

also helps fight depression, fatigue and wasting. See your doctor before you exercise.



- ◆ Do muscle-building exercise and eat enough protein.
- ◆ Try to walk for 10 minutes (aerobic exercise) and do 20 minutes of progressive resistance exercise (weight-training) daily.

- ◆ Increase food intake as exercise is increased.
- ◆ Remember, too much exercise can depress the immune system.

#### Supplement Considerations

- ◆ A high quality multivitamin without iron at breakfast and/or dinner
- ◆ An antioxidant supplement and a B-complex formula at lunchtime

#### Micronutrient Supplements

Positive people may have vitamin and mineral deficiencies. This can cause or increase symptoms such as diarrhea, fatigue, slow thinking, and neuropathy. Lessen micronutrient deficiencies by eating a healthy well-balanced diet.

Ask your doctor about supplements. Too much of some micronutrients, such as zinc and iron can depress the immune system.

#### Complementary Therapies

Talk to your doctor about complementary therapies. Probiotics may help with digestive problems. See a nutritionist if you are thinking about a therapy that includes a change in the way you eat.

#### Seeing A Nutritionist

See a nutritionist to improve your nutritional status. You can:

- ◆ Learn about healthy eating habits
- ◆ Deal with nutrition-related symptoms
- ◆ Deal with medication side effects
- ◆ Improve your response to drug therapy
- ◆ Keep muscle mass and a healthy body weight
- ◆ Prevent protein and calorie malnutrition
- ◆ Learn about dietary supplements
- ◆ Strengthen your immune system with food
- ◆ Feel your best and improve quality of life

Medical Nutrition Therapy can make a positive difference in your life. To find an HIV-savvy nutritionist, contact ANSA through the Internet at: <http://www.aidsnutrition.org>.

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This information is for educational purposes. Nothing here should be considered medical, fitness, dietetic, or other professional advice. Seek guidance from HIV-savvy doctors and nutritionists who treat positive people.

#### References

1. Romeyn M. Nutrition and HIV: A New Model for Treatment, Second Edition; 1998. Jossey-Bass Publishers, San Francisco, CA.
2. HIV ReSource Review and HIV Nutrition Update newsletters. URL: <http://www.hivresources.com/NewsInfo.htm>.

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## Nutritional Status: The Key to Good Health



**Your nutritional status  
affects everything you do!**

# Nutritional Status Is The Key To Good Health

Healthy nutrition habits are important for good health. They make a big difference in how our bodies respond to infections such as HIV. Use this guide along with the advice of your doctor and a nutritionist to improve your nutritional status. The best health care providers to see are the ones with experience in treating people with HIV (HIV-savvy).



## Nutrient Requirements

People with HIV have increased metabolic needs. Eating healthy is very important. Protein is important for all body functions.

Everyone has different calorie, protein and water needs. The tips here are for people with a healthy weight and no symptoms.

## Calories, Protein, and Fluid Needs

- ◆ Men: 16-18 calories per pound (lb) of body weight; Women: 13-15 calories per lb.
- ◆ Protein: one gram (gm) of protein for every two lbs of body weight ( $\frac{1}{2}$  gm/lb).
- ◆ Fluid: Divide weight in half to find the amount of fluid ounces to drink each day.

## The Importance of Food Intake

Healthy meal plans help to strengthen the immune system. Street drugs and alcohol weaken the immune system. Smoking reduces appetite and alters food taste. Many medications can also change the way we eat. Talk with your doctor about

medications and food. Drink the recommended amount of fluid with your medications.

- ◆ Eat a variety of foods. Include meats, dairy products, bread, cereal, rice and pasta, fruits, vegetables, and fats.
- ◆ Good protein sources are: meat, poultry, fish, eggs, whey protein, dairy products, soy foods, nuts, beans and peas.
- ◆ Choose monounsaturated fats such as olive oil, canola oil, soybean or peanut oil.
- ◆ Avoid alcohol, street drugs and smoking.

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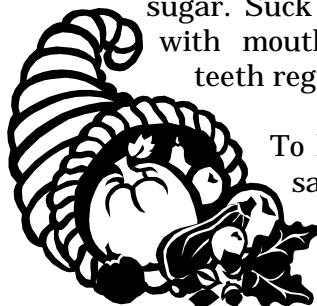
Stress and nutritional deficiencies can weaken the immune system

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## Appetite and Calories

Some people need to gain weight. Some may need to lose weight. To gain weight:

- ◆ Eat with other people as much as possible.
- ◆ Ask your doctor and a nutritionist about nutrient dense foods. Add wheat germ, raisins, nuts, dried fruits or grated cheese to foods to increase calories.
- ◆ Change food temperature and textures.
- ◆ Use seasonings, spices, broth or fruit juice for taste changes. Tart food can cover-up a metallic taste. Cover-up too sweet flavors with a pinch of salt or too salty flavors with a bit of sugar. Suck on hard candies, gargle with mouthwash and brush your teeth regularly.



To lose weight, see an HIV-savvy nutritionist to get a meal plan made just for you.

## Decrease Food/Water-borne Illness

- ◆ **Choose** high quality fresh fruit or vegetables. Wash them thoroughly with safe water (use two drops of tincture of iodine to a dishpan of water) and rinse well.
- ◆ **Avoid** unpasteurized milk products, apple cider, raw seafood, salad bars, mayonnaise or egg-based foods. Don't eat food with raw egg such as caesar salad.
- ◆ **Read** food labels. Never buy food past its 'sell by' date or eat food past its 'use by' date.



- ◆ **Wash** hands before and after you touch or prepare food. Wash the tops of cans before opening them. Clean your can opener blades weekly with hot soapy water. Wash table, counters, and sink with bleach and water.
- ◆ **Do not** use the same cutting board for raw and cooked foods.
- ◆ **Cook** meat, pork, poultry, fish, and eggs thoroughly. Reheat leftovers once. Throw out all leftovers older than 2-3 days.
- ◆ **Keep** hot foods hot (140-165 degrees). Keep cold foods cold (below 40 degrees).
- ◆ **Boil** drinking water for one minute or buy distilled water, seltzer, or water treated by reverse osmosis.

## Stress Management and Exercise

Join a support group to deal with stress and depression that affects eating. Eat slowly and chew foods well to avoid gas and bloating. Exercise helps the human body to work properly and stay healthy. It