

Nutrition

Balanced Nutrition for people living with HIV

Do you know?

A balanced diet can help you live better with HIV. It can help you stay healthy, prevent HIV from becoming more serious, and help you live longer.

GOOD FOOD IS ESSENTIAL for Health

What you eat affects the health of your body. The food you eat gives you the energy you need to live with HIV. It also helps your body fight off infections.

- Eat a variety of foods from all food groups.
- Eat more fruits and vegetables.
- Eat lean meats, fish, and poultry.
- Eat whole grains, such as brown rice, whole wheat bread, and whole wheat pasta.
- Drink plenty of water.

AIDS Helpline - 0800 012 322
www.aids.gov.au

P006 - HIV & Nutrition

Eat like a robot...put COLOUR in your diet

Eating a variety of fruit and vegetables can help you stay healthy and prevent disease.

RED
 - Loaded with powerful antioxidants.
 Red Cabbage, tomatoes, raspberries, pomegranates, guava & watermelon, plums, red apples etc.

Orange/Yellow
 - High in Vitamin C, which helps protect the immune system.
 Oranges, peaches, pears, pineapples, kiwifruit, carrots, mangoes etc.

GREEN
 - Helps maintain a healthy immune and digestive system.
 Broccoli, cabbage, spinach, green pepper, mango, papaya etc.

DIETITIAN
www.aids.gov.au

P012 - Nutrition - Put Colour in Your Diet

This is what your plate should look like for a healthy, balanced meal...

1 VEGETABLES / SALAD - Eat your portion of raw or cooked vegetables or more spoon vegetables (e.g. soups), a piece of fruit.

2 PROTEIN - Choose the ones you prefer, avoid processed meats, keep smaller fish, skinless, low-fat lean meats.

3 CARBOHYDRATES - Choose whole grains, low-fat cereals, whole grain bread, whole grain pasta, whole grain rice.

4 DAIRY - Choose low-fat dairy products.

DIETITIAN
www.aids.gov.au

P018 - Nutrition - What is a Balanced Meal

Watch out for salt

1g - High blood pressure is a leading cause of heart disease. A diet low in salt can help reduce the risk of heart disease.

5g - A small amount of salt is needed for a healthy body, but too much can lead to high blood pressure and other health problems.

7.5g - Most people eat more than 7.5g of salt per day. This is too much.

4g - Aim to eat less than 4g of salt per day.

2.5g - Aim to eat less than 2.5g of salt per day.

DIETITIAN
www.aids.gov.au

P021 - Salt and Health