

eating **POSITIVE**

Positive
DIRECTIONS



SPIRITUS ♦ The Anglican Church caring

REVISED SECOND EDITION

2010

SHOPPING *economically*

Here's a quick-reference glance at some of the more popular ingredients which are common to many of the recipes in this book ... as well as being just plain handy to have in a well-stocked kitchen!
In brackets are the (number of recipes) for which each item may be used, allowing you to better organise your weekly shopping and meal planning.

FRUIT (FRESH OR CANNED)

Strawberries (2); Kiwi fruit (2); Apricots: (2 – canned halves; 1 – nectar);
Apple: (3 – fresh); Banana: (5 – fresh); Pineapple: (5 – can); Peaches: (2 – can)

VEGETABLES (FRESH)

Baby spinach (2); Zucchini (2); Butternut pumpkin (2); Broccoli (2); Celery (5);
Capsicum: red (7), green (3); Tomato (6); Onion: (23 – white; 1 – red); Mushrooms (3);
Carrots (15); Potato: (4 – white/yellow; 3 – sweet)

VEGETABLES (CANNED OR FROZEN)

Red lentils (2); Beans: (1 – green; 1 – red kidney; 1 – baked); Tomato (3); Peas (4);
Chickpeas (5); Corn: (2 – creamed; 1 – kernels)

MEAT (& ALTERNATIVES)

Beef: (2 – diced steak; 3 – mince); Chicken: (7 – breast/thigh); Eggs (9); Ham (3); Bacon: (3 – short cutbone)

DAIRY

Skim milk: (11 – powder; 4 – evaporated/can);
Cheese: (9 – reduced fat cheddar; 2 – low fat cottage; 2 – low fat ricotta; 3 – parmesan);
Yoghurt: (4 – low fat natural; 4 – low fat vanilla); Ice cream (3 – low fat); Low fat milk: (19 – UHT or fresh)

CEREALS AND PASTA

Rice: (6 – basmati or white; Arborio – 1); Flour: (4 – self-raising; 1 – plain; 1 – corn);
Pasta: (1 – spiral/penne; 1 – spaghetti); Bread: (3 – multigrain/wholemeal/hi-fibre white);
Oats: (3 – instant/rolled)

HERBS, SEASONINGS, OILS & EXTRAS

Canola: (5 – margarine; 11 – spray; 16 – bottle); Dried herbs: (7 – mixed); Cinnamon powder (5);
Raw sugar (7); Minced garlic (13); Stock cubes: (5 – vegetable; 4 – chicken; 2 – beef); Pepper (8);
Bottled juice: (4 – lemon; 1 – lime); Low salt tomato paste (5); Low salt soy sauce (2);
Bamboo skewers (3); Salad dressing: (5 – Greek/French/Italian/Caesar); Dried parsley (8);
Crushed ginger (8); Drinking chocolate (2); Custard powder (2)



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ABOUT THIS BOOK

Welcome to the fully-revised second edition of "Eating Positive"!

This cookbook was developed by Spiritus Positive Directions and funded by Queensland Health for People Living With HIV (PLHIV).

"Eating Positive" highlights the importance of nutrition and exercise in:

- ◆ maintaining good health
- ◆ improving immune function
- ◆ decreasing the risk of chronic health conditions
- and
- ◆ enhancing quality of life.

The aim of the cookbook is to provide PLHIV with a practical nutrition resource which outlines:

- ◆ dietary guidelines for good health
- ◆ physical activity guidelines for good health
- ◆ dietary strategies to assist in the management of common medication side-effects
- ◆ tips for grocery shopping on a budget
- ◆ tips for cooking for one or two people
- ◆ recipes which are nutritious, but which are also cheap, quick and easy to prepare.

We hope you find this new edition of "Eating Positive" a useful and practical resource.

On the inside front cover of this edition you will find a summary of many of the ingredients used in the recipes in this book, grouped in a way which we hope will assist you in planning your budgeting and shopping.

This is designed to help you get maximum value in buying ingredients which may be used for more than one dish, as well as in building up a core stock of additives like key herbs and spices.

Enjoy using this cookbook, and remember to **eat well and exercise well**, to optimise your health.

Kind regards

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Brisbane, 2010

MEASUREMENTS Guide

Liquid measurements

1 teaspoon	=	5ml		
1 tablespoon	=	20ml		
2 fluid ounces	=	65ml	=	¼ cup
4 fluid ounces	=	125ml	=	½ cup
8 fluid ounces	=	250ml	=	1 cup
1 pint	=	625ml	=	2+½ cups

Solid measurements

1 ounce	=	30g	
4 ounces	=	125g	
8 ounces	=	250g	
12 ounces	=	375g	
16 ounces	=	500g	
24 ounces	=	750g	
32 ounces	=	1000g	(1kg)

Oven temperatures

Description °C	Gas		Electric	
	°F	°C	°F	°C
Cool	100	200	110	225
Very slow	120	250	120	250
Slow	150	300	150	300
Moderately slow	160	325	170	340
Moderate	180	350	190	375
Moderate hot	190	375	220	425
Hot	200	400	250	475
Very hot	230	450	270	525

The nutritional content of all recipes have been analysed using 'Food Works' 2007 version.

Key: low fat = <3g/100g
 low saturated fat = <1.5g/100g
 low sugar = <5g/100g
 low salt = <120mg
 high fibre = >4g/serve
 high protein = 10g/serve


In each recipe these levels are indicated like this:




↓fat ↓saturated fat ↓sugar ↓salt ↑fibre ↑protein


(Note: not all recipes will contain all items)


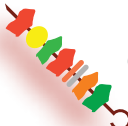

SYMBOLS USED

STORAGE  OK, IN A COVERED CONTAINER, IN THE FRIDGE, USUALLY FOR 1–2 DAYS MAXIMUM

FREEZING  OK, IN A COVERED CONTAINER

REHEATING  MICROWAVE  IN OVEN  ON STOVETOP (SAUCEPAN)  ON STOVETOP (FRYPAN)

AVOID THIS  MEANS NO STORAGE, OR FREEZING, OR REHEATING (DEPENDING ON THE FOOD)

1 SERVE  OR  OR 

VEGETARIAN =  VEGAN = 

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Please note: the illustrations have been carefully selected to depict the dishes in this book but may not necessarily reflect the exact recipes and specific ingredients described; they are, however, designed to 'whet your appetite' and encourage you to be creative with addressing your own nutrition needs for your better health!

If readers have any concerns or questions about any of the recipes or ingredients in this book and their suitability for their own personal health situation they should consult their GP, specialist HIV care provider or an Accredited Practising Dietitian.

General enquiries may also be addressed online via the Positive Directions website: www.positivedirections.org.au

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