ross.com 800/558-7677	food bars, liquids, and powders (foods such as Advera, Ensure, and Glucerna for people with diabetes)	28-475*	5-17*	0-23*
BIONexus Ltd. www.bionxs.com 800/835-0869	powdered NutriVir and NutriVirNSA for positive people. You can add it to water, milk, juice, etc.	200-315*	21-25*	7-8*
Bristol-Myers Squibb www.choicedm.com	ChoiceDM foods are for diabetics (Crispy Snacks, Fiber Bursts, Weight Management Shakes).	45-125	1-10	1-3
Dairy Farmers of America, Inc. www.dfamilk.com 888/44-SHAKE	Sports Shake is a low-cost food product in many grocery stores.	430	13	13
Nestle Consumer Services www.carnationinstantbreakfast.com	Carnation Instant Breakfast (liquid and powder)	130-250*	5-13*	0-5*
Nestle Nutrition www.nestleclinicalnutrition.com 877/463-7853	food bar, liquids, powders (foods such as Nubasics foods, Nutren, NutriRenal for people with kidney disease, and Peptamen for people with loose stools)	163-560	7-20	0-27
Metagenics www.metagenics.com 800/692-9400	This company says their food bars and powders build muscle.	80-190*	15-17*	2-6*
Novartis Nutrition Corporation www.novartisnutrition.com www.boost.com Nutrition Line 800/247-7893	liquid including shakes, powder, pudding (some foods for positive people-Impact Recover, Lipisorb for malabsorption, ReSource foods, Gluta-Solve, Peptinex, and Subdue for diabetes)	90-480*	6-18*	0-16*

Note: * plus the liquid calories (from milk, juice, ice cream, etc.) you put it in.

Some of these foods are at grocery and drug stores. People order some of them by mail or telephone. Buyer's Clubs also sell some food products. A few food products may need a doctor's okay.

Highlights: Drug Treatments for Unwanted Weight Loss

People use the resources in this fact sheet to gain weight. Many drugs have side effects. To learn about drug side effects talk to a doctor. It is best to do this before taking any drugs.

Drug Types and Names	Some Side Effects	Notes
<u>Anabolic Steroids</u> (testosterone and Nandrolone decanoate)	bleeding, depression, heart disease, high blood pressure, sugar, or cholesterol, kidney and liver disease, loose stools, nausea, stomach upset	People need to eat enough calories and protein. Doctors and nutritionists help people to learn how much to eat.
<u>Growth Hormone</u>	anemia, body water changes, high blood pressure, sugar, or cholesterol, liver disease, loose stools, nausea, stomach upset, tiredness	
<u>Drugs to increase food intake</u> (Megace, Dronabinol, Medical Marijuana- Illegal in most states)	anemia, changes in body water, confusion, depression, dry mouth, high blood pressure, sugar, or cholesterol, liver disease, loose stools, nausea, stomach upset, tiredness	Take before meals. Weight gain is mostly from fat with Megace.
<u>Other drugs to increase food intake</u> (such as Phenergan, Tigan, Reglan, Zofran, and others)	confusion, depression, dry mouth, hard or loose stools, high blood pressure, liver disease, stomach upset, taste changes, tiredness	Take before meals. Some drugs are given by shots.
<u>Antidepressants</u> (such as Amitriptyline, Nortriptyline, Imipramine, and others)	confusion, dry mouth, hard or loose stools, liver disease, nausea, stomach upset, tiredness	Try to avoid eating food that is high in sugar.
<u>Corticosteroids</u> (Methylprednisolone, Prednisone, Dexamethasone, and others)	anemia, bone loss, changes in body water, depression, dry mouth, high blood pressure, sugar, or cholesterol, loose stools, nausea, stomach upset	Eat food low in salt, high in protein and potassium. Some drugs are given by shots. Note: A doctor must order these. They depress the immune system.
For more on drugs visit: www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm		

This fact sheet is made to help people gain weight. It is about food and drugs sold as of March 2005. It is not medical, fitness, dietetic, or professional advice. Ask a health care provider about the things in this fact sheet.