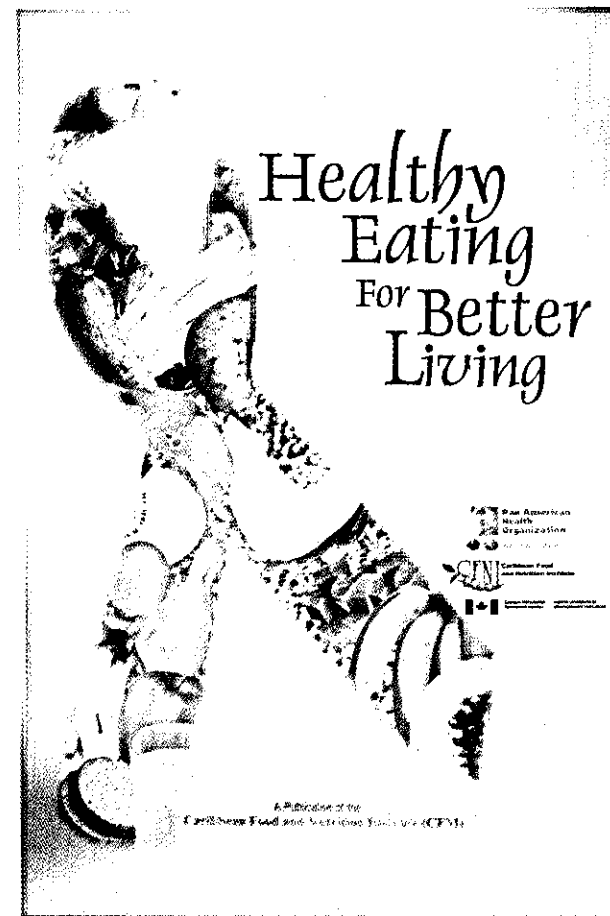


Produced by Caribbean Food and Nutrition Institute (CFNI)
A Specialized Center of the
Pan American Health Organization / World Health Organization
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Keeping Healthy and living with HIV



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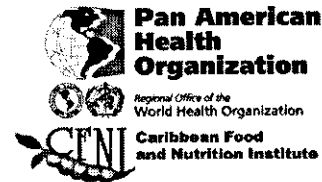
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My Personal Notes 

HEALTHY EATING FOR BETTER LIVING

Keeping Healthy and Living with HIV

A Booklet on Good Nutrition and Healthy
Eating for People Living with HIV/AIDS



Canadian International
Development Agency

Agence canadienne de
développement international

A publication of the
Caribbean Food and Nutrition Institute (CFNI)

A Specialised Centre of the
Pan American Health Organization/World Health Organization (PAHO/WHO)
With funds from the Canadian International Development Agency (CIDA)

Published by: Caribbean Food and Nutrition Institute
P.O. Box 140
Kingston 7, Jamaica W.I.

ISBN: 978 976 626 034 7

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* Anguilla, Antigua and Barbuda, Bahamas, Barbados, Belize, British Virgin Islands, Cayman Islands, Dominica, Grenada, Guyana, Jamaica, Montserrat, St. Christopher-Nevis, Saint Lucia, St. Vincent, Suriname, Trinidad and Tobago, Turks and Caicos Islands.

My Personal Notes

Find support.



- You need medical help and support but you also need the support of family, friends and people who can help out when needed. Do not be afraid to ask for it and to make sure that you have people on whom you can call when you need help.

Contents

Introduction	i
• Acknowledgements	iii
• Keeping Healthy and Living with HIV	1
• Maintaining a Healthy Weight	2
Getting Regular Exercise	3
Keeping up Your Appetite	4
Pay Attention to Special Nutrients	5
Where Can I find the Nutrients I Need for my Immune System?	6
Power-packing Your Diet	9
• Using Supplements	12
• Nutrient-related Substances	21
• Other Feeding Options	21
Take Care of Yourself	22

Introduction

Healthy eating for better living is important for everyone. It is the backbone for being in good nutritional status as well as living healthier. For persons living with HIV, healthy eating is even more important because the virus can affect your nutritional status and health which depend on more than just having enough quality food to provide you with the needed energy and nutrients. Your nutritional health also includes using clean and safe water, and paying attention to food hygiene and food safety. Also important is matching your food choices and intake with your antiretrovirals and other drugs, as well as managing any problems that you may experience.

