



# Open Hand

## Nutrition for Healthy Living

*Your Complete Nutrition Guide to  
Living with HIV/AIDS*



# ACKNOWLEDGEMENTS

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# ABOUT OPEN HAND

Open Hand delivers love, dignity and nutrition to neighbors in need. We began in 1988, when a small group of friends gathered to cook meals for their neighbors and loved ones marginalized by HIV/AIDS. Since then, guided by a mission of compassion and service, our organization has expanded to meet the needs in the community to provide health-promoting food directly to the homes of people who need it. We believe food is love and food is medicine.

Today, Open Hand is one of the largest community-based providers of home-delivered meals and nutrition services in the U.S. We still specialize in the nutrition needs for people living with HIV/AIDS by providing nutrition education in clinics across the Metro, but we've expanded our reach. Since 2000 we've provided meals and nutrition education across the state of Georgia to older adults and those living with other chronic conditions.

Our mission is simple: We cook. We deliver. We teach. We care.

We provide our services for free, as more than 90% of Open Hand clients are from historically marginalized backgrounds, and 75% of those live at or below the federal poverty line. One-third of our clients recently reported that, if not for Open Hand, they would have no idea where their next meal would be coming from.

Please visit our website for resources, class registration, and recipe ideas at:  
[www.openhandatlanta.org/food-is-medicine](http://www.openhandatlanta.org/food-is-medicine)

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# **Section 1: Introduction**

**The following sections are designed to empower you so you can make informed choices about living healthy with HIV/AIDS. Food and physical activity can help you manage HIV/AIDS, as well as other common health concerns. However, this content is guidance only and not individual medical advice.**

# Nutrition Matters

## Work with the Experts

Anyone in the USA can call themselves a nutritionist, but only a registered dietitian nutritionist (RDN) has the training to provide you with evidence-based nutrition advice. Although social media, books, or news talk about nutrition, they may not be qualified to give good advice.

### ***What is a Registered Dietitian Nutritionist?***

Be cautious of marketing gimmicks that sell you health products.

The RDN is one of the healthcare team members that specializes in food and nutrition.

An RDN's educational path takes about 6-8 years to obtain all the required classes and training. RDNs must first earn their bachelor's and master's degrees and then complete an internship with supervised practice for at least 1,000 hours. After earning both degrees and completing the internship, they are then required to sit for a national exam, just like a doctor or lawyer sits for their "boards". After passing, a person may then be considered an RDN. To keep RDN status, all are required to set goals and get at least 75 hours of continuing education every five years to stay up to date on research and requirements. In addition, each state has different licensing requirements. In Georgia, an RDN must renew their license biannually to stay a Licensed Dietitian (LD).

An RDN can provide you with specific advice regarding your individual needs based on your height, weight, age, physical activity level, lifestyle, and health conditions.

Reach our Community Registered Dietitian Nutritionist for an individualized consult by calling 404-872-6947.



# How to Use this Book

This booklet was designed to educate and inspire. Along with reading for knowledge, there are practical tips to try in real life, activities to help you with your action plan, and engagement with food choices. Follow these icons to assist in your learning!



**Tip Icon:** Tips on how to apply your new knowledge.



**Activity Icon:** An action to try.



**Choices Icon:** There's no universal right or wrong, you can learn what is right for you.

Let's start  
learning!




# Introduction to Living Well with HIV or AIDS


HIV and AIDS treatment is evolving so staying informed is one of the best ways to treat yourself right.


## Self Care Checklist

 Communicate with your HIV clinic and attend your appointments. Let the clinic know if you need assistance getting to your appointments.

 Understand the goal of HIV care, treatment, and support.

 Understand viral load, what an undetectable viral load is (<20 copies), what it means to be untransmittable (U=U).

 Understand the basics of your immune system, like a healthy CD4/T cell count (>400) and blood lab results.

 Know your rights, resources, and responsibilities. Privacy of health information is part of the law. Find out what supportive resources you qualify for by being open and honest with your HIV clinic provider.

 Engage with your care.

 Ask about medication options.

 Learn how to avoid opportunistic infections.

 Learn and adapt a healthy lifestyle.

 Monitor your health (physical, sexual, and mental).

HIV medications are always evolving!



## Schedule Medical Check Ups.

- ▶ Choose a primary care provider. There are some free clinics available.
- ▶ Annual check ups for oral, eye, and skin health.
- ▶ Get vaccinated!
  - ▶ Hepatitis A & B
  - ▶ Influenza and COVID-19 (annual)
  - ▶ Pneumococcus
  - ▶ Travel vaccinations (as needed)



## Practice Self-Care and Self-Love.

- ▶ Ask yourself if your needs are being met. Physical needs include shelter, clothing, food, water, and sleep. Other needs include safety, belonging, and self-esteem. Asking for help is not a weakness.
- ▶ Use support services like therapy, group counseling, or substance abuse recovery as needed. Many of these are Ryan White support services.
- ▶ Heal from past traumas and abuses to the best of your ability. Build resilience, or inner strength, to challenges or discomfort.
- ▶ Do not accept HIV stigma or discrimination from others or from within yourself.

Find out about benefits and programs you are eligible for. Case workers or social workers are available at HIV clinic sites to people living with HIV or AIDS to help find resources and collaborate care.

# Nourish to Flourish

There are many reasons to eat nourishing foods. Eating a balanced diet can help you feel nourished and at your best!

## Benefits of Being Nourished

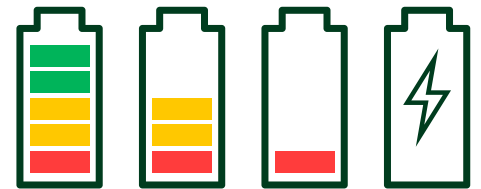


- Better energy, mood, and sleep
- Boosts immune system
- Builds and maintains muscle and bone
- Makes medications more effective
- Reduces risk of other chronic diseases, such as diabetes, heart disease and cancer



## Harms of Malnourishment

- Poor energy and general weakness
- Poor sleep
- Poor mood and problem solving skills
- Risk of infections and long-lasting conditions
- Early death



