

# EATING POSITIVE

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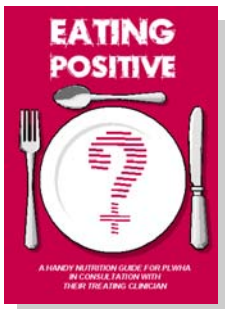


## Brisbane office

PO Box 3387  
NORMAN PARK QLD 4170

101a Watson Street  
Camp Hill

Phone (07) 3900 8000  
Fax (07) 3843 4962



## INTRODUCTION

Welcome to “**Eating Positive**” ~ a resource prepared by Spiritus Positive Directions and Queensland Health for **PLWHAs** (**P**eople **L**iving **W**ith **HIV /AIDS**) and their health professionals. Here you will find a handy reference guide to some of the more common dietary and nutritional aspects of managing HIV /AIDS. **It is intended to complement professional advice from doctors, nurses or dietitians.** Dietitians are the experts in food and nutrition advice, and can work with you to help meet your individual health and lifestyle needs.

You will also find plenty of helpful tips here. On the website, the topic links (at left) will take you to pages giving you an up-to-date overview of key nutritional information. If you have not seen a dietitian ~ and especially if your nutrition needs are complex ~ then your doctor or nurse may recommend the advice of an **Accredited Practising Dietitian (APD)**.

### Finding a dietitian

APDs are members of the Dietitians Association of Australia, and are committed to keeping up-to-date and providing quality service to their clients. **Some dietitians are also members of the Queensland Branch Interest Group on HIV/AIDS.** Members of this group receive ongoing education in this special field, so their information is always up-to-date and accurate for you.

### You can contact the Dietitians Association of Australia ~

- on the internet, visit **www.daa.asn.au**
- telephone **1 800 812 942** (the APD Hotline)

~ or check the **Yellow Pages** under “**Dietitians**”

~ or contact **Spiritus Positive Directions** ~

- telephone **(07) 3900 8000** to link up with your local dietitian who is a member of the Queensland Branch Interest Group on HIV /AIDS.

### More information?

For more information, or to receive a copy of the booklet from which these web pages were derived, please contact Positive Directions on the number above or, from the website, click on the **Contact** link at left.