Since the widespread distribution of the 2002 publication "**Healthy Eating for Better Living, A Caribbean Handbook**", many users have provided us with invaluable feedback. This has resulted in the creation of 7 booklets for easier use by HIV-positive persons and your care-providers. We have kept part of the original title, "Healthy Eating for Better Living" and each booklet now has one of the following subtitles:

- (1) What is Good Nutrition for HIV?
- (2) About Nutrition and HIV
- (3) Planning A Healthy Diet

- If you smoke and think that you cannot stop, try to cut down the number of cigarettes and how often you smoke.

☞ **Get lots of rest and sleep.**

☞ **Try not to worry too much. Stress can harm your immune system.**

☞ **Get good advice.**

- If you have any medical problems or difficulties, get advice from a health professional. Many problems can be treated.
- The sooner you seek help, the easier treatment can be.



Take Care of Yourself

For people living with HIV/AIDS, nutrition is an important part of treatment. Healthy ways of eating were discussed in another booklet, but you need more than food and exercise. Your mind must also be healthy. Being overly worried and under stress can weaken your immune system. Take care of yourself. Here are some tips:

☞ **Be kind to yourself.**

- Try to keep a positive attitude. Feeling good is part of being healthy.

☞ **Avoid alcohol.**

- Alcohol can interfere with immunity by robbing the body of vitamins that are used to boost the immune system. Avoid drinking alcohol and alcoholic drinks including beer, wine, brandy, whiskey, alcohol – fruit flavoured drinks, vodka, gin etc.,
- Alcohol can affect how well your medication works.

☞ **Try not to smoke.**

- Smoke from cigarettes harms the lungs. Smoking causes lung infections which can be very serious with HIV/AIDS.



- (4) Keeping Healthy and Living with HIV
- (5) Dietary Tips for Coping with Problems that Could Affect Your Nutritional Health
- (6) Food Safety and Hygiene
- (7) Getting the Best from Your Food and Drugs

Each booklet allows you to focus on one topic at a time. However, we suggest that you keep all of them handy as quick references that can help to make life and living better. We hope that you will continue to find the information useful. Remember that the information provided in these booklets is not intended to be used in place of any individualized treatment you will require from your doctor, dietetics or any other healthcare professional. In addition, mention of any product does not mean any expressed or implied endorsement. If you have questions or need additional information, we encourage you to consult your doctor, nutrition or dietetics professional or nurse.

Dr. Fitzroy Henry
Director, CFNI

Acknowledgements

The Caribbean Food and Nutrition Institute (CFNI) gratefully acknowledges the invaluable and outstanding contributions of many individuals and institutions whose commitment and support ensured that these booklets were adapted from the original publication: "Healthy Eating for Better Living, A Caribbean Handbook" (2002).

CFNI especially recognizes the continued financial and other support from the Canadian International Development Agency (CIDA); the professional expertise of Ms. June Holdip, Mr. Godfrey Xuereb, Ms. Audrey Morris and Ms. Christine Bocage who reviewed and edited the technical content; Ms. Winsome Williams, Ms. Lorna Burrell, Mr. Ken Morgan and other staff of the Materials Production Unit for organizing and printing the booklets.

Nutrient-Related Substances

Nutrients are important but some foods have **flavonoids** and **phytosterols**. These are natural substances found in fruits and vegetables. They are not nutrients but are now known to play an important role in helping the immune system and in the prevention of cancer and other diseases. *Flavonoids* are found in citrus fruits, apples, berries, red grapes (also grape juice), carrots, onions, broccoli, cabbage, cauliflower, brussels sprouts, (bell) peppers and green (not black) tea. *Phytosterols* are found in a large number of foods. Seafood, peas, nuts, sunflower seeds, sesame seeds and whole grains are particularly good sources. Eating a variety of fruits and vegetables will also ensure a good intake.

