

HIV and your health

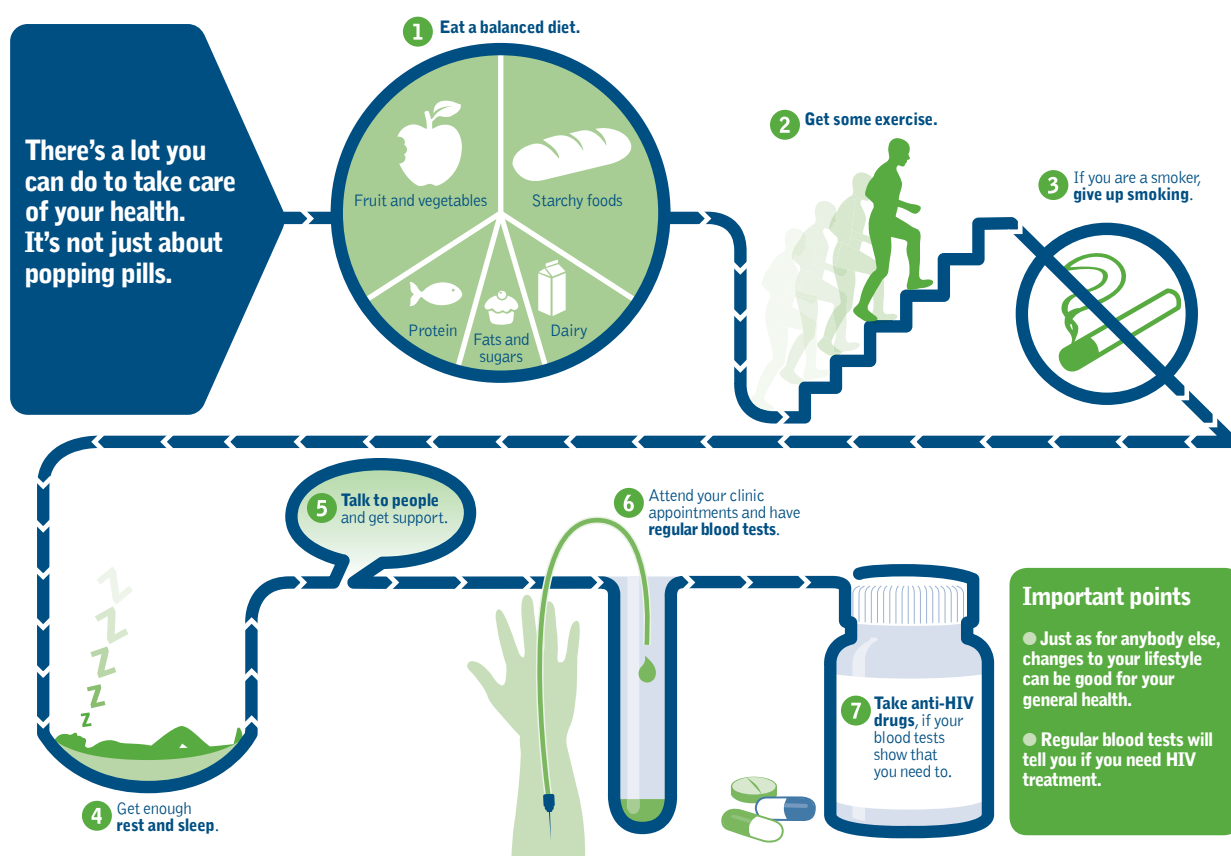
Lifestyle choices for People Living with HIV (PLHIV) play an integral role in their overall health status – there is more to HIV management than just taking medication!

It is recommended that your wellness plan incorporates good nutrition, healthy habits (such as good sleep and quitting smoking) and regular exercise.

By taking a holistic approach to health care you can:

- ◆ Increase your quality of life
- ◆ Delay or prevent the onset of chronic health conditions
- ◆ Optimise and maintain your immune system functioning

This diagram highlights 7 ways to look after your health:



nam www.aidsmap.com

Copyright ©NAM 2009. If you need extra copies of this fact sheet, or would like to translate, adapt or reproduce it, please contact us.

This resource has been reproduced with permission from NAM, publishers of aidsmap.com

As you can see, following a wellness plan that integrates healthy lifestyle choices and regular appointments with your HIV clinic is essential for good health. You cannot do one without the other!

This cookbook aims to increase your knowledge on the relationship between nutrition, exercise and HIV health.