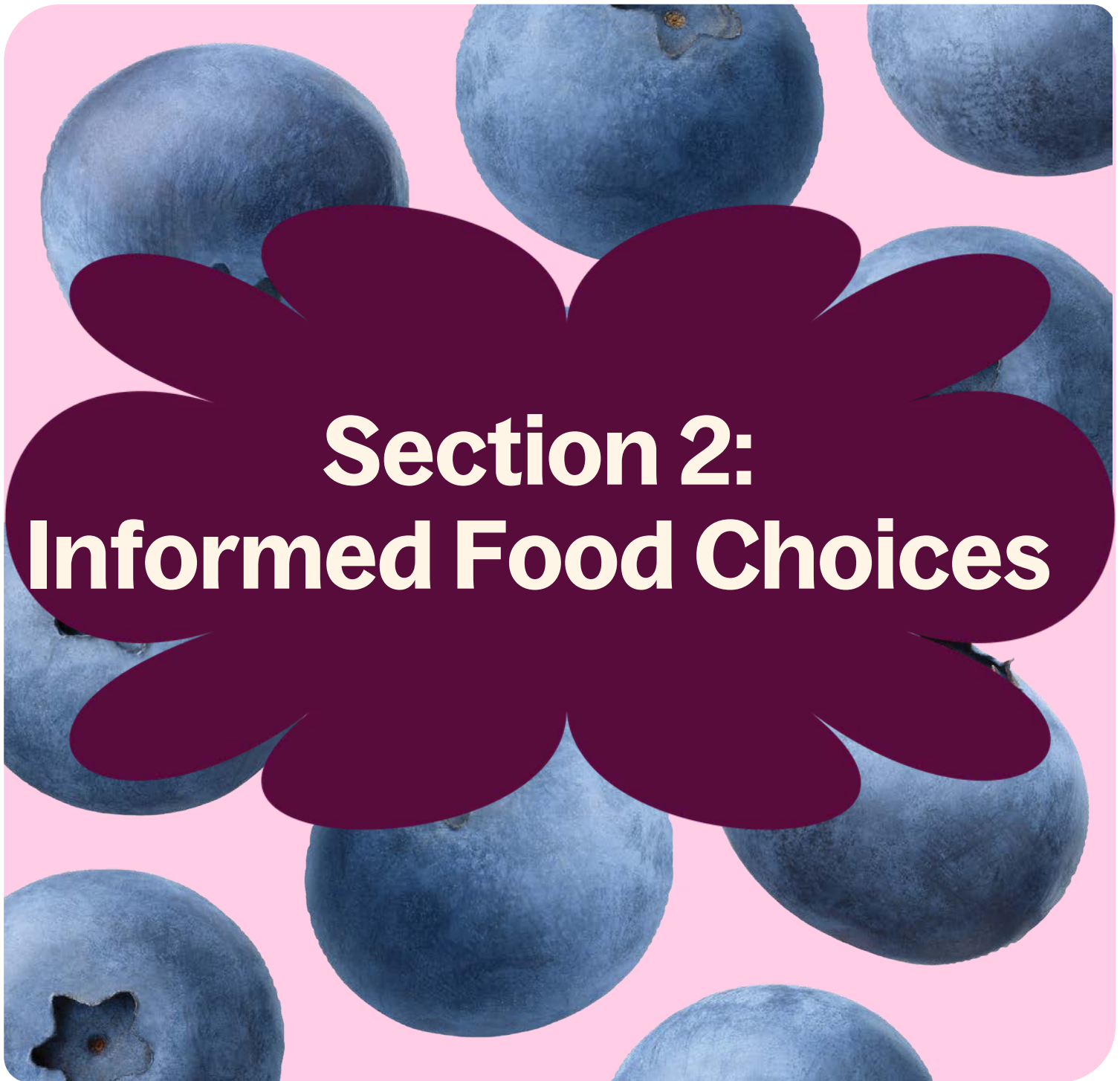
## Nourishment and Metabolism

When I eat well,  
I feel well!

Every body needs adequate nutrients from calories, vitamins, and minerals. Metabolism is the way your body uses energy and varies person to person. If nutrients are inadequate, your metabolism will not work as well.

Section 2 will provide guidelines for nutrition.





## **Section 2: Informed Food Choices**

**Did you know there have been world-wide efforts to define a healthy eating pattern? The good news is that this pattern can fit across all food cultures because all cultures have sources of vegetables, fruits, protein, and grains.**

# General Guidelines by Food Group

## How Much?

Good question! There are general guidelines for how much, however, depending on your unique circumstances, your needs may be different. Talk with an RDN about how much is recommended for you. Aim to eat from these main food groups every day: fruits, vegetables, whole grains, protein, and dairy. Specifically, most adults need at least 2 servings of fruit every day and at least 3 servings of vegetables every day. Whole grains, protein, and dairy may vary.



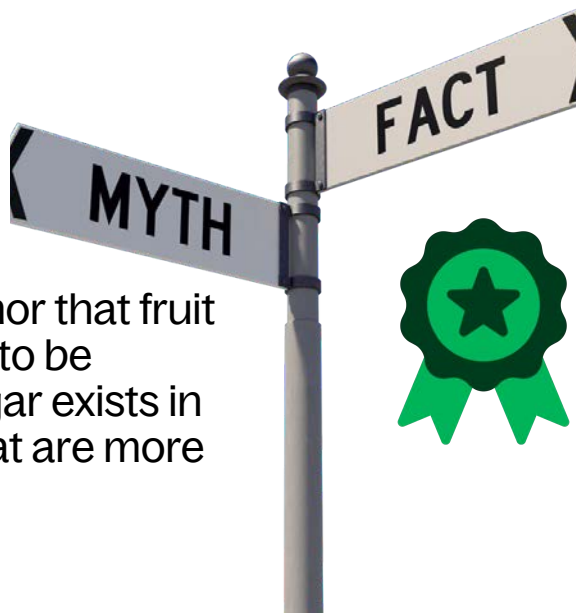
## Produce

### Fruits

Choosing whole fruits most of the time can provide you with vitamins, minerals, fiber, and water. If the skin is edible, enjoy that part too to get more nutrients from your fruit. Fruits are great to add to common breakfast foods, are an easy snack, and make desserts more nutritious.



There is an unproven rumor that fruit contains too much sugar to be healthy. While natural sugar exists in fruit, it is added sugars that are more of a health concern.

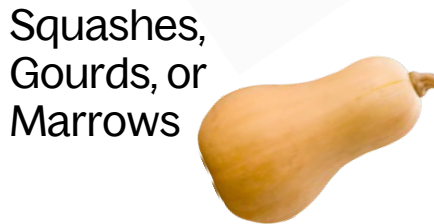


Did you know that juicing removes the fruit fiber? Per serving, juice contains more fruit sugar than whole pieces of fruit.

# Vegetables



There are so many vegetables to choose from!



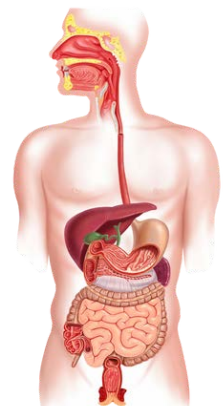
## ***Fruit or Vegetable?***

By definition, fruits have seeds and vegetables do not. However, in nutrition, a fruit may be considered a vegetable because of its similar nutritional qualities to most vegetables. Common examples include tomatoes and peppers.




## ***Why are vegetables important for health?***

Vegetables contain vitamins, minerals, fiber, and water, all of which aid in your metabolic health. They are great for the digestive system too!





# Starchy and Non-Starchy Vegetables

 Vary it up! Non-starchy vegetables contain more fiber than starchy vegetables. While both are nutritious, including non-starchy vegetables can help you get enough fiber to support your digestive and immune system.

People living with HIV and managing diabetes can benefit from eating plenty of non-starchy vegetables to help manage blood sugars.

## Starchy Examples




- ✘ Corn
- ✘ Peas
- ✘ Butternut Squash
- ✘ Sweet Potato
- ✘ Potato
- ✘ Cassava
- ✘ Beets

## Non- Starchy Examples

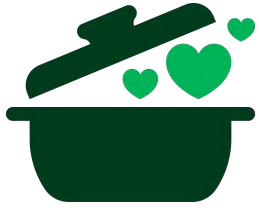


- ✘ Carrots
- ✘ Spinach
- ✘ Mushrooms
- ✘ String beans
- ✘ Asparagus
- ✘ Celery
- ✘ Zucchini
- ✘ Collards
- ✘ Cabbage
- ✘ Peppers
- ✘ Tomato
- ✘ Chayote
- ✘ Jicama
- ✘ Turnips

 You can increase the amount of fiber and nutrients by eating the skin if the vegetable's skin is edible. For example, potato skin is edible but a butternut squash is not. The fiber content of a vegetable is important for blood sugar control, bowel health, and the immune system!



# Ways to Eat Fruits and Vegetables



## Fruits & Vegetables Color Wheel Activity



1. What are your favorite fruits and vegetables?
2. Do you have one in each color?
3. Try circling them or writing them down.
4. You can keep the list on your refrigerator as a reminder to add in color the way you like.

## Problem Solving



If you do not eat fruits and vegetables regularly, what are the challenges to eating them? How may that change?

***Try journaling to help you problem solve.***

## Need fresh produce?

Do you need resources to find fresh produce? Scan the QR code or go to:

[www.dca.ga.gov](http://www.dca.ga.gov) for a list of Georgia's

food resources. Do you need help preparing fresh produce? Contact us on our "Nutrition Education" page to learn about available cooking classes: [OpenHandAtlanta.org](http://OpenHandAtlanta.org).



# Canned and Frozen Produce

Fresh, frozen, or canned? There are many myths around canned and frozen produce, but any way you can eat your fruits and vegetables is better than eating none at all!

## Frozen Facts

Frozen fruits and vegetables are picked at peak ripeness, cut up, and blanched (briefly cooked in boiled water), then quickly frozen. This makes them a highly nutritious choice and you get to skip the cutting board and knife prep work.

## Canned Tips

Canned fruits and vegetables vary. With canned fruits, look for fruit in water or their own natural juices without added syrup or sugar. With canned vegetables, look for no salt or low salt. If there is salt, you can rinse the vegetables under water to dilute the salt from the vegetable.

## Frozen Food Recipes Around the World



### Stir Fry (China)

frozen veggies (broccoli, snow peas, red bell peppers, baby corn, mushrooms)



### Githeria (Kenya)

frozen corn, kidney beans, onion, tomatoes, cilantro, garlic, stock and spices



### Mango Lassi (India)

frozen mango, yogurt, milk, cardamom, and saffron blended



### Peach Cobbler (U.K.)

frozen peaches topped with a warm biscuit crust



### Berry Strata (U.S.)

breakfast bread pudding casserole with frozen mixed berries



### Goulash (Hungary)

frozen onions & carrots, lean beef, stock, garlic, kidney beans, and pasta



# Color Your Plate

Phytonutrients are compounds naturally made by plants to protect them from harm. They determine the color, taste, and smell of fruits and vegetables. When we eat these foods, the phytonutrients perform antioxidant and anti-inflammatory activity to support our overall health. The more color on your plate, the more phytonutrients your body receives!