Other Feeding Options

Should you have so much difficulty eating that you cannot even drink supplements, then there are other ways for you to feed. You may need to have a tube passed through your nose (*nasogastric tube feeding*) or through your stomach (*gastrostomy tube feeding*). With proper care and advice, you can feed yourself at home by either of these methods. Another method is to be fed through a vein (*parenteral nutrition*) with a specially made solution in the hospital pharmacy.

Your doctor will advise about feeding by any of these methods. Stay in touch.

Caribbean Delight

Be enveloped by this tropical enchantment. Soothe your soul with flavours from the Caribbean in this spectacular combination of local fruits and vegetables . . . almost too much for one glass to handle.

Makes 4 cups (1 L)

4 servings

Caribbean Delight		Serving Size: 1 cup (250 mL)
1 cup (112 g or 4 ozs) Carrots, peeled and chopped	Blend all ingredients at high speed until thoroughly blended. Strain, (twice if necessary), squeezing juice from ingredients well. Pour in a clean, covered container and refrigerate. Serve cold. Shake or stir well before serving.	<i>Amount per serving</i>
1 cup (168 g or 6 ozs) Ripe tomato		Calories: 326 g
1 (100 g or 3 ½ ozs) Very ripe banana/fig, peeled)		Protein: 1 g
2½ cups (625 mL or 22 ozs) Pineapple juice		Total fat: 8 g
¼ cup (125 mL or 4 ozs) Orange juice		Saturated fat: 1 g
½ cup (112 g or 4 ozs) Ripe mango, peeled		Cholesterol: 0 mg
½ cup (120 g or 4 ½ ozs) Granulated sugar		Total carbohydrate: 70 g
1 Tbsp (15 mL or ½ oz) Lime Juice		Dietary fibre: 1 g
2 Tbsp (30 mL or 1 oz) Oil		Iron: 1.1 mg

Keeping Healthy and Living With HIV

Now that you are HIV-positive, it is even more important that you keep yourself healthy. Here are some suggestions:

- Maintain a healthy weight
- Keep active
- Keep up your appetite
- Pay attention to the nutrients that are special for your immune system
- Power-pack your diet, and
- Use supplements, as recommended

Following is a brief discussion to help you with each of these suggestions.

Maintaining a Healthy Weight



Being underweight reduces your ability to fight infections. Being overweight with a lot of body fat is also unhealthy. If you are underweight or overweight, you should seek professional diet counseling. Together, you and your counselor will arrive at some decisions that you consider to be practical and realistic to help you gain or lose some weight. In the meantime, to gain weight, you can begin by eating larger servings of food especially when your appetite is good. On the other hand you can eat a little less to help with losing weight. Maintaining a healthy weight is especially important.

It is also a good idea to mount a picture of the Six Caribbean Food Groups on a wall or on your refrigerator. Check this daily to make sure you are eating from each food group.

Can Food Substitutes Help You Gain Weight?

To gain weight, you have to eat more food than the amount you need. To gain 1 lb. each week, you need to eat 500 more calories than what your body needs each day. One glass of commercial food substitute contains about 250 calories. You would have to drink two glasses a day, in addition to your regular meals, to add 500 calories to your diet. At that rate, to gain 1 lb., you would have to drink two glasses a day for 7 days without skipping any meals.

