

Positive eating / South Glamorgan Health Authority.

Contributors

South Glamorgan Health Authority

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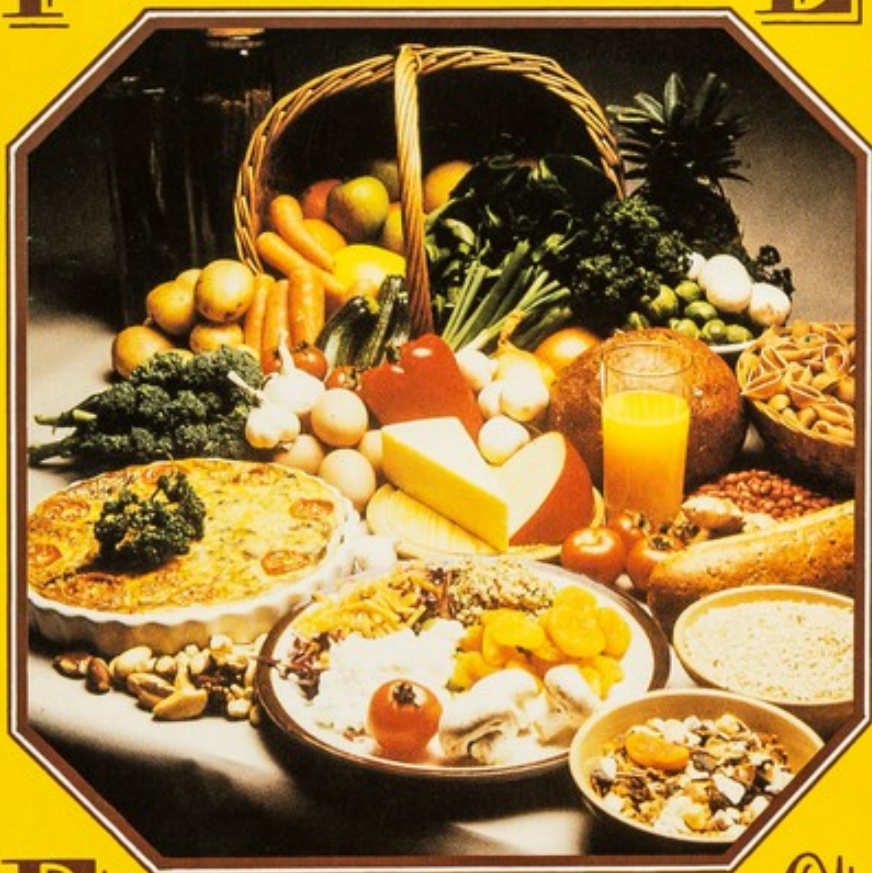
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POSITIVE



EATING

A photograph of a basket filled with fresh vegetables. In the foreground, there is a white ceramic pie dish containing a golden-brown pie topped with sliced tomatoes and a sprig of green herbs. Behind the pie, there is a large head of green broccoli, several whole yellow onions, and several bright orange carrots. A head of white garlic is also visible among the vegetables. The background shows more of the woven basket and some green leafy vegetables.

This advice has been designed
to help those who have the
Human Immuno-deficiency Virus

A GOOD AND VARIED DIET
WILL HELP YOU TO

- MAINTAIN YOUR WEIGHT
AND PHYSICAL STRENGTH
- FIGHT INFECTION
- MAINTAIN GENERAL
WELL BEING

WHAT SHOULD YOU BE EATING?