Anthocyanins

protect against bacterial infections

Chlorophyll

promotes gut health

Beta-carotene

supports eye health and the immune system

Lycopene

improves heart health and cholesterol

## Here's How You Could Add Color

tomatoes and red onion on a sandwich



peach and mandarin orange slices to a cup of ice cream



spinach and basil on pizza



mashed blueberry to cream cheese on a bagel





# Whole Grains

Whole grains are a nutritious choice for carbohydrates (or "carbs"). Carbs get a bad reputation sometimes; however, carbs are essential for energy and for the brain to function well. Whole grains contain more protein, fiber, vitamins, and minerals in comparison to refined carbs.



By choosing whole grains or complex carbs most of the time over simple carbs or refined carbs, you can help boost your energy levels, mood, heart health, and digestive health.

Whole grains provide carbs that are rich in fiber



Grains and starchy vegetables are similar in nutrition, so it helps to group them together in the carbohydrate section of the Plate Method.

## Shopping for Whole Grains



Adults need at least 25 grams of fiber a day!

Terms that do not mean whole grain or whole wheat:

- Wheat
- Wheat flour
- Unbleached enriched wheat
- Enriched wheat

Sometimes the food company will label their product when it has whole grains. That's super helpful. Look closely, do you see the difference in the claims about the whole grain amounts?

Check the ingredients list on the food product to find out if it's a whole grain product. The first ingredient will be "whole wheat", for example.



# All the Grainy Details

When you buy grain products check for sodium, added sugar, and fiber on the nutrition facts label.

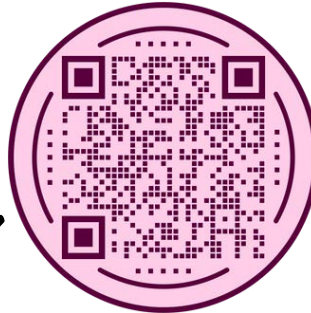
## Better Grain Choices



- Added sugar will be less than 6 grams
- Sodium will be less than 400 milligrams
- Fiber will be 3 or more grams.
- Ingredients will not list “high fructose corn syrup”



Reading  
Nutrition Facts  
Labels



## Nutrition Facts

4 servings per container  
**Serving size 1 1/2 cup (208g)**

Amount per serving  
**Calories 240**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Simple and Refined Carbohydrates

Simple Carbs and Refined Carbs tend to raise blood sugar, especially for people with diabetes and pre-diabetes (or "borderline diabetes").

- Candy
- Soda or pop
- Sports drinks
- Syrups
- Table sugar
- Brown sugar
- Added sugars
- Corn syrup (or high fructose corn syrup)
- Fruit juice\*



- Raw sugar cane
- Honey
- Pastries (baked sweets)
- Biscuits
- Cookies, Cakes
- Breakfast cereals\*
- Agave
- Nectar

## \*Benefits and Risks

Refined carbs are tasty and sometimes add vitamins and minerals. For example, orange juices may be fortified with Vitamin D and calcium. Fortified foods like juices and cereals can help from becoming nutrient deficient in a specific vitamin or mineral. Since these simple carb foods are high in sugars, too much of these foods may increase the risk of medical conditions.



- Amaranth
- Barley
- Bulgur or cracked wheat
- Buckwheat
- Corn and Popcorn
- Einkorn
- Farro
- Fonio or Millet
- Freekeh
- Kamut
- Kaniwa
- Quinoa
- Black rice
- Brown rice
- Red rice
- Wild rice
- Oats and oatmeal
- Rye
- Sorghum
- Spelt
- Teff
- Whole wheat products (flour, cereals, pasta, crackers)



## Whole Grains Activity

Pantry check - do you have any whole grains in your pantry already? If not, which whole grain products listed above may be appealing for you to eat?

Whole Grains I like:

-----  
-----  
-----  
-----  
-----

Whole Grains I would like to try:

-----  
-----  
-----  
-----  
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There's no wrong choice here, your choice will depend on many factors like taste preference, budget, and availability. This is information so you know which foods have more fiber. If you do not eat this whole grain product, maybe there's another way to get your fiber intake.

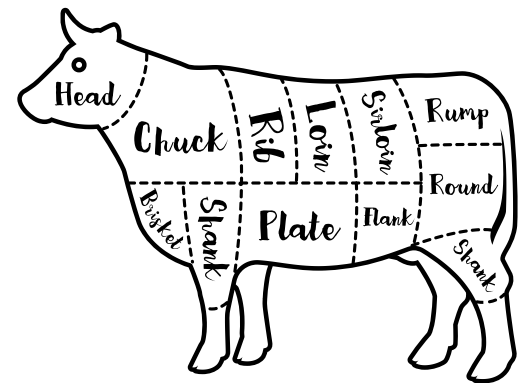
# Protein

Protein is found in different amounts in many types of foods and creates and maintains cells in our bodies; builds bone, muscle, cartilage, and skin; repairs tissues; fuels our cells and bodies; carries oxygen throughout the body; helps digest foods; and helps regulates hormones.

## Animals

- Chicken/Hens
- Turkey
- Duck/Goose
- Rabbit
- Deer
- Pig/Pork
- Cow/Beef
- Fish and other seafood

*A note about animal protein: Choosing proteins that contain less saturated fat most of the time is beneficial for your body's health.*



Did you know that animal protein contains fat? This helps with the flavor of the meat, however, too much animal fat has been linked to heart disease. Lean cuts have less saturated fat and choosing lean cuts most of the time is recommended for a healthy heart. To add flavor to lean cuts, consider a low, slow heat style of cooking and adding in a plant-based oil for fat. If only fatty cuts of meat are available, talk to an RDN about cooking methods to reduce the amount of fat.

## Lean Animal Protein

Lean cuts of meat and unprocessed meat are better choices for your heart. Chicken, turkey and fish tend to be lean. Look for skinless and boneless cuts of meat. Choose ground meats with less fat. Compare the fat and cholesterol content of meat products.



*The American Heart Association recommends limiting animal products.*

# Seafood

- Fish
- Oysters
- Clams
- Crawfish
- Shrimp
- Mussels
- Lobster
- Tuna

The American Heart Association recommends a serving of two fatty fish a week:

"A serving is 3 ounces cooked, or about  $\frac{3}{4}$  cup of flaked fish. Fatty fish like anchovies, herring, mackerel, black cod, salmon, sardines, bluefin tuna, whitefish, striped bass and cobia are high in omega-3 fatty acids and are heart healthy."

## Seafood Tips

You don't have to live by the sea or have a big food budget to enjoy seafood. Many seafood options are available in cans or vacuum sealed containers to keep seafood shelf stable and safe for eating.

## No Seafood? No Problem.



If you don't like seafood, consider a plant-based source of Omega-3 fats from canola oil, walnuts, flaxseeds, chia seeds, hemp seeds, soy or edamame, seaweed or algae.

## Plant-Based Proteins

These proteins may also contain carbohydrates and starch, so they can impact your blood sugar. Consult with an RDN if you are managing your blood sugars to help balance these food choices.

If you are not eating meat, you need bigger portions of plant-based proteins like beans, nuts, and seeds.

- Beans
- Soybeans/  
Tofu
- Legumes
- Nuts
- Seeds
- Whole grains

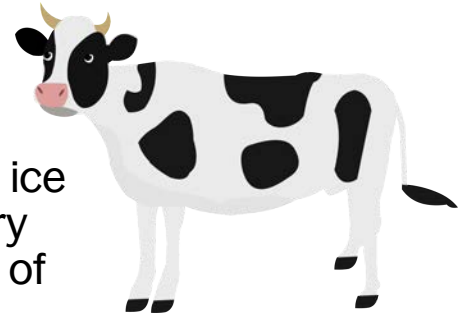
Did you know that nuts have heart healthy fats?

Did you know that peanuts and peanut butter may help control blood sugar?



# Dairy

Dairy is a source of protein, carbohydrate, fat, vitamins, and minerals like calcium that are important for bone health. Dairy products include milk, cheese, yogurt, and ice cream and come in a wide variety of products at grocery stores. In the USA, the cow is the most common source of dairy products.



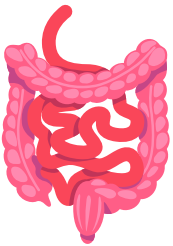
## Dairy Facts

- Milk has the most calcium in the dairy food group.
- Greek yogurt has more protein, probiotics, and less lactose.
- Hard cheeses like cheddar cheese have probiotics.



Choose yogurt without added sugar. Sweeten it with whole fruit instead.