Peanut Shake

Makes 4 cups (1 L)

4 servings

Peanut Shake		Serving Size: 1 cup (250 mL)	
½ cup (112 g or 8 Tbsp) Peanut butter	Blend all ingredients at medium-high speed until thoroughly mixed. Strain, pour in a clean, covered container and refrigerate. Serve cold. Shake or stir well before serving.	<i>Amount per serving</i>	
3 ⅔ cups (917 mL or 32 oz) Double-strength soya milk		Calories:	551
½ cup (100 g or 3 ½ oz) Granulated sugar		Protein:	18 g
		Total fat:	31 g
		Saturated fat:	8 g
		Cholesterol:	0 mg
		Total carbohydrate:	55 g
		Dietary fibre:	2 g
		Iron:	0.8 mg



Punch de Carrot

Do you have left over carrots and are not sure what to do with them? Well worry no more! Use them to make this splendid carrot punch, a treat the whole family will enjoy.

Tip: Try substituting carrot with a vegetable such as pumpkin or a staple such as yam or plantain or a fruit such as mango. The nutritional content will change and you may need to alter the sugar content or add more spices and flavourings.

Makes 4 cups (1 L) 4 servings

Punch de Carrot		Serving Size: 1 cup (250 mL)
4 cups (448 g or 15 ozs) Carrots, peeled and chopped	Blend all ingredients together in a blender at high speed until thoroughly mixed. Strain, (twice if necessary), squeezing juice from carrots well. Pour in a clean, covered container and refrigerate. Serve cold. Shake or stir well before serving.	<i>Amount per serving</i>
3 ½ cups (875 mL or 31 ¼ ozs) Double-strength soya milk		Calories: 396
1/8 tsp Grated nutmeg		Protein: 11 g
1 tsp (5 mL) Vanilla essence		Total fat: 24 g
½ cup (112 g or 4 oz) Granulated sugar		Saturated fat: 6 g
1/8 tsp Salt		Cholesterol: 0 mg
2 Tbsp (30 mL or 1 oz) Oil		Total carbohydrate: 62 g
		Dietary fibre: 2 g
		Iron: 1.2 mg

Unless you get these substitutes for free, this is a very expensive way to gain weight. Also, you might find that drinking food substitutes takes away your appetite for solid food and that, at the end of the day, you haven't eaten very much. If this happens, it is not very helpful to take commercial food substitutes.

Homemade Liquid Supplements

If you have a blender, you can make your own nutritious liquid supplements. Try some of the recipes for Hearty Drinks. They are easy to make and have been given a stamp of approval for taste by HIV-positive people. You can also experiment with similar ingredients to make your own power-shakes.

Getting Regular Exercise

Just as healthy eating is important, so too is regular activity and/or exercise. This is also very important to your long-term health. Exercise is the only way to build and strengthen muscles,



your body's way of storing protein and strengthening your immune system. If you want or need to gain weight, then along with eating more, you also have to exercise. If you do not, the extra calories you take in will become fat and this is not very helpful. You need stored protein to resist infections. Both

aerobic and resistance exercises are useful but the latter type is for muscle-building. Your goal should be to develop your muscles through a resistance exercise programme.

Exercise also increases your appetite and your personal sense of well-being. So exercise is as good for the spirit as it is for the body. If you are not getting regular exercise, make an effort to begin and continue especially if you are not ill to.

It may be tough for you to exercise when you are tired or experiencing different physical problems. In these times, you should consult with an advisor who can help you to develop an activity programme including some extra gentle exercises that best suits you. Do not put too much stress on your body when you are not feeling well. Slow down when you have diarrhoea, a cough or a fever.

Keeping Up Your Appetite

Although you know that you should eat, sometimes you just don't feel like doing so. Here are some tips to perk up your appetite:

Treat yourself well ...

- Cook some of your favourite foods and meals, the ones you used to love before you got infected with HIV.
- Take a walk or go to the market, grocery or shop to pick up something special to eat.
- Keep a place in your kitchen where you store special favourite foods so that you have something special to eat when you want it.

Coco Bana

Coco Bana is a smooth blend of ripe banana/fig and coconut cream powder to give a delicious drink. It will be a favorite for the kids too!

