

EATING POSITIVE

Introduction

Nutrition matters!

A balanced diet

“Meds” and food

Body shape changes

“Heart Smart” foods

Managing side-effects

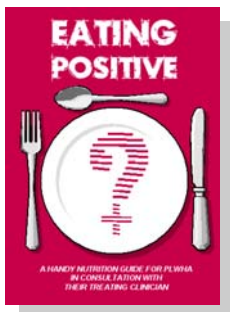
Some management tips

Links

Contact



Brisbane office
 PO Box 3387
 NORMAN PARK QLD 4170
 101a Watson Street
 Camp Hill
 Phone (07) 3900 8000
 Fax (07) 3843 4962

NUTRITION MATTERS!

Good nutrition is essential for people with HIV or AIDS. Eating well is an important co-therapy that will assist in optimising your health.



Healthy eating guidelines



Eat more vegetables

Vegetables provide a host of antioxidants, phytochemicals, and other vitamins and minerals, that are essential for fighting HIV disease



Vegetables
5 serves a day

Snack on fruit

Another great source of vitamins and minerals that will assist in optimising your health and keeping your immune system fighting



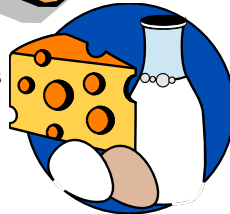
Fruit
2 serves a day

Friendly fibre

Wholegrain breads and cereals (as well as fruit & vegetables) provide the fibre necessary to keep your bowels regular ~ a high-fibre diet can also lower your blood cholesterol levels



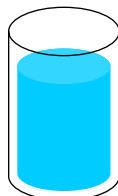
Breads & cereals
6 or more serves a day



Dairy
3 serves a day



Meat, fish & legumes
2 serves a day



Water
6-8 glasses a day

Powerful protein

Protein is involved in nearly every biological process in the human body: it builds muscle tissue and helps your immune system fight off infections.

Studies have shown that HIV weight loss tends to reduce protein stores very quickly, so a major nutritional goal should be to build or maintain your muscle mass by eating the recommended amounts of dairy foods, meat, fish and legumes