## Dairy and Digestion



Dairy contains lactose, a milk sugar that is poorly digested by around 68% of the world's population. Poor digestion can cause stomach cramps, bathroom urgency, and diarrhea. To avoid these effects, some dairy products have no lactose, labeled as "lactose free" or contain lactaid, a natural enzyme that digests lactose. Some dairy products, like hard cheeses, and Greek yogurt have less lactose and may not trigger poor digestion.

## Choosing Dairy

Choosing low fat dairy products is recommended for most adults so that the amount of saturated fat consumed is lower. Too much saturated fat may lead to heart disease. Products like low-fat milk, low-fat cheese, and low-fat Greek yogurt are recommended choices for dairy for adults.



## Choosing No Dairy

Dairy is not special for its nutrients. If you don't eat dairy, get your calcium through eating more foods with calcium like canned sockeye salmon (with bones), spinach, kale, navy beans, almonds, soybeans, soybean products like tofu, or foods that add (are fortified with) calcium like soy milk, orange juice, ready to eat breakfast cereals.

Check out cheap and easy tofu recipes

# Building Balance

## Plate Method

Now that you know your food groups, let's pull it all together. Think about what you currently eat. Are there areas for improvement? The plate method is a simple way to visualize what a healthy meal contains and is based off of recommendations from the American Dietary Guidelines and American Diabetes Association.



1/2 of your plate:

- *non-starchy vegetables*

1/4 of your plate:

- *fiber-rich carbohydrates*

1/4 of your plate:

- *lean protein*

**Plus...Heart  
Healthy Fats**





# Plate Method Example Meals

## Sandwich

Use whole grain bread for more fiber. Add a lean protein like leftover shredded chicken or sliced turkey. Include lettuce, tomatoes, or onions. Finally, top it off with a nice vinaigrette for fat and flavor!



## Stir Fry

Start with brown rice or whole grain noodles, before adding tofu, salmon, or canned tuna. Don't forget chard, mushrooms, broccoli, and garlic. Next, include nuts for an extra crunch, healthy fat, and protein!



## Fajitas

Begin with colorful peppers, onions, and cilantro. Add chicken, shrimp, or lean beef. On the side, include corn tortillas and avocado for carbohydrates and healthy fat. For a fruity finish, top with mango salsa!



Notice how each delicious example includes non-starchy vegetables, fiber rich carbohydrates, lean proteins, and heart healthy fats!



# Beverage Choices

## Water is #1

Did you know most of our body is water? Our bodies need water daily to function well. Stay hydrated with water most of the time. Other beverages are not as hydrating as water, including sugar-sweetened beverages.



The average water needed for an adult is 9 to 13 cups (72-104 fluid ounces or 2,133-3,081 milliliters).

How much should I drink? This will depend on your height, weight, climate, and physical activity level.

## Other Beverages

Be mindful of beverages that contain calories, sugar, or caffeine. Too much of these beverages may increase your risk of health problems. Try herbal teas or adding a splash of fruit juice to your water for extra flavor.

### Nutrition Facts

About 2 servings per container

**Serving Size** 12 fl oz

Amount Per Serving

**Calories** 140

% Daily Value

**Total Fat** 0g 0%

**Sodium** 45mg 2%

**Total Carbohydrate** 39g 14%

Total Sugars 39g

Includes 39g Added Sugars 78%

**Protein** 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

Here is an example of a 12oz soda. That is a large amount of calories and sugar for just one beverage.

## Alcohol

Drinking alcohol is a personal choice. If you choose to drink, be mindful that it does not interfere with your physical, emotional, and spiritual health. If alcoholism runs in your family, you are 4 times more likely to have problems with alcohol. Dietary Guidelines recommend drinking no more than 1-2 alcoholic drinks per day for women and men respectively.

*A drink includes a 12oz beer, 5oz wine, or 1.5oz spirit.*



# Reading Nutrition Facts Labels

Make heart healthy choices by limiting saturated fat, trans fat, sodium, & sugar

Look for items higher in vitamins and minerals

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV as a guide to understand if a nutrient is "high" or "low"

## Buzz Words

These buzzwords can be used to make a food seem healthy, but that may not always be true!

### "Natural"

This term is not a regulated claim. Not all things that are natural are always healthy to consume.

### "Organic"

This term means to how the food is grown rather than the nutritional value. Ex: Organic sugar is still added sugar.

### "Vegan"

This term means the food is not made from an animal like meat, dairy, or eggs. All vegan foods are plant-based, but some are more nutritious than others. Ex. Oreos vs. trail mix.

Look at all sections of the label. A product low in salt could still be high in sugar or lacking in other healthy nutrients!

If it says...	It means the product contains:
"Good source of"	10-20% of the recommended daily value
"Reduced" or "Less"	25% less of the nutrient than the original product
"High" or "Excellent"	20% of the recommended daily value
"Free"	less than calories or 5 grams of that nutrient
"Low-fat"	less than 3g of fat
"Light"	50% less fat or 1/3 less calories than the original product



# **Section 3: When You Don't Feel Well**

**When uncontrolled, HIV or AIDS virus can cause many digestive symptoms. Once medication begins, symptoms may linger or you may be having a reaction to the new medication. Work with your HIV provider to find the right antiretroviral medication for you.**

# Symptoms



On sick days, be sure you drink plenty of fluids and eat fluid-rich foods! There are examples in the “Dehydration” section. Don't let symptoms go on for longer than 3 days without talking to a doctor. If you wait too long, the problem could take longer to fix.

## Nausea or Vomiting

- Avoid greasy foods or foods with strong odors.
- Eat meals slowly in small amounts.
- Drink ginger or peppermint tea.
- Avoid laying down immediately after eating.
- Drink fluids frequently.
- Snack on dry crackers, pretzels, or nuts.

## Diarrhea

- Eat potassium-rich (bananas, potatoes, oranges) to replace potassium loss from diarrhea that can lead to weakness.
- Drink fluids frequently.
- Avoid spicy, fatty, or sugary foods.
- Incorporate bland and mild foods (rice, toast, applesauce, noodles, and yogurt).



# Constipation

- Drink adequate amount of water. Most adults need at least 64 fluid ounces.
- Engage with physical activity, or exercise, regularly.
- Eat adequate amounts of food. You need food to have a bowel movement!
- Track your fiber intake. Most adults need at least 25-30 grams a day.

# Low Energy

- Use ready-to-eat, easily prepared foods.
- When you do feel like cooking, prepare extra for the future.
- Try easy snacks like smoothies, peanut butter sandwiches, or mix up any of the foods below.



***Try to balance your plate!***

## Proteins:

- Tuna salad
- Beef/turkey jerky
- Boiled egg
- Cheese
- Hummus

## Carbs:

- Crackers
- Pretzels
- Banana
- Dried fruit
- Granola/cereal/energy bars

## Healthy fats:

- Peanuts
- Almonds
- Trail mix
- Sunflower seeds
- Pumpkin seeds



# Poor Appetite

Consider incorporating nutrient and energy dense foods. Use the following recommendations for inspiration. Eating smaller, more frequent meals on a schedule may be easier to manage.



sauté protein and vegetables in canola or olive oil for heart healthy fat



blend nut butter into smoothies or shakes for protein



top cereal with dried fruit and nuts for fiber



boost salads with hard boiled eggs for protein



add salmon, tuna, mackerel, or sardines to pasta for protein and omega-3 fats



thicken soups and hot cereals with cream, whole milk, or cottage cheese for protein



# Nutrient Loss

Intestinal infections and medication side effects can result in nausea, vomiting, diarrhea\*, and impaired nutrient absorption.



replace fluid loss with water, sugar free sports drinks, unsweetened coconut water, and caffeine-free beverages



protein-rich foods like eggs, yogurt, or nut/seed butters can alleviate nausea



ease digestion with broth, soup, rice, and noodles



add flavor with gut healing spices like ginger, turmeric, and cinnamon



add probiotic-rich foods or supplements to balance good gut bacteria



soluble fiber can help decrease diarrhea

20 Foods High in Soluble Fiber



*\*If you are experiencing severe gastrointestinal symptoms (nausea, vomiting, and/or diarrhea) or moderate for more than 3 days, please seek medical care as soon as possible. An RDN can help you navigate these symptoms.*



# Dehydration Prevention

## Know the Signs & Symptoms



- Extreme thirst
- Less frequent urination
- Fatigue
- Dark-colored urine
- Dizziness
- Confusion
- Dry mouth



*Don't wait until you're thirsty to hydrate! By then you may already be dehydrated.*



## Examples of Fluid-Rich Foods



SOUP



POPSICLES



LETTUCE



BELL PEPPERS



ORANGES



CUCUMBER



STRAWBERRIES



WATERMELON

## ***Avoid Dehydration By:***

- Drinking 4oz of water with medications
- Increasing intake of fluid rich foods at every meal
- Avoiding or limiting caffeinated beverages
- Keeping a glass of water on the night stand
- Flavoring water with sugar-free drink powder, fruit, or herbs to increase consumption




## **The Cost and Myth of Bottled Water**

- Clean water treatments and infrastructure vary from country to county.
- Tap water is managed by local county governments, municipal water waste management filters the water collected to make it safe for drinking.
- Bottled water is mostly from county tap water that has been filtered again.
- As a nation, we spend roughly \$18.5 billion a year on bottled water.
- You can save hundreds of dollars a year and make the environment safer by using a fridge with a water filter or purchasing your own filter that attaches to the faucet or a pitcher.