Makes 4 cups (1 L)

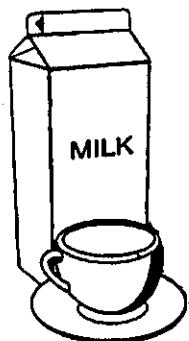
4 servings

Coco Bana		Serving Size: 1 cup (250 mL)
3 (300 g or 11 ozs) very ripe bananas/figs, peeled	Blend all ingredients together until thoroughly mixed.	<i>Amount per serving</i>
3 cups (27 ozs or 750 ml) Double-strength Soya Milk		
2 ½ Tbsp (40 g or 1 ½ ozs) Granulated Sugar	Strain. Pour in a clean, covered container and refrigerate.	Calories: 369
1 tsp (5ml or 0.2 oz) Vanilla Essence		Protein: 10 g
¼ tsp Grated Nutmeg	Serve cold.	Total fat: 17 g
¼ tsp Cinnamon Powder		Saturated fat: 8 g
1 ½ Tbsp (23 g or 0.8 oz) Coconut Cream Powder	Shake or stir well before serving.	Cholesterol: 0 mg
¼ tsp Salt		Total carbohydrate: 46 g
		Dietary fibre: 1 g
		Iron: 0.9 mg

Note:

You may notice a thin black layer at the top of the beverage upon settling. This is due to the natural reaction of the ingredients, so don't be alarmed.

Double-strength soya milk



To get some extra calories, add more soya milk powder to your single-strength soya milk to get this creamy, luscious drink. This beverage is a major ingredient in the dishes found in this book. You may also use this as a substitute in any of your own home-cooked meals where cow's milk is used.

Makes 4 cups (1 L)

4 servings

Double-Strength Milk		Serving Size: 1 cup (250mL)
3 1/3 cups (30 ozs or 833 mL) Water	Blend all ingredients well until thoroughly mixed.	<i>Amount per serving</i>
2 cups (7 ozs or 190 g) Soya Milk powder		Calories: 345
3 Tbsp (1 1/2 ozs or 45 g) Granulated sugar	Pour in a clean, covered container and refrigerate.	Protein: 13 g
2 Tbsp (1 oz or 30 mL) Vegetable oil		Total fat: 20 g
	Serve as a hot or a cold beverage.	Saturated fat: 7 g
		Cholesterol: 0 mg
	Shake or stir well before serving	Total Carbohydrate: 29 g
		Dietary fibre: 0 g
		Iron: 0.9 mg

Make every meal special...

- Make your food look nice and appetizing. Fruits and vegetables can add a rainbow to your plate.
- Prepare several different things so that if you do not feel like eating one thing, you may feel like eating something else.
- Use spices and flavouring to make your food tasty.
- Try to eat with pleasant company such as friends and/or family .
- Make meal-times special occasions.

Nibble, if it works for you ...

If you have difficulty sitting down for your main meals:

- Eat many small meals and snacks during the day,
- Remember to have the nutritious foods you need every day.

Pay Attention to Special Nutrients

Booklet No. 1 discusses "What is Good Nutrition," and Booklet No. 2 discusses "About Nutrition and HIV" and why it is important to eat nutritious foods for a balanced diet every day. Booklet No. 3 helps you with "Planning a Healthy Diet." You have also learned that all food provides nutrients but there are some foods that are rich in nutrients and are important to your immune system. Here are some examples of these nutrients and the foods that contain them:

WHERE CAN I FIND THE NUTRIENTS I NEED FOR MY IMMUNE SYSTEM?

IRON

- Liver (beef, pork, chicken, calf)
- Kidneys
- Beef, pork, lamb, goat and other red meats
- Trout, mackerel, clams, sardines, shrimp
- Legumes*, tofu
- Egg yolks
- Turkey (dark meat)

Note: Green bananas/figs, eddoes and other provisions are not recommended as sources of iron.

