

## Tollfree Hotline Numbers

AICR Nutrition Hotline: 1/800/843-8114

AIDS Medicine & Miracles (CO): 1/800/875-8770

American Dietetic Association: 1/800/366-1655

CDC NPAN: 1/800/458-5231

Project Inform HIV Treatment: 1/800/822-7422

Sister Connect Warmline (NJ): 1/800/747-1108

Uniform Access Project (PA): 1/800/929-5602

Women Alive (CA): 1/800/554-4876

When visiting web sites if an address does not work try linking to the 'root address'. Example- If <http://www.hivresources.com/badlink.htm> does not work, try <http://www.hivresources.com> then search for the web page that you want.



**AIDS Info**  
**1/800/448-0440**

**Internet Help From AEGIS For  
Recently Diagnosed People With HIV**

**<http://www.aegis.com/topics/dayone/>**

HIV ReSources, Inc.  
PO Box 39385  
Fort Lauderdale, FL  
33339-9385

<http://www.hivresources.com>  
[Subscriptions@hivresources.com](mailto:Subscriptions@hivresources.com)

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# Resources For Positive Women

## Nutrition Books

*Eat Up! Nutrition Advice and Food Ideas for People Living With HIV and AIDS*

Workbook On Nutrition, Meal Planning, And Diet  
To order send \$13 to: Charlie Smigelski, RD,  
350 Mass Avenue, #125, Arlington, MA 02474  
Web site: <http://www.eatupbooks.com>

*Nutrition and HIV: A New Model for Treatment*

Guidebook Written By Mary Romeyn, MD  
It contains lots of nutrition information, and vitamin/  
mineral recommendations. Find it at the library, your  
local book store, or for a reduced price, visit  
<http://www.hivresources.com/Books1.htm> .



## Online Resources For HIV-Positive Women

### Women Alive Website

<http://www.women-alive.org>

### Mazzoni Center

<http://www.mazzonicenter.org>

### HIV Center for Women and Children

<http://www.hscbklyn.edu/hiv/p6.html>

### Project Inform Women's Program

[http://www.projinf.org/pub/ww\\_index.html](http://www.projinf.org/pub/ww_index.html)

### The Body's Women and HIV/AIDS Page

<http://www.thebody.com/whatis/women.html>

### Information on HIV/AIDS and Women

<http://www.hivresources.com/Women.html>

### Information on Mothers and Children

<http://www.hivresources.com/MomsKids.html>

### Health Care and HIV: Nutritional Guide

<http://www.aids-etc.org>

## Newsletters/Magazines

BABES Network: Babes Network, 1120 E. Terrace,  
Suite 100, Seattle, WA 98122 <http://www.babesnetwork.org> Telephone- 1/888/292-1912

Lifetimes2: <http://www.cvsprocare.com/content/hiv/> Telephone- 1/800/238-1548

New Jersey Women And AIDS Network: NJWAN,  
103 Bayard Street, 3rd Floor, New Brunswick,  
NJ 08901 <http://www.njwan.org>

Numedx Magazine <http://www.numedx.com>

Positively Aware: TPAN, 5537 North Broadway  
Street, Chicago, IL 60640 <http://www.tpan.com>

Nutrition and HIV Research: Tuft's University <http://www.tufts.edu/med/nutrition-infection/hiv/index.html>

Voices of Positive Women Newsletter <http://www.vopw.org/voicesweb/newsletter.htm>

Women Alive Newsletter: Women Alive, 1566  
Burnside Avenue, Los Angeles, CA 90019  
<http://www.women-alive.org>

WORLD, 414 13th Street, 2nd Floor, Oakland,  
CA 94612 <http://www.womenhiv.org>



## Online Nutrition Resources

- ◆ <http://www.glwd.org>
- ◆ <http://www.eatright.org>
- ◆ <http://www.fightbac.org>
- ◆ <http://navigator.tufts.edu>
- ◆ <http://www.hivresources.com>
- ◆ <http://www.pronutrition.org/>
- ◆ <http://www.hivdent.org/nutrition.htm>
- ◆ <http://www.apla.org/apla/ed/nutrition.html>
- ◆ <http://www.mnsi.net/~aidscw/nutriwomen.htm>