**Filters are low maintenance and cost effective**











# **Section 4: Interactions of Medication, Food, and Supplements**

**If you take your HIV or AIDS medication every day, you will feel better, be healthier, and be undetectable. Undetectable means untransmittable. Learn more about how medications work and be aware that medication can change over time. Self-monitoring of your health is empowering. Do not assume that natural is better.**











# Interactions of Medication and Food

This is a list of medications that suppress the HIV and AIDS virus in one pill. Did you know that taking your medication at the same time every day makes it more effective to reach an undetectable viral load and improve your quality of life?

<i>Medication</i>	<i>With or Without Food</i>	<i>Other Notes</i>
ATRIPLA 	Take on an empty stomach or two hours after eating. High fat meals will lower absorption of this drug.	Dose should be taken at bedtime to minimize dizziness, drowsiness and impaired concentration.
BIKTARVY 	Take with or without food but a meal may help increase absorption.	May cause weight gain. ***Reference to weight concerns section of this booklet.
CABENUVA 	Take with food.	Two injections given every 4 weeks. Requires different medications as a lead in regiment to injections.
COMPLERA 	Take with food.	_____
DELSTRIGO 	Take with or without food.	_____
DOVATO 	Take with or without food.	_____

# Interactions Continued

<b>Medication</b>	<b>With or Without Food</b>	<b>Other Notes</b>
GENVOYA 	Take with food.	May cause weight gain. ***Reference to weight concerns section of this booklet.
JULUCA 	Take with a meal.	May cause weight gain. ***Reference to weight concerns section of this booklet.
ODEFSEY 	Take with a meal.	May cause weight gain. ***Reference to weight concerns section of this booklet.
PREZCOBIX 	Take with food.	May raise blood sugars. ***Discuss with doctor.
STRIBILD 	Take with food.	May cause weight gain. ***Reference to weight concerns section of this booklet.
SYMFI AND SYMFI LO 	Take on an empty stomach or two hours after eating.	Dose should be taken at bedtime to minimize dizziness, drowsiness and impaired concentration.
SYMTUZA 	Take with food.	May cause weight gain. ***Reference to weight concerns section of this booklet.
TRIUMEQ 	Take with or without food.	

This chart was created with education material provided by the medication manufacturers, POZ, FDA, and the AETC. This information was compiled August 2023. Check in with your medical provider for the most up to date information.

# What to Know About Supplements

## What are Supplements?

Nutrition supplements are products containing one or more dietary ingredients. Examples of dietary ingredients include vitamins, minerals, herbs, amino acids, enzymes, and liquid nutrition formulas. They are also called dietary supplements.



## Caution



Did you know there is not regulation for nutrition supplements? This means the manufacturer is not obligated to test their product for purity or safety. Despite claims made on nutrition supplements, many of these claims are not proven.

*Many nutrition supplements on the market do not interact well with medications and make medications less effective.*

If you are taking nutrition supplements, telling your medical provider about them is very important so your health can be monitored. Only take supplements recommended by your doctor or by an RDN.



## Multivitamins

***In most cases, multivitamins are not necessary to be healthy. There are many ways to get in your vitamins and minerals through food.***

1. Try consuming all 5 food groups every day: whole grains, protein, fruits, vegetables and dairy.
2. Make sure you get in a variety of foods. Don't eat the same foods all day, every day. Switch it up and try something new!



Try a food first approach. Multivitamins are less effective than food.



# When are multivitamins useful?



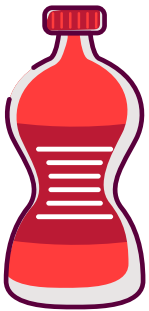
- When food intake is low.
- If you don't eat a variety of foods.
- If your medical provider recommends you take one.

# Which brand is best?

- Instead of looking for specific brand names, look for:
- United States Pharmacopeia (USP) verified or
- National Sanitation Foundation (NSF) certified.
- These organizations are helping ensure supplements are safe for consumption.



# Liquid Nutrition Supplements



Ensure<sup>®</sup> and Boost<sup>®</sup> are examples of liquid nutrition supplements, sometimes called nutrition shakes. They provide calories, protein, fat, vitamins, and minerals to people who have malnutrition or struggle with maintaining their weight because of low appetite, chewing or swallowing difficulties, or other medical conditions.

In the past, nutrient deficiencies were a big concern for people diagnosed with HIV or AIDS so many healthcare providers recommended drinking Ensure<sup>®</sup> and Boost<sup>®</sup>. However, if a person living with HIV or AIDS is eating well and balanced, nutrition supplement (shakes) are not needed.



**Use these recipes incorporating supplement beverages to boost the protein, vitamin, and mineral content of your favorite dishes.**



Open Hand can provide nutrition supplements to those who qualify and have been screened by an Open Hand dietitian. Anyone receiving nutrition supplements from Open Hand will need to make regular nutrition appointments.



# **Section 5: Living Over 50**

**With advances in medical treatment and improved testing measures, HIV survival rates continue to increase. Continue reading to learn how to best support the unique needs of middle-aged and older adults.**

# Living Over 50

*Almost half of all individuals living with HIV in the United States are 50 years old and older. 17% of this population represents new HIV diagnoses.*

**Life Expectancy  
in 2011: 53  
years old**

**Life Expectancy  
in 2024:  
Unknown but  
predicted to  
continue  
increasing**



## Bone Health

Increase your intake of calcium and vitamin D to reduce risk of bone loss that is associated with aging and long-term HIV.

Choose 3  
from this list  
per day!

### Calcium Rich Foods

- white beans
- almonds
- collard greens
- spinach
- cheese, milk, yogurt
- canned fish with bones
- figs



See page  
51 for  
more info!

### Vitamin D Rich Foods

- eggs
- fortified milk and cereal
- beef liver
- mushrooms
- canned fish



# The MIND Diet

## Mediterranean-DASH Diet for Neurodegenerative Delay

The MIND diet combines aspects of the Mediterranean diet and the DASH diet to create an eating plan focused on brain health. The diet focuses on whole foods rich in vitamins, minerals, fiber and antioxidants. In addition to supporting brain health, the MIND diet can help prevent heart disease and type 2 diabetes.



### FOCUS ON THESE FOODS FOR BRAIN HEALTH



**Veggies**

Eat leafy greens & other veggies daily.



**Berries**

Eat berries twice per week.



**Protein**

Eat fish once per week, nuts five times per week, & reduce red meat.



**Oils**

Opt for olive oil, when possible.



**Wine**

Have a glass of wine up to once per day.

**Ways to keep your brain sharp!**

- Discover exercises you enjoy
- Explore new hobbies
- Get outside
- Find ways to manage stress
- Connect with friends and family
- Be meaningful every day
- Teach a skill to someone else
- Make sleep a priority



# Protein Power

Aging can cause a loss in muscle mass. Including protein at each meal and snack can help maintain muscle mass and function which is important for preventing falls and injuries. Always consult your dietitian for individualized nutrition recommendations.

Sprinkle sunflower seeds on salads for crunch



Bulk up your burger meat with canned beans



Top pasta with canned salmon or chicken



Add nuts to your frozen yogurt or ice cream



# Healthy Fats

Omega-3 rich fatty acids may reduce inflammation, improve cholesterol levels, and support brain function. You can find them in foods such as:

- soy beans
- salmon
- tuna
- anchovies
- seaweed
- chia seeds
- canola oil
- cauliflower
- eggs
- avocado
- brussel sprouts
- hemp seeds
- kidney beans
- walnuts
- blackberries



Refer to section 10 for further support

# Social Support

Two-thirds of American older adults with HIV report experiencing prejudice based on their status and age. This stressor, without social support, can lead to negative physical and mental health outcomes.