Note: (1) Iron is absorbed better if eaten with foods which contain Vitamin C, whole grains **, cream of wheat cereal, iron-enriched breakfast cereals, iron-enriched pasta, iron-enriched baby cereals, green peas, potatoes and sweet potatoes (with skin), prunes, raisins, nuts and seeds. (2) Iron absorption is hindered in the presence of tea, coffee, soy protein, chocolate and spinach

PROTEIN

- Meats
- Chicken, turkey
- Fish, seafood
- Eggs
- Legumes*, tofu
- Nuts, peanut butter
- Milk, cheese, yoghurt

COPPER

- Liver, kidneys
- Shellfish
- Legumes*
- Nuts
- Whole grains**
- Mushrooms

MAGNESIUM

- Seafood
- Legumes*, tofu
- Milk
- Whole grains**, wheat germ, bran cereals
- Leafy green vegetables*** avocado, broccoli
- Green peas
- Baked potatoes (with the skin)
- Bananas, raisins



How to Follow Recipes

The recipes offer weights and measures in metric, imperial and household measurements. Choose whichever one you feel comfortable with.

Single strength soya milk

Makes 4 cups (1 Litre)

4 servings

	Metric	Imperial	Household	Metric
Ingredients	g	oz	cup	mL
Water	-	31¼	3½	875
Soya milk powder	120	4	1¼	-

Method: Blend all ingredients together until thoroughly mixed. Place in a clean, covered container and refrigerate. Serve cold or as a hot beverage. Shake or stir well before serving.

Serving size: 1 cup (250 mL)	
<i>Amount per serving</i>	
Calories:	150
Protein:	8 g
Total fat:	8 g
Saturated fat:	4 g
Cholesterol:	0 mg
Total carbohydrate:	11 g
Dietary fibre:	0 g
Iron:	0.5 mg

Liquid Food Supplements

Food substitutes and supplements can either be homemade or any one of the commercial food substitutes like Boost®, Ensure®, Enterex®, Resource® and other similar products sold in pharmacies and some food shops. Some of these may be available in powdered form. They are not magic potions but are, in fact, made from regular foods with added vitamins and minerals. If you use commercial supplements, try to vary your selection of flavours to avoid getting tired of the same taste. You may need professional guidance from a dietitian.

If these products are out of your reach, you can make liquid food supplements. Here are a few recipes:



It is important to remember:

- A vitamin-mineral supplement could be helpful.
- Read the label to make sure the dosage is not more than 150% of your Recommended Dietary Allowances (RDA).
- More is not better – more than 200% of the RDA can cause nausea, vomiting, decreased appetite, liver and kidney problems.
- Too much Vitamin A, selenium, zinc and iron may weaken the immune system.
- There is no known benefit from using vitamins labelled “natural” instead of synthetic brands.
- Vitamin and mineral supplements are not a substitute for food.
- It is best to take vitamin and mineral supplements with meals.

ZINC

- Liver
- Beef, pork, lamb
- Seafood, sardines, herring
- Leafy green vegetables***
- Legumes*
- Peanuts, seeds
- Whole grains**, wheat germ
- Eggs
- Milk, cheese, yoghurt

VITAMIN A

- Liver
- Milk
- Eggs
- Mango, papaya/paw paw, cantaloupe
- Green vegetables, carrots, yellow sweet potatoes, pumpkin, squash

VITAMIN B₆

- Liver, meat
- Chicken
- Fish
- Whole grains**
- Legumes and Nuts*
- Bananas
- Baked potatoes (with the skin)
- Leafy green vegetables***

VITAMIN A

- Liver
- Milk
- Eggs
- Mango, papaya/paw paw, cantaloupe
- Green vegetables, carrots, yellow sweet potatoes, pumpkin, squash
- Spinach, calallo/dasheen bush
- Avocados, green peas

VITAMIN B₁₂

- Liver, meat
- Chicken, turkey
- Fish
- Eggs
- Milk, cheese, yoghurt

VITAMIN C

- Citrus fruits, W.I. cherry, guava, pineapple
- Tomatoes and tomato juice
- Cantaloupe, papaya/paw paw
- Leafy green vegetables***
- Broccoli, cabbage
- Vegetable juices

