



# Highlights: Good Habits, Good Health



This fact sheet is about eating habits. Healthy meal plans help to keep people well. People need healthy food to keep their immune system strong. Good health helps the body to fight illness. Everyone needs calories, protein, and water to live. These tips are for people with a healthy weight and no symptoms.

## Calorie, Protein and Fluid Needs

Everyone needs calories, protein, and water to live. Most foods have calories to fuel the body. Protein is important for all body needs. Fluid such as water helps the body to work well. A nutritionist helps people learn about their own calorie, protein and fluid needs. They also teach people about healthy food plans.



## Stress, Drugs, Food and the Immune System



Stress, street drugs, and alcohol make the immune system weak. They can also change the way people eat. Eating healthy meals helps to make the immune system strong. It can help to lessen drug side effects too. Read labels on medication bottles and do what they say. Talk with health care providers about drugs and food.

## Meal Planning

Some people need to lose weight. Some need to gain weight. Nutritionists help plan healthy meals for both kinds of people. A health care provider or ANSA ([www.aidsnutrition.org](http://www.aidsnutrition.org) - 202/737-1101) can give you the name of a nutritionist.

### *Food and Water-borne Illness*

Sometimes food or water can make people sick. Limit the chance of getting sick.

- ◆ Choose quality fresh fruit or vegetables. Wash them well with clean, safe water.

### *Food and Water-borne Illness*

- ◆ Avoid unpasteurized foods, raw seafood, salad bars, mayonnaise or foods with uncooked eggs.

## Healthy Eating Tips

1. Eat a variety of foods.
  - meats
  - dairy products
  - bread, cereal, rice and pasta
  - fruits and vegetables
  - good fats (oils such as canola, olive, peanut and soybean).
2. Eat good protein sources.
  - meat
  - poultry
  - fish
  - eggs
  - whey protein
  - dairy products
  - soy foods
  - beans and peas.
3. Limit sweets and fatty food.



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- ◆ Read food labels. Never buy food past the 'sell by' date listed on the label. Never eat food past its 'use by' date.



- ◆ Wash hands with soapy, warm water before and after touching food. Wash the tops of cans before you open them. Clean can opener blades weekly with hot soapy water. Keep utensils, food surfaces, and sink clean. Use hot, soapy, bleach water and rinse well.
- ◆ Do not use the same cutting board for raw and cooked foods.
- ◆ Cook meat, pork, poultry, fish, and eggs until well done. Heat leftover food only one time. Throw it out after 2-3 days.
- ◆ Keep hot foods at more than 140 degrees. Keep cold foods at below 40 degrees.
- ◆ Boil drinking water for one to three minutes. If you buy water, get spring water or purified water. Water filters must meet the NSF Standard number 53 for "cyst removal".

### Exercise and Stress

Exercise is good for the immune system. It helps to slow weight gain, wasting, tiredness, and fights depression. Ask a health care provider about exercise.

### Good Habits, Good Health Tips Review

- ◆ Exercise every day.
- ◆ Try to avoid stress, smoking, street drugs, and alcohol.
- ◆ Eat a variety of foods with good protein sources. Limit sweets and fatty foods. Ask a nutritionist to design a healthy meal plan for you.
- ◆ Avoid water that may not be safe. Wash fruits, vegetables and the tops of cans before you open them. Keep utensils, food surfaces, and sink clean. Use hot, soapy, bleach water and rinse well. Wash your hands often.

### Micronutrient Supplements

Some food plans may lack certain vitamins and minerals. This can cause loose stools, tiredness, or slow thinking. Good food plans help people to get the vitamins and minerals they need. Ask a health care provider about supplements.

This fact sheet is to educate people on good eating habits. It is not medical, fitness, dietetic, or professional advice. It is based on the beliefs of researchers and research studies as of March 2005.