

Posaconazole Oral Solution

Posaconazole oral solution is a medicine used to prevent and treat serious fungal infections in people with weakened immune systems.

Each time you take this medicine, you must take it with one of the following for it to work properly:

- A can of nutrition supplement, like Boost or Ensure
- A 12 ounce can of a carbonated drink (soda pop)
- A meal containing **14 grams** of fat

To find out how many grams of fat are in a food, look at the food label. You will want to find the total grams of fat and the serving size. When looking for foods to help you get the right amount of fat grams, avoid foods that have the word, “light,” “low fat,” or “reduced calorie” on the package. For example, light yogurt may have 0 grams of fat, but regular yogurt has 8 grams of fat in one cup.

Tell your doctor if you are unable to eat at least 14 grams of fat each time you take Posaconazole. If you are not able to eat enough fat grams, your doctor may need to change your medicine.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Nutrition Facts	
Serving Size	5 Crackers (16g)
Servings Per Container	About 28
Amount Per Serving	
Calories 80	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber less than 1g	1%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Look at the **Serving Size**, so you know how much you will need to eat to get 14 grams of fat.

Look at **Total Fat** to figure out how many grams of fat are in one serving of the food you are eating.

Here are some food choices to help you get the fat you need:

The table below lists foods that have a large amount of fat in a small serving. These are good choices to help you meet your fat intake when you have a decreased appetite.

Item	Grams of fat
Boost Plus (1 bottle)	14
Regular cream cheese (2 tablespoons)	9
Peanut butter (2 tablespoons)	16
Regular butter (1 tablespoon)	11
Whipped butter (1 tablespoon)	7.6
American cheese (1 slice)	4.5
Mozzarella string cheese (1 piece)	6
Plain full fat yogurt (1 cup)	8
Whole milk (1 cup)	8
Ranch dressing - most brands (2 tablespoons)	13 - 20
Nuts (almonds, cashews, walnuts, peanuts) (1/4 cup)	14 - 18
Hershey candy bar (1 bar)	13
Hershey Kisses (12 kisses)	12

If your appetite is good and your weight is stable, you should look at healthy ways to increase your fat intake. Monounsaturated and Polyunsaturated fats are a good choice. The table below lists foods with healthy sources of fat.

Item	Grams of fat
Nuts (almonds, cashews, walnuts, peanuts) 1/4 cup	14 - 18
Oils (olive, canola, safflower) 1 tablespoon	13 - 14
Avocado (1 cup of slices)	21.5
Herring (6 oz)	20
Salmon (6 oz)	8
Nut butters (Peanut butter, almond butter, cashew butter) 2 tablespoons	15 - 20

You can buy foods that need little to no cooking and provide the fat you need when you take a dose of Posaconazole. The table below lists foods that can be eaten alone.

Item	Grams of fat
Little Debbie's Honey Bun (1 bun)	13
Little Debbie's Swiss Cakes (2 cakes)	12
Little Debbie's Brownie (1 brownie)	11
Ramen Noodles (1 package)	14
Oreo cookies (6 cookies)	14
Pepperidge Farm Dark Chocolate Soft Baked Cookies (2 cookies)	14
Van De Camp Crunchy Fish Sticks (6 sticks)	14
TGI Friday's Loaded Cheddar & Bacon Potato Skins	14
Tostino's Pizza Rolls (6 rolls)	11
TGI Friday's Cream Cheese and Jalapeño Poppers (3 poppers)	15
TGI Friday's Mozzarella Cheese Sticks (1 stick)	5
TGI Friday's Chicken Quesadilla	11
TGI Friday's Loaded Crispy Buffalo Wings (3 wings)	16
Small DiGiorno Pepperoni Pizza (8.4 ounce)	26

Item	Grams of fat
Tyson White Meat Any'Tizers Popcorn Chicken (7 pieces)	9
Original Klondike Bar (1 bar)	14
Häagen-Dazs Ice Cream (1/2 cup – any flavor)	14 - 24
Kroger Meals Made Simple Bacon (3 strips)	6
Oscar Mayer Classic Hot Dog (1 link)	12
Regular potato chips (1 ounce, about 15 chips)	10
Kraft Macaroni and Cheese (1 cup prepared with margarine and 2% milk)	19

Fast food items are a great source of fat. Most fast food places have their nutrition information available in the restaurant or online. The table below lists fast food items and their fat content.

Item	Grams of fat
Small french fries (Wendy's, McDonald's, Burger King, Arby's)	11 - 22
4 piece chicken nuggets (McDonald's, Wendy's)	12
1 slice Papa John's large pepperoni pizza	14
2 Pizza Hut breadsticks	14
Frosty, large (Wendy's)	13
5 piece chicken tenders (Burger King, McDonald's, Arby's)	13 - 40
Wendy's boneless wings (all flavors)	18 - 20
Fried chicken sandwich (Wendy's, McDonald's, Burger King, Arby's)	15 - 24
Cheeseburger/Jr. Cheeseburger (McDonald's, Wendy's)	11 - 12