VITAMIN E

- Almonds, sunflower seeds, peanuts
- Leafy green vegetables***
- Whole grains**, wheat germ
- Safflower oil, sunflower oil, corn oil, wheat-germ oil

FOLIC ACID

- Liver, kidneys
- Legumes*
- Oranges, cantaloupe
- Leafy green vegetables***
- Cabbage, corn, green peas, avocado
- Whole grains**
- Sunflower seeds, nuts, peanuts

One Food = Many Nutrients

*** LEGUMES**

Channa/chick peas, black beans, white beans, kidney beans, lima beans, red beans, pinto beans, soybeans, lentils, black-eyed peas, pigeon peas, split peas, peanuts.

****WHOLE GRAINS**

Whole-grain breads, whole-grain pasta, hot and cold whole-grain cereals, brown rice@, whole-wheat couscous, barley, oats.

@ Note that brown rice is not the same as parboiled rice.

*****LEAFY GREEN VEGETABLES**

Spinach, watercress, kale, mustard greens, baghi, dasheen bush, pakchoi, parsley (less rich in calcium than the others).

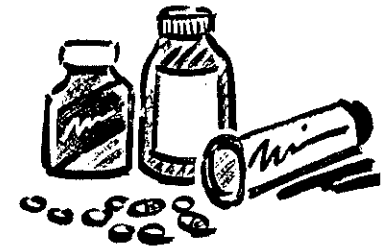
ESSENTIAL FATTY ACIDS

- Corn oil, sunflower oil, soy oil, linseed oil, safflower oil, wheat germ oil
- Wheat germ
- Fish

SELENIUM

- Whole grain foods
- Dairy products
- Meat
- Seafood
- Liver
- Chicken and other poultry
- Eggs
- Legumes*

will study your medical history and other information provided by your doctor. This is important because, like medicines, vitamin and mineral supplements can be poisonous (toxic) if they are not



What do good multivitamin/mineral pills contain?

1. Minerals – iron, zinc, copper and selenium.
2. Vitamin A 6000 I.U. or less . Don't take more because it can build up in the liver and become poisonous.
3. Vitamin B₆ . 25 mg or less.
4. Folic acid (also called folic acid) - 400 micro-gram (mcg/ug) or less.

taken properly. Over-dosing is not recommended and has not been proven to be of any benefit. Your doctor or diet counselor may suggest that you supplement your diet. You may need supplements of vitamins A, B₂, B₆, E, C and folic acid.

Supplements do not replace healthy food choices, which contain protein, energy, vitamins and minerals. Vitamins and Minerals help release the energy in food but are not themselves a source of energy. Without carbohydrates, proteins and fats, vitamins and minerals will not be very useful. Most of them will be excreted and the money spent could be wasted. This means that you still have to try to eat.

Double-Strength Milk		Serving Size: 1 cup (250mL)
3 1/3 cups (30 ozs or 833 mL) Water	Blend all ingredients well until thoroughly mixed. Pour in a clean, covered container and refrigerate. Serve as a hot or a cold beverage. Shake or stir well before serving	<i>Amount per serving</i>
2 cups (7 ozs or 190 g) Soya Milk powder		Calories: 345
3 Tbsp (1 1/2 ozs or 45 g) Granulated sugar		Protein: 13 g
2 Tbsp (1 oz or 30 mL) Vegetable oil		Total fat: 20 g
		Saturated fat: 7 g
		Cholesterol: 0 mg
		Total Carbohydrate: 29 g
		Dietary fibre: 0 g
		Iron: 0.9 mg

Using Supplements

No matter how well you try to follow your eating plan, you may find that you are just not eating enough to maintain your weight or to regain the weight you may have lost. You want to eat but for many reasons, you may have difficulty eating the amount of food that you need.

