

# 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



Queensland  
Government  
Queensland Health

## CONTACT US

The information on these pages was written and compiled by the **Qld Branch Interest Group on HIV/AIDS**, and by the Dietitian, Spiritus Positive Directions, in conjunction with NutritionPlus and Queensland Health.

**Information is correct as at December 2008, but is not a substitute for health professional advice and medical supervision.**

Your feedback and comments are welcome.

### Please contact Spiritus Positive Directions ~

- telephone **(07) 3900 8000**
- e-mail **[PDinfo@spiritus.org.au](mailto:PDinfo@spiritus.org.au)**
- write to The Dietitian  
Spiritus Positive Directions  
PO Box 3387  
NORMAN PARK Q 4170