It is packed full of information, advice, ideas and recipes to empower you to make healthy choices. **Read on to find out more!**



Eat well, exercise well, live well!

The **Dietary Guidelines for Australians** have been developed by food and nutrition experts, which highlight food and lifestyle patterns that promote good nutrition and health.

Enjoy a wide variety of nutritious foods

- Eat plenty of vegetables, legumes and fruits
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Include lean meat, fish, poultry and/or alternatives
- Include milks, yoghurts, cheeses and/or alternatives.
Reduced-fat varieties should be chosen, where possible
- Drink plenty of water

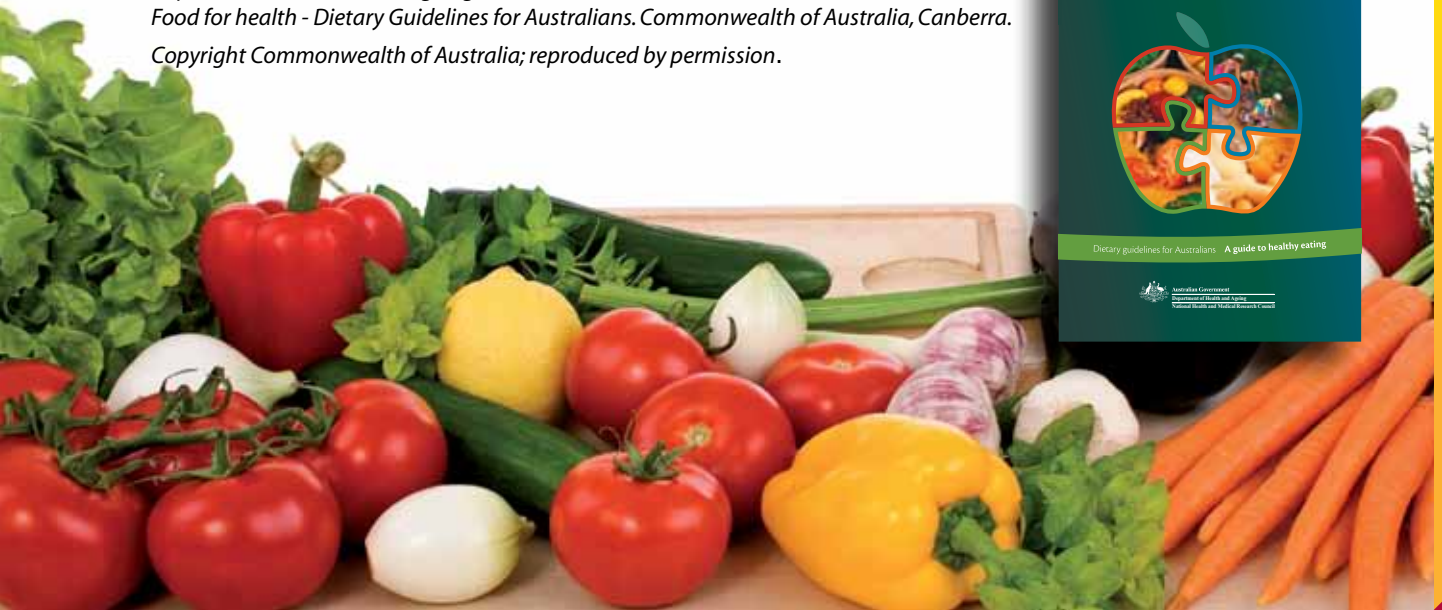
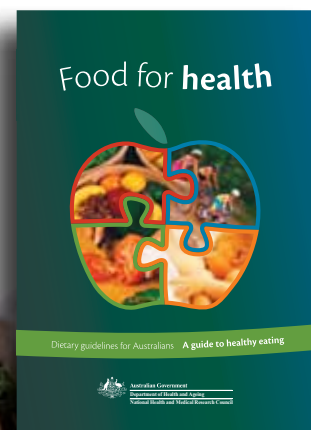
and take care to:

- Limit saturated fat and moderate total fat intake
- Choose foods low in salt
- Limit your alcohol intake if you choose to drink
- Consume only moderate amounts of sugars and foods containing added sugars

Prevent weight gain: be physically active and eat according to your energy needs

Care for your food: prepare and store it safely

Department of Health and Ageing, National Health and Medical Research Council (2003).
Food for health - Dietary Guidelines for Australians. Commonwealth of Australia, Canberra.
Copyright Commonwealth of Australia; reproduced by permission.



eat well, exercise well, live well!