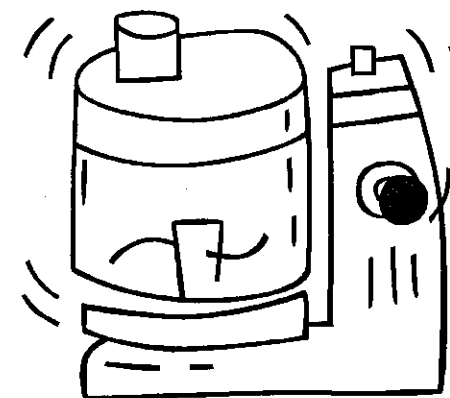
When healthy eating is not enough, you need to look for other ways to get your nutrition. You may need to supplement your normal intake with vitamins and minerals or with nourishing fluids taken at regular intervals.

Vitamin and Mineral Supplements

Before you take extra vitamins and/or minerals as a supplement, you need to be assessed by a registered dietitian who

Power-Packing Your Diet

Sometimes you may need to increase the calories and the nutritional value of your food without necessarily eating larger amounts. This means that you will have to “power-pack” your diet. The following are some tips to help you along the way. You can also create your own combinations.



Increasing Calories for Extra Energy

Food Item	What to do ...
Dried fruits	<ul style="list-style-type: none"> ▪ Eat as a snack or add to dessert. ▪ Add to breads, cakes, home -made cookies, cold or hot porridge and other cereals. ▪ Mix with nuts, granola or dried cereal and use as a snack. ▪ Add to salads. ▪ Add to cooked plain rice or vegetable rice.
Sugar	<ul style="list-style-type: none"> ▪ Add to cereal, milk or milk drinks, fruit or yoghurt, as tolerated. ▪ Make caramel popcorn sometimes.
Jams and jellies	<ul style="list-style-type: none"> ▪ Spread on bread and baked goods along with butter, margarine or peanut butter.
Soft Margarine, vegetable oil and butter	<ul style="list-style-type: none"> ▪ Add to food during or after cooking. ▪ Fry or sauté foods, as tolerated. ▪ Eat with meals or snacks as often as possible. ▪ Spread margarine or butter on bread, crackers, biscuits and other baked goods. Add it to porridge, rice, pasta and vegetables. ▪ Add extra butter or margarine to hot popcorn.
Commercial mayonnaise or salad dressing	<ul style="list-style-type: none"> ▪ Add to salads, e.g. most provisions, pasta, vegetables like peas and carrots. ▪ Combine with cold cooked meat, fish or eggs to make a paste, salad or to add flavour. ▪ Spread on sandwiches, bread, crackers and biscuits.
Ice cream or whipped cream	<ul style="list-style-type: none"> ▪ Scoop onto baked desserts, cakes, flavoured gelatin, pudding, custard and fresh fruit. ▪ Drink milkshakes.

Increasing Protein

Food Item	What to do ...
Meat, fish and poultry	<ul style="list-style-type: none"> ▪ Chop and add to vegetables, salads, soups or sauce/gravy. ▪ Add to scrambled eggs or omelettes, quiche or sandwich fillings.
Cooked eggs	<ul style="list-style-type: none"> ▪ Chop or slice hard -boiled eggs and add to salad dressings, vegetables, mashed potatoes or other mashed foods, green fig or breadfruit. ▪ Try adding extra egg white (protein) to scrambled eggs, custard or pudding.
Milk or Soy powder	<ul style="list-style-type: none"> ▪ Add low-fat milk or soy powder to regular milk to make "double-strength milk." Chill well before drinking for better flavour. ▪ Use double-strength milk in cooking and for milk-based drinks. ▪ Use milk instead of water to make cereal, soup, porridge, tea, cocoa and coffee. ▪ Add to flour mixture when making baked goods, roti, johnny cakes, breads or dumplings. ▪ Use whole/full cream or evaporated milk instead of water in cooking wherever possible.
Cheese	<ul style="list-style-type: none"> ▪ Sprinkle on cooked vegetables, salads, cooked meats, poultry and fish. ▪ Eat with fresh fruit. ▪ Eat with bread, biscuits, crackers, sweet breads or buns as part of a meal or snack.