## **Section 6: Health Concerns**

**Having HIV or AIDS can increase the risk of developing other health conditions, even when undetectable. Learn how to most effectively manage or prevent complications.**

# Measures of Health

*Use these tools to best measure your health*

## Muscle Mass

Challenging your muscles and increasing your strength is helpful for our bodies.

## HbA1c

A measure of your blood sugar over three months. Detects prediabetes and indicates management of diabetes. <5.7% is normal. People with diabetes should aim for <7%.

## Blood Pressure

A normal target blood pressure is systolic < 120 and diastolic < 80. High blood pressure can increase risk of a negative cardiac event.

## Disease Specific Resources:

**Liver Disease** <https://liverfoundation.org/>

**Kidney Disease** <https://www.kidney.org/>

**Pre-Diabetes and Diabetes** <https://diabetes.org/>

**Lung Disease** <https://www.lung.org/lung-health-diseases>

**High Blood Pressure and Heart Disease** <https://www.heart.org/>

**Viral Load undetectable  
<20-75 copies/mL and  
CD4 cells over 400**

## Resting Heart Rate

A normal resting heart rate is between 60-100 beats per minute (BPM). The lower it is, the more physically fit you are.

## Cholesterol

Raise your HDL cholesterol through cardio exercise, and keep LDL cholesterol low with a plant based eating pattern low in saturated fat. Ideal heart labs include:

- <200 Total Cholesterol
- <100 LDL Cholesterol
- >60 HDL Cholesterol



Scan to learn about self-management classes from Open Hand!

# Lipodystrophy

This condition is an abnormal distribution of body fat. The cause is not completely clear, but lipodystrophy is connected to the HIV infection or medication. Newer ART medications are less likely to be a risk factor.

## Symptoms

- elevated blood sugar
- elevated triglycerides
- elevated cholesterol
- increased fat in abdomen, neck, and shoulders
- decreased fat in face, legs, and buttocks



Image courtesy of *Dyslipidemia in Patients with Lipodystrophy in the Use of Antiretroviral Therapy*



Image courtesy of *NEJM*



Lipodystrophy, or fat appearance, can happen suddenly or slowly over time. If you have concerns, please contact your doctor for testing. Diagnostic testing can include an MRI, metabolic, or lipid panel.



## Movement

A combination of aerobic and resistance physical activity may help manage\* lipodystrophy through:

- increasing muscle
- improving triglyceride levels
- improving insulin sensitivity

*\*along with appropriate medication regimen*

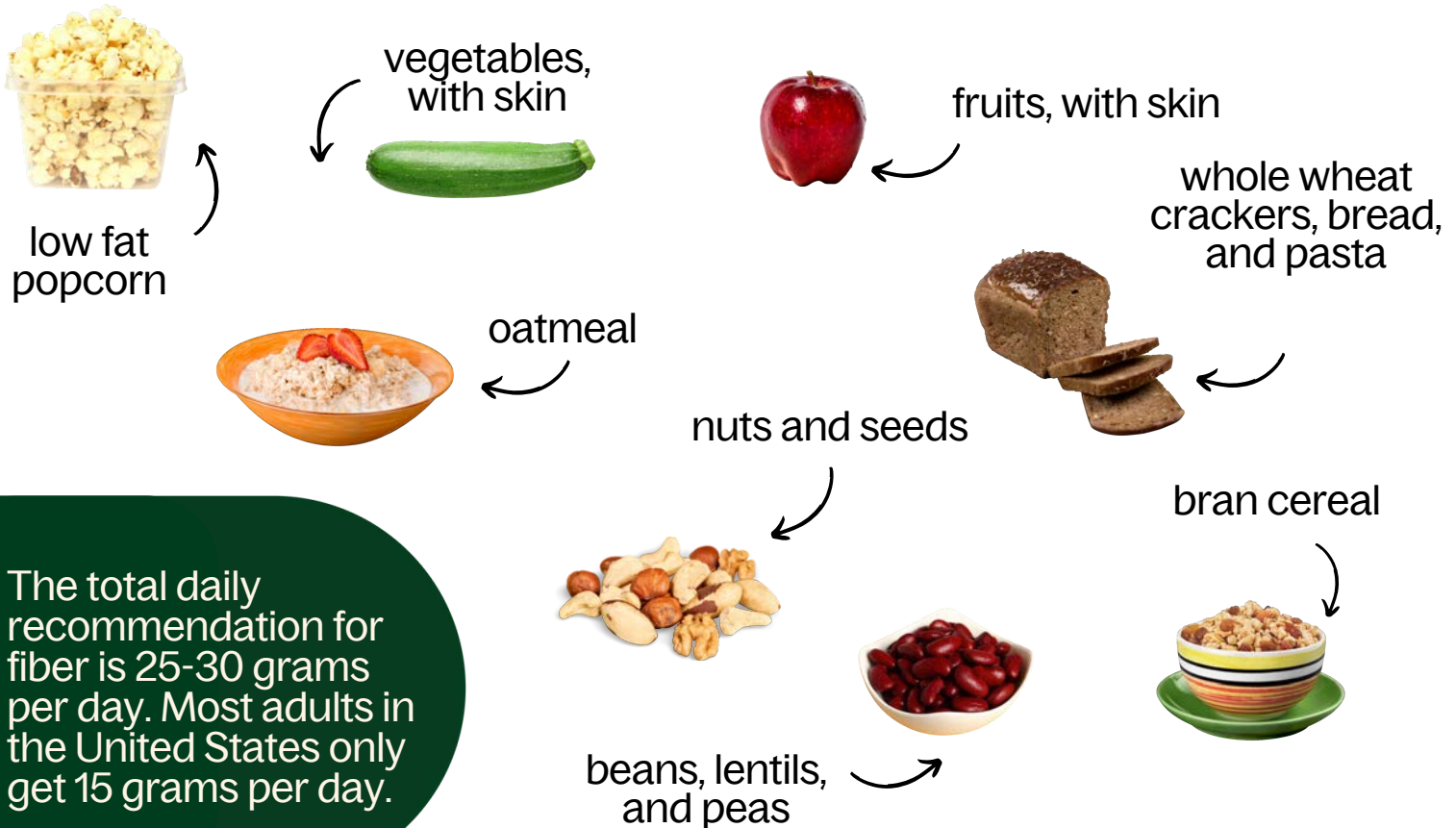


# Lipodystrophy Nutrition Recommendations

## Reduce Saturated Fat Intake

 <p>Choose more fish, chicken, turkey, and lean beef.</p>	 <p>Choose more olive and canola oil.</p>
<p>Choose dairy with lower fat.</p> 	<p>Choose grilling, roasting, baking or broiling.</p> 

## Increase Fiber-Rich Foods



low fat popcorn

vegetables, with skin

fruits, with skin

whole wheat crackers, bread, and pasta

oatmeal

nuts and seeds

bran cereal

beans, lentils, and peas

The total daily recommendation for fiber is 25-30 grams per day. Most adults in the United States only get 15 grams per day.

# Hepatitis B & C Co-infections

Hepatitis B is a liver infection caused by hepatitis B virus (HBV), and hepatitis C is a liver infection caused by hepatitis C virus (HCV). HBV is primarily transmitted through sexual contact. HCV is primarily transmitted through the sharing of needles with someone who has HCV.

## Symptoms

*Most people will have no symptoms, routine testing is the best indicator.*

- fatigue
- loss of appetite
- fever
- vomiting and nausea
- joint pain
- dark colored urine
- abdominal pain
- clay-colored stool
- jaundice (yellow skin/eyes)



## Vaccination

*CDC recommends the Hepatitis B vaccination for improved prevention. A Hepatitis C vaccination is still in development.*

## Ditch Detoxes

Avoid incorporating products or diets advertised as being able to “cleanse” or “detox” the liver. There is no current clinical research to support their effectiveness in treating hepatitis or supporting overall health. Consuming detox products instead of a well-balanced eating pattern can be restrictive and harmful.

**Hep B resources**



**Hep C resources**



# Hepatitis B & C Nutrition Recommendations

There is no specific diet necessary for managing hepatitis. Prioritizing regular intake of nutrient-dense foods will support liver health.



Damage to the liver can affect its ability to store energy. Small, frequent meals will help keep energy levels stable.



Iron, niacin, and Vitamins A and D may be more likely to build up in the liver. If your doctor confirms your levels are high, you may need to reduce foods or supplements rich in these vitamins and minerals.



Add more heart-healthy fats as excessive saturated fat can lead to cirrhosis.



Include protein-rich foods for liver regeneration.



A variety of fruits and vegetables will provide antioxidants, fiber, vitamins, and minerals.



Limit alcohol as excessive intake can damage the liver further and negatively interacts with medications.



