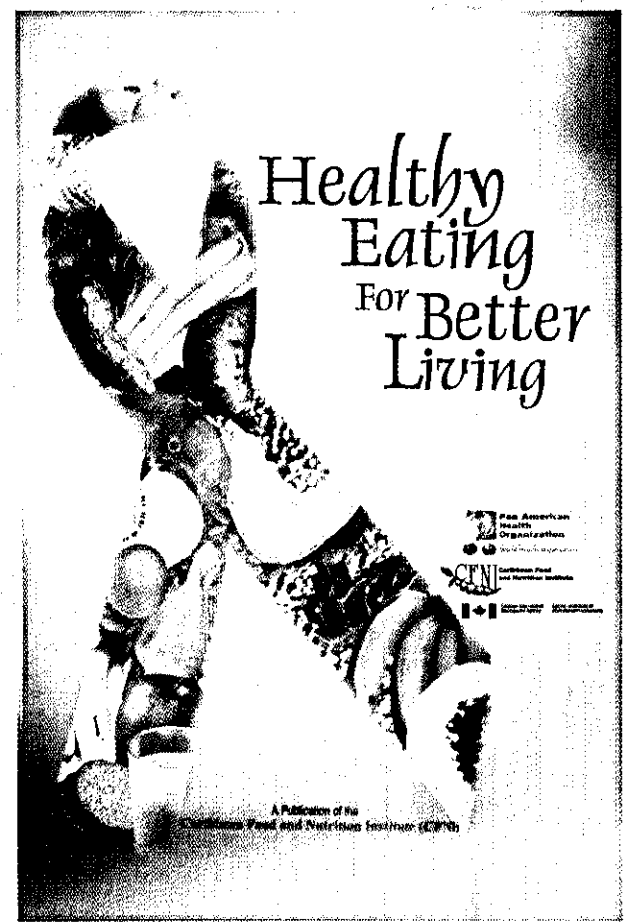


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Planning A Healthy Diet



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HEALTHY EATING FOR BETTER LIVING

Planning a Healthy Diet

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



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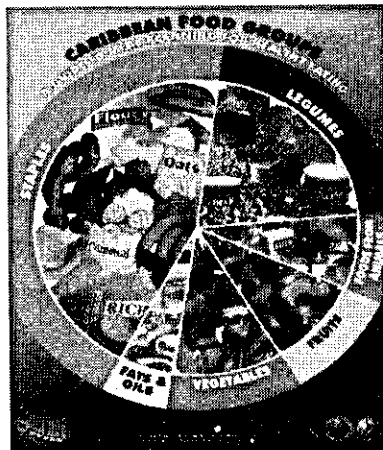
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* Anguilla, Antigua and Barbuda, Bahamas, Barbados, Belize, British Virgin Islands, Cayman Islands, Dominica, Grenada, Guyana, Jamaica, Montserrat, St. Christopher-Nevis, Saint Lucia, St. Vincent, Suriname, Trinidad and Tobago, Turks and Caicos Islands.

REMEMBER

1. Pay special attention to your diet as soon as you are diagnosed
2. Use the **Caribbean Six Food Groups** (see below) to select your food choices for a good mix of the 6 groups of nutrients and to help balance your diet every day.
3. You can still eat healthily by using the **Multimix Principle: 2-Mix, 3-Mix or 4-Mix**
4. Keep good nutrition as your goal every day.



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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

MULTIMIXING GUIDE

Mix (Choose one of these)	Food Groups		
2-Mix	**Staples + Food from Animals + Vegetables	Staples + Food from Animals + Legumes & Nuts	** Staples + Legumes & Nuts+ Vegetables
3-Mix	Staples + Food from Animals+ Vegetables	Staple s+ Food from Animals+ Legumes and Nuts	** Staples + Legumes and Nuts + Vegetables
4-Mix	Staples + Legumes & Nuts + Food from Animals + Vegetables		

When you chose to use either the 2-Mix or 3-Mix with the asterisk (**) you need to be extra careful with your other food choices:

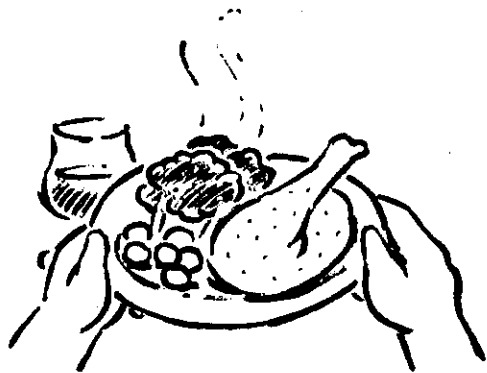
- If you choose to use a provision (starchy fruit, root or tuber, for example breadfruit , eddoes or potatoes), it should be combined with a food from the "Foods from Animals" group, for example, fish, eggs or cheese – protein;
- If the food from the Staples group is a cereal grain product (rice, pasta, cornmeal, oats etc), it can be combined with a food from the Legumes and Nuts group. The protein quality of this mix is as good as using a food from the "Foods from Animals" group.

During the course of the day, remember to have at least 2 choices from the Fruits group.

Meal Planning Options

When planning your meals, it is important to keep good nutrition as your goal. Depending on your ability to purchase, obtain and/or produce food, you may not be able to choose food items from all the six food groups everyday. If this is your situation, you can still eat healthily by using the *Multimix Principle*. This is the best approach to ensure that you are on the road to reaching your goal of good nutrition.