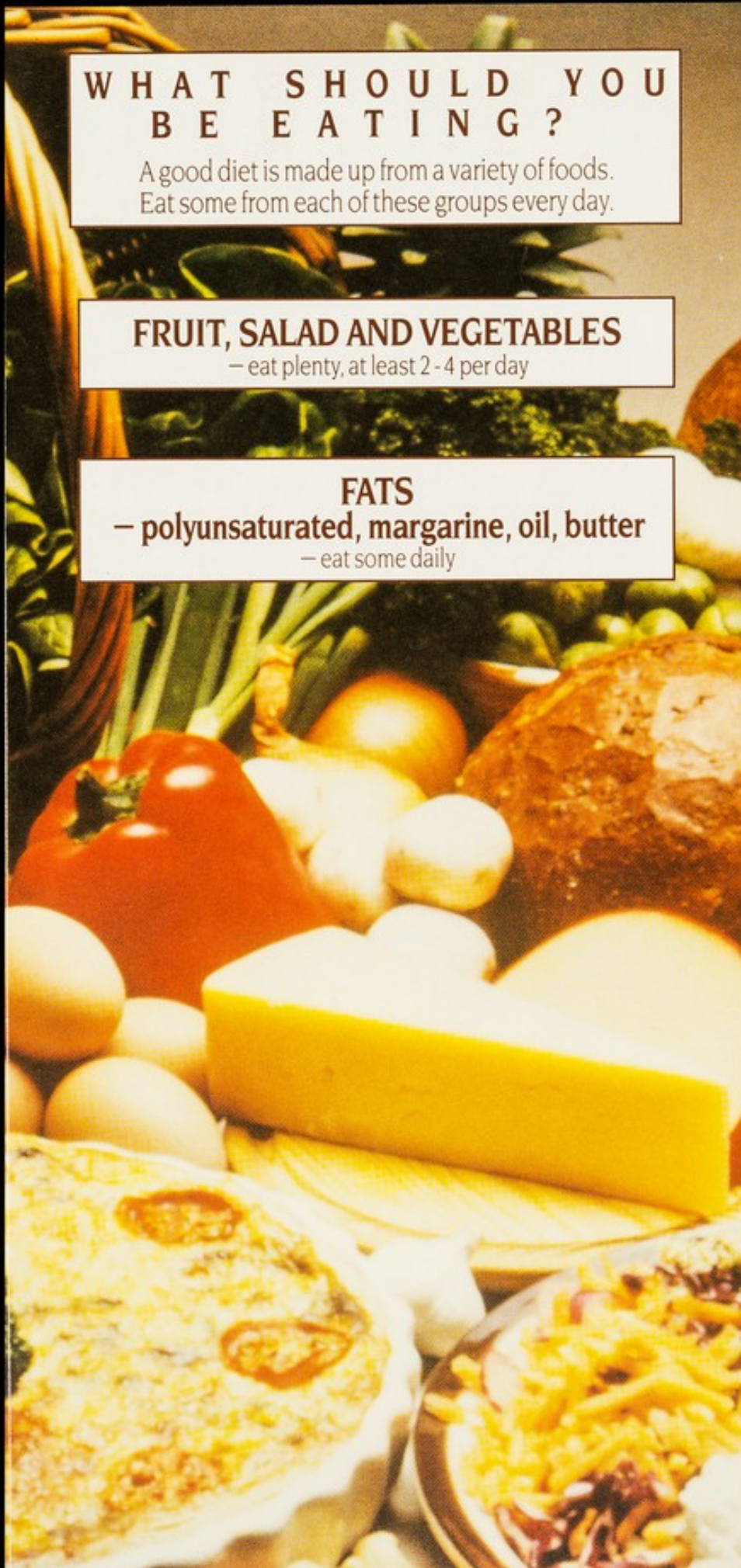
A good diet is made up from a variety of foods.
Eat some from each of these groups every day.

FRUIT, SALAD AND VEGETABLES

– eat plenty, at least 2-4 per day

FATS

– polyunsaturated, margarine, oil, butter
– eat some daily



CEREALS AND BREAD

Try high fibre varieties e.g. wholemeal bread,
Weetabix, porridge, brown rice & pasta
Eat some at each meal

MEAT, FISH, EGGS, PULSES, NUTS

– eat 2 - 3 portions per day

MILK, CHEESE, YOGHURT

Half to one pint of milk every day
– cheese and yoghurt can replace some milk



**MAKE SURE YOU HAVE
3 MEALS A DAY!**

MEAL IDEAS

FOR 'BREAKFAST' MEALS

- Wholegrain cereals with milk
- Boiled egg & wholemeal toast
- Bacon, egg & tomatoes
- Cheese/baked beans on toast
- Yoghurt
- Bacon sandwiches

FOR 'MAIN' MEALS

Fresh is best but if this is not possible, use convenience foods.

Try some of these:

- Chicken casserole, jacket potato and peas
- Fish in parsley sauce, mashed potato and green vegetables
- Ham omelette, jacket potato and mixed green salad
- Spaghetti bolognaise
- Chilli Con Carne and rice
- Cauliflower cheese and wholemeal bread



MEAL IDEAS

FOR 'SNACK' MEALS

- Wholemeal sandwiches; suitable filling – tinned fish, cold meat, meat/fish paste, eggs, cheese or peanut butter
- Jacket potatoes filled with cheese, tuna fish or baked beans
- On toast – baked beans, eggs, cheese, pate, tinned fish, spaghetti in tomato sauce, Toast Toppers; tinned macaroni cheese, Ravioli
- Omelette, Quiche, Individual pizzas.

FOR PUDDINGS

- HOT – Stewed fruit, baked apples, milk puddings e.g. rice, sago, custard etc. sponge pudding with custard or evaporated milk
- COLD – Yoghurt, fresh or tinned fruit, mousse, packet mixes, ice-cream, jelly, cake

IF YOU DON'T FEEL LIKE COOKING

– Convenience foods are a good alternative.

Try some of these:

- Tinned meat/fish dishes, Boil-in-the-bag, fish fingers, turkey or beefburgers, sausages, T.V. dinners with fresh, frozen or tinned vegetables
- Take away meals, i.e. Chinese, Indian, Fish and Chips, Big Macs are O.K. as a treat

