



NUTRITION

1. Overviews of nutrition

- **Nutrition Fact Sheet.** (AIDS InfoNet). 2008.
http://www.aidsinfonet.org/uploaded/factsheets/144_eng_800.pdf
- **Eating healthy.** (CATIE). 2001. <http://www.catie.ca/pdf/ACASfs/NutrHealthy.pdf>
- **Healthy living.** Pages 27-37 in: Managing your health: a guide for living with HIV. (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>
- **Your body: Exercise, diet and other health issues for people with HIV.** (Terrence Higgins Trust). 2007.
<http://www.tht.org.uk/informationresources/publications/livingwithhivgeneral/yourbody136.pdf>
- **Nutrition and Weight Maintenance.** (Project Inform). 2004.
<http://www.projectinform.org/info/nutrition/nutrition.pdf>
- **A Practical Guide to Nutrition for People Living with HIV.** (CATIE). 2007.
http://www.catie.ca/pdf/PG_Nutrition/nutri_eng.pdf
- **Nutrition.** (NAM). 2008. <http://www.aidsmap.com/files/file1000893.pdf>

2. Nutritional requirements and food groups

- **Building a high quality diet.** (Tufts University Nutrition/Infection Unit). 2009.
http://www.tufts.edu/med/nutrition-infection/hiv/health_high_quality_diet.html
- **General nutrition requirements.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **Protein content of foods.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **Carbohydrates.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **The importance of fiber.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **Conquer the Kitchen: five steps that will take your diet from downtrodden to triumphant (and you along with it).** (Positive Side, vol. 10, issue 1). Spring 2008.
http://www.positiveside.ca/e/V10i1/pdf/ps_v10i1_conquerthekitchen.pdf
- **Healthy and balanced nutrition for growth, work and play.** From: Living well with HIV/AIDS. A manual on nutritional care and support for people living with HIV/AIDS. (WHO, FAO). 2002. <ftp://ftp.fao.org/docrep/fao/005/y4168E/y4168E00.pdf>
- **Kiss in the kitchen: 15 food groups to pack in your pantry.** (Positive Side). Spring/Summer 2004.
<http://www.positiveside.ca/e/V6i4/pdf/nutrition%20%5B6-9%5D.pdf>

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Please note that this information was current as of August 2009, but has not been updated.

3. Food planning tools

- **Canada's Food Guide.** (Health Canada). 2009.
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- **My Pyramid.** (USDA). 2009.
<http://www.cdc.gov/hiv/resources/brochures/print/food.htm>
Web site with an interactive tool to help develop a healthy personal eating plan. Includes an online dietary and physical activity assessment tool, related nutrition messages, and links to nutrient and physical activity information.

4. Special diets

- **Appropriate meals and snacks for your medications.** (Association of Nutrition Services Agencies). 2009. <http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **Vegetarian diets.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **Restricted sodium meal plan.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **Lactose intolerance.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>

5. Eating healthy with limited money and space

- **10 tips for good nutrition on a fixed budget.** (Association of Nutrition Services Agencies). 2009. <http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **What to do when money for food is limited.** (Tufts University Nutrition/Infection Unit). 2009. http://www.tufts.edu/med/nutrition-infection/hiv/health_limited_money.html
- **Food choices when no kitchen is available.** (Tufts University Nutrition/Infection Unit). 2009. http://www.tufts.edu/med/nutrition-infection/hiv/health_no_kitchen.html

6. Tips to improve flavour

- **Taste changes.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>