You can choose either a *2-Mix*, a *3-Mix* or a *4-Mix* from the Caribbean Six Food Groups. Any multimix starts with a food from the Staples food group. To this you will add another food from one or more of the other groups, one of which must be a source of protein. You will add a small amount of a food from the Fats and Oils group. During the course of the day, remember to have at least 2 choices from the Fruits group. Any of these mixes is nutritious and the 2-Mix is the least expensive. Here's how you will make your mixes:



- (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

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TIPS FOR PLANNING A HEALTHY DIET

Guidelines	What to do?
Begin now	Pay special attention to your diet as soon as you are diagnosed. Waiting could make the effects of the virus worse. You may need some professional help.
Choose your own food	<ul style="list-style-type: none"> ▪ Eat familiar and favourite foods. ▪ Eat more food, but try to keep your choices healthy.
Eat a variety of foods each day from the Six Food Groups No single food has all the nutrients you need. Remember, variety is the spice of life.	<ul style="list-style-type: none"> ▪ Make staple foods the basis of each meal. ▪ Eat fruits and vegetables every day. ▪ Eat dried peas and beans regularly, as tolerated. ▪ Include some food from animals daily. ▪ Use fats and oils in moderation. ▪ Choose different colour foods for eye appeal. ▪ Try different seasonings and spices.
Drink some fluids daily	<ul style="list-style-type: none"> ▪ Drink clean water from safe sources. ▪ Boil and cool water for drinking and making juice or other beverages.
Eat smaller meals more often.	<ul style="list-style-type: none"> ▪ Eat four or more times a day. ▪ Eat meals in a pleasant atmosphere with pleasant company
Pay close attention to what you are eating and to things that affect your eating habits.	<ul style="list-style-type: none"> ▪ Keep a diary to record your eating habits and health in general or ask someone close to you to help you or do it for you. ▪ Make changes gradually. It's hard to change everything at once.
Be as active as you can be.	<ul style="list-style-type: none"> ▪ Help with tasks around the house. ▪ Take a walk or stroll outdoors.
Hold back the alcohol	<ul style="list-style-type: none"> ▪ Avoid alcohol and alcoholic drinks.

Water is one of the three essentials for living. Water is present in all foods in different amounts. **Water is not fattening even when it is cold.** Keep up your intake. You will need to take extra fluid if you have severe diarrhoea, vomiting, night sweats or fever because your body will be losing more water than normal. Make sure that the water is from a clean source and therefore safe to use and drink. If there is any doubt, boil it rapidly for five minutes.

Planning Your Diet

Getting Started

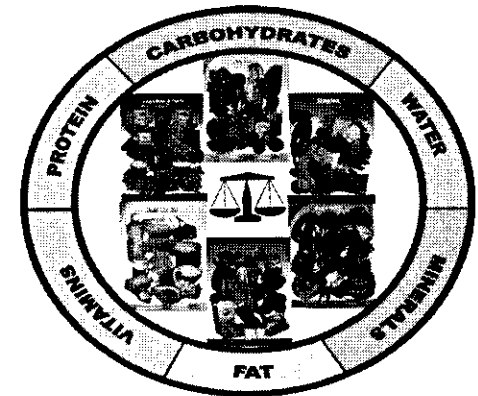
The best eating plan begins when you decide to eat for your health. You should start counseling sessions with a professional dietitian or nutritionist as soon as possible. Here are some tips to help you until you are able to meet with your diet counsellor.



Planning a Healthy Diet

What You Need for a Healthy Diet

Your nutritional needs will vary during the different stages of HIV disease. Your specific needs will also depend on other factors such as your medical treatment and lifestyle. No matter what your specific needs, you can use the *Caribbean Six Food Groups* to choose your food and help balance your diet every day



This will ensure that you are getting enough energy and each of the six groups of nutrients: carbohydrates, protein, fats, vitamins, minerals and water. **Note however that calories are not nutrients.** This is the term that refers to the amount of energy (fuel) you get only from these three nutrients: carbohydrates, protein and fats.

Just like a car needs enough fuel (gas) to allow it to move, your body needs enough calories to provide energy for its

activities, even during sleep. Your calorie needs depends on many factors such as:

- your health condition at the time of infection;
- the speed at which the infection is getting worse;
- complications that can affect your food intake,
- your body's use of the nutrients
- other conditions, for example if you have fever or an infection, your calorie needs will increase.

Highlights of the Six Groups of Nutrients



Proteins are needed in adequate amounts to keep your muscles from weakening. Together with calories, protein helps to maintain your body weight. The amount of protein you will need, depends on your body weight and whether you have any infections. It is possible that your protein needs will be higher than what is needed by someone who does not have HIV or AIDS. Protein is obtained mainly from two food groups: *Food from Animals plus Legumes and Nuts*.



Fats provide twice as much calories as the same weight of carbohydrates or protein. Your nutrition and diet counsellor can advise you about the amount and types of fats that are best suited for you. Fats are obtained mainly from two food groups: *Food from Animals, and Fats and Oils*.



Carbohydrates consist of starches and sugars and are the main source of calories in your diet. Along with fats, they spare protein from being used for energy, thus the term "protein-sparing". This ensures that your body will use proteins for its vital body-building, maintenance, growth and protection functions. Carbohydrates are obtained mainly from three food groups: *Staples, Legumes and Nuts and Fruits*.



Vitamins and Minerals are needed for a variety of functions. They do not function alone. Rather they work along with proteins, fats and carbohydrates. Your requirements will vary. *Vitamins and Minerals are obtained from all of the six food groups but the Fruits and Vegetables groups are often identified as rich sources of vitamins and minerals*.