Research has shown that 2 cups of coffee daily can significantly decrease liver scarring from hepatitis. Make sure to rehydrate with water.



Seek out vitamins and minerals from food first, but if your intake is significantly reduced, ask your healthcare provider about a multivitamin to supplement.



# Fatigue and Exhaustion

Anemia, hormonal imbalances, impaired sleep patterns, medication side effects, and undernourishment can increase fatigue and exhaustion.

Consider adding more of the following foods to reduce nutrient deficiencies that are associated with weakness and low energy.

## Iron

beans and peas



leafy greens



shellfish



dried fruit



molasses



## Folate

white rice



asparagus



peanuts



black-eyed peas



broccoli



## Zinc

oysters (including canned)



milk



oats



cheddar cheese

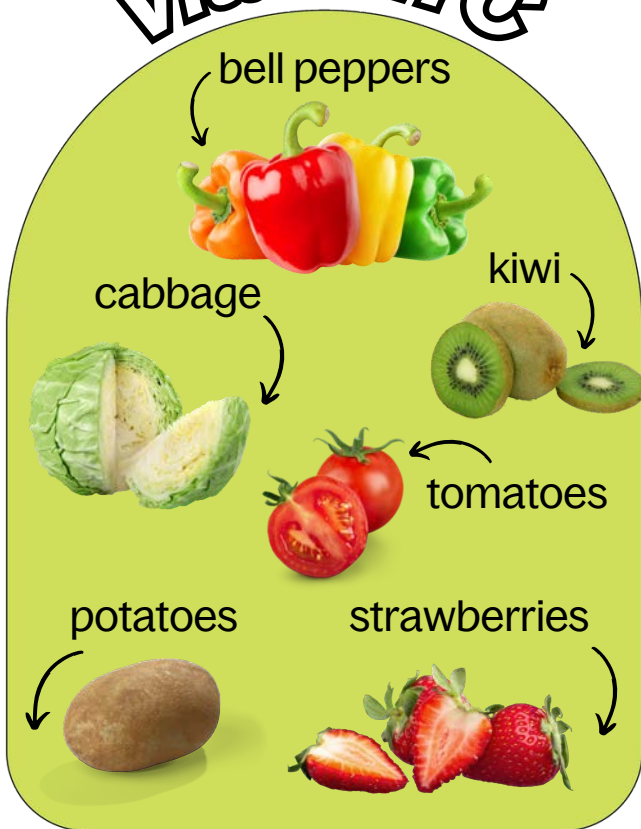


crabmeat

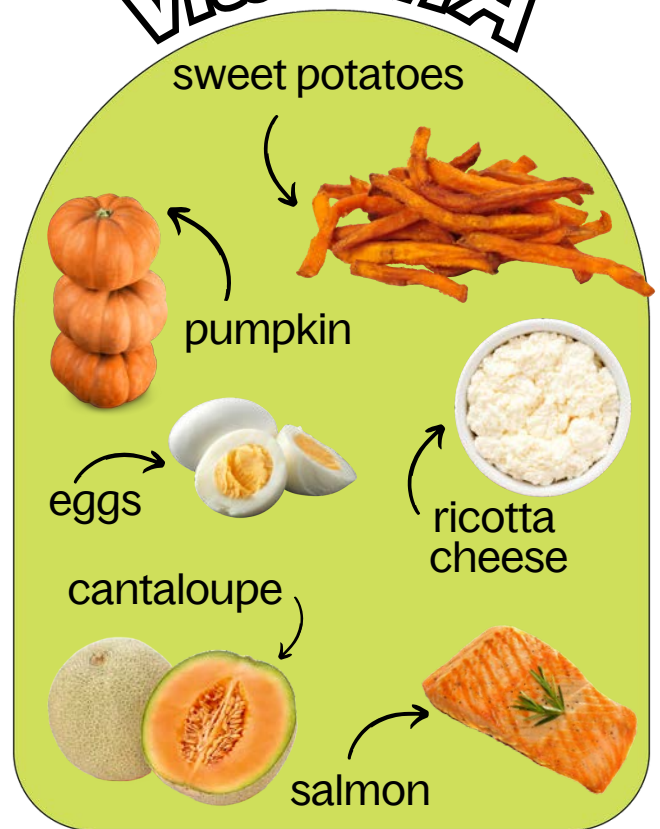




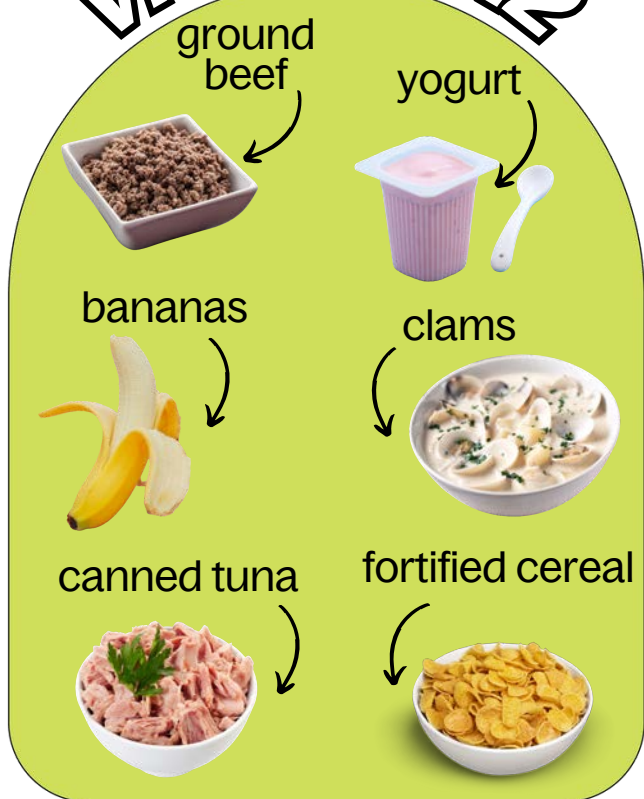
# Vitamin C



# Vitamin A



# Vitamin B12




## Magnificent Micronutrients

*A study of 100 university students demonstrated a decrease in feelings of fatigue after consuming one fruit per day as an afternoon snack for just 10 consecutive days.*



# Vitamin D

Vitamin D helps your gut absorb calcium, improving our bone health! Vitamin D also helps lower inflammation in our bodies and reduce our risk for cancer.



**Sunshine is the best source of vitamin D**

## But I get enough sun?

Sometimes you can still get a Vitamin D deficiency. One theory is that air pollution blocks how much we get from the sun.

- 10-15 minutes of sun exposure, 2-3 times per week may be enough!
- You may need longer sun exposure if:
  - It is early Spring or late Fall.
  - You are over 60 years old.
  - You have darker skin.
  - You live in the north.
- Vitamin D may not be produced if you are using sunscreen or are behind a window.
  - You need sunscreen to prevent skin cancer, so it may be safer to take a supplement.
- Your Vitamin D blood values should be tested by your medical provider. If it is low, supplementation is necessary to bring it back up to normal.

## Food sources of Vitamin D

swordfish  
salmon  
canned tuna  
canned sardines  
fortified milk

fortified juice  
fortified yogurt  
egg yolks  
beef liver  
cod liver oil



## Deficiency Symptoms

Depression, bone pain, fatigue, muscle cramps, weakness, and aches



# HIV and Dementia

Without HIV medication, HIV can affect the brain and lead to HIV-associated dementia.

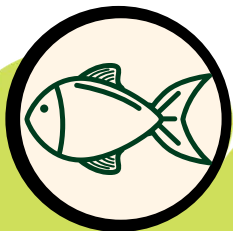
## Symptoms

- Loss of memory
- Not able to speak or think as clearly
- Difficulty concentrating or staying focused
- Lack of interest in favorite activities
- Lower coordination skills

Communicate with your doctor so that medical tests can be run.

*\*HIV-associated neurocognitive disorder, or HAND, may still develop in older adults managing HIV.*

## Activities that lower risk of HAND



### Eating Habits

Choose fatty fish, vegetables, nuts, and grains often



### Stay Social

Connect with people and maintain positive relationships



### Joyful Movement

Find something you love that moves the body



### Quality Sleep

8 hours is great!

# HIV and Cancer

“Not everything that is faced can be changed; but nothing can be changed until it is faced,” - Baldwin

## Catch It Early with Routine Screenings

- Pap smear for cervical cancer or anal pap smear for anal cancer
- Mammogram for breast cancer
- Colon/rectal exam
- Prostate exam for men over age 50
- Oral exam by a dentist every six months

## Don't Ignore These Symptoms

- Sores or wounds that will not heal.
- Lumps or hardness in the skin or below the skin.
- Changes in your bowel or bladder habits.
- A lingering cough or sore throat.
- Heartburn or trouble swallowing.

## Tips to Lower Risk

- ✓ Take medications as prescribed
- ✓ Avoid non-prescribed drugs
- ✓ Limit alcohol
- ✓ Quit smoking
- ✓ Wear sunscreen while outside
- ✓ Eat a variety of nutritious foods

People managing HIV are more likely to get cancer. Read more about it here.



Natural colors from fruits and vegetables have been studied for their anti-cancer effects!






# Health Goals



A great way to improve your health is by setting SMART goals. Physical activity, getting enough sleep, eating in a diverse, balanced pattern, meditating, limiting alcohol, and avoid smoking and drugs are all healthy behaviors that can impact your health status. Use this worksheet to create goals that are important to YOU!

## EXAMPLE SMART GOALS:

-  *"Next time I shop, I will buy only lean proteins like chicken breasts and ground turkey."*
-  *"Monday through Thursday of this week I will go to bed 1 hour early"*
-  *"This week, I will cook one meal with a plant protein such as beans instead of ground beef."*

My motivations are...

**S**PECIFIC **M**easurable **A**ttainable **R**elevant **T**ime Bound **GOALS**

List your SMART goals:

Open Hand offers all of our clients living with HIV/AIDS individual medical nutrition therapy. Call us to make an appointment with our Registered Dietitian: 404-872-6947.



# **Section 7: Body Weight Concerns**

**We support weight and body size inclusivity. This section will provide you with gentle and health-enhancing strategies to improve overall physical, emotional, and mental health.**

*Trigger Warning: this section discusses involuntary weight loss, body image, and eating disorders.*

# Health At Every Size

Weight is not a behavior, and is not a sole indicator of health status. There are many reasons for a person's body shape and size. If you are struggling to lose weight, consider daily behaviors that impact your health. Research shows that healthy behaviors can increase a person's life span, quality of life, and lower risk of disease even without weight loss. Research also shows that weight cycling (going back and forth from higher to lower body weights) can hurt your body. Please use these gentle strategies as the foundation of a holistic approach.



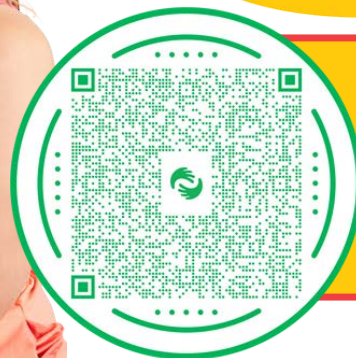
Check in on your hunger every couple of hours. Replenish and recharge energy as needed.



A food and mood journal may be useful if you feel you excessively use food to cope with difficult emotions.\*



*\*If you believe you are exhibiting disordered eating patterns, please seek the help of an RDN that specializes in eating disorders for more support.*



Check out our mindful eating journal here





Avoid assigning morality to food. All foods can fit in a balanced diet.



Incorporate cultural and family food traditions for joyful nutrition.



Eat slowly and savor the taste, smell, sight, and mouthfeel of food.



Focus on adding in more nutrient-dense foods rather than restricting less nutrient-dense foods for sustainable balance.



*Most people experience some weight gain within the first year of starting antiretroviral therapy (ART). This can mean that the treatment is working to lower the virus infection, increase appetite, and improve the body's ability to absorb nutrients. Unfortunately, a poor body image can influence a person's decision to take their ART daily. This is an unsafe and dangerous decision.*



# Body Image

## What Can Influence Body Image?

There are a number of factors that can (and do) influence our body image every day:

- family, friends, society
- race, culture, ethnicity, or heritage
- media (internet, film, tv, magazines)

Social media is also particularly damaging. 1,000 Americans were asked to describe themselves with ten adjectives. Those who reported using social media for less than an hour per day used two negative adjectives. Those who reported using social media for 1 or more hours per day used four negative adjectives.



Limited body diversity and filtered imagery on social media platforms can foster body dissatisfaction.



## In the Eye of the Beholder



Aesthetics is the pursuit to look beautiful and tasteful, however, this is subjective and depends on the person's point of view. Aesthetics do not consider health. Appreciating the differences in body image is shown to protect from the harms of social media.

# The Pursuit of “Healthiness”



Health is not something we can assess by simply looking at a person.

The Association for Size Diversity and Health (ASDAH) takes a holistic definition of health, which cannot be defined as the lack of physical or mental illness, limitation, or disease. Rather, health is personal and exists differently depending on the situation and person’s experience.

## How Can Negative Body Image Affect You?

A study by the University of Connecticut found a strong correlation between body image dissatisfaction and mental health conditions (generalized anxiety disorder, panic disorder, social anxiety), and school avoidance in adolescents.



Physical and mental health are closely connected. Psychological stress can worsen chronic illness. A Duke University study following patients with heart disease found that 21% of participants using exercise and medication alone had further heart complications. When stress management techniques were added to this, the number of participants with complications was reduced to only 9%.





# Eating Disorders

Refer to section 10 for more support

## Body Dysmorphia

The American Psychiatric Association defines body dysmorphic disorder (BDD) as a “preoccupation with one or more perceived defects or flaws in physical appearance that are not observable or appear slight to others.”

BDD is underdiagnosed but currently reported to affect 1.9% of the population.

### Other BDD Types

Muscle Dysmorphia: fixation on muscle size and definition

BDD by Proxy (BDDBP): fixation on the appearance of another individual

### Signs & Symptoms

- skin picking (dermatillomania)
- feelings of shame or disgust about body
- excessive mirror checking
- hair pulling (trichotillomania)
- changing appearance excessively

## Orthorexia

The National Eating Disorders Association defines this as a disordered eating pattern characterized by an “obsession with proper or healthful eating” which results in “restriction of the amount and variety of foods eaten, making malnutrition likely.”

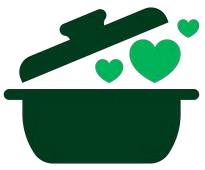
### Signs & Symptoms

- fixation on ingredients and nutrition labels
- restricting food groups unnecessarily
- fixation on others' eating patterns
- feeling extreme stress related to eating “healthy” foods



Read Isaac's recovery story





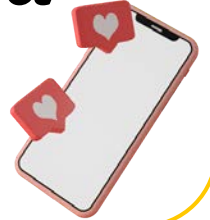
# The Path to Positivity

Physical and mental health are closely connected. Psychological stress can worsen chronic illness. Consider implementing the following stress-management strategies.

# 1

## **Streamline Your Social Media**

Review the content you consume on all social media platforms. Unfollow, hide or block people or pages that feel harmful or triggering.



# 2

## **Work Your Wardrobe**

Do an inventory of your current clothing. Plan to wear the items that make you feel the most confident and comfortable, more often.



# 3

## **Give Gratitude**

Write down notes about things and people that you are grateful for. Put them in a jar and read when you need joyful thoughts.



# 4

## **Mind Over Matter**

Incorporate gentle yoga or tai chi exercises to feel more grounded and connect with your body, physically and spiritually.



# 5

## **A Helping Hand**

Research demonstrates that volunteering, even once per month, improves mental health by releasing “feel good” endorphins.







## Section 8: Joyful Movement

**All bodies need movement, just like water, food, shelter, and love. If routine exercise is not easy for you, embrace joyful movement. It is a celebration of what your body can do and meeting yourself where you are.**

# Joyful Movement



There are lots of movements we can do to keep our bodies healthy! Don't feel like you have to just go on a run or buy a gym membership to be active. Find ways to move that bring you joy!



## Move Your Body 🍴🌱🍴

Find any way to move your body!

- dancing
- kayaking
- weight lifting
- hiking
- family time
- farming
- biking
- yoga
- walking dog

## How long should you move?

**Moderate:** can hold a conversation  
**Vigorous:** can only say a few words

1  
05  
0 minutes

Get at least 150 minutes of moderate-intensity activity physical activity each week to improve cardiovascular health, muscle fitness, and brain health.

# Benefits of Joyful Movement

## **Physical Changes**

Moving your body can help you maintain your weight, lose weight, or gain weight depending on your goals.

## **Reduce Risk of Disease**

Activity in your day may decrease your risk for heart disease, stroke, type 2 diabetes, and even some cancers!

## **Strengthen Bone & Muscle**

Muscle-strengthening, like weight lifting, gardening, or dancing protects your muscles, bones, and joints.

## **Improve Quality of Life**

Reduce risk of falls, increase your chance of a longer life, and improve your ability to complete daily activities.

# Differences of Physical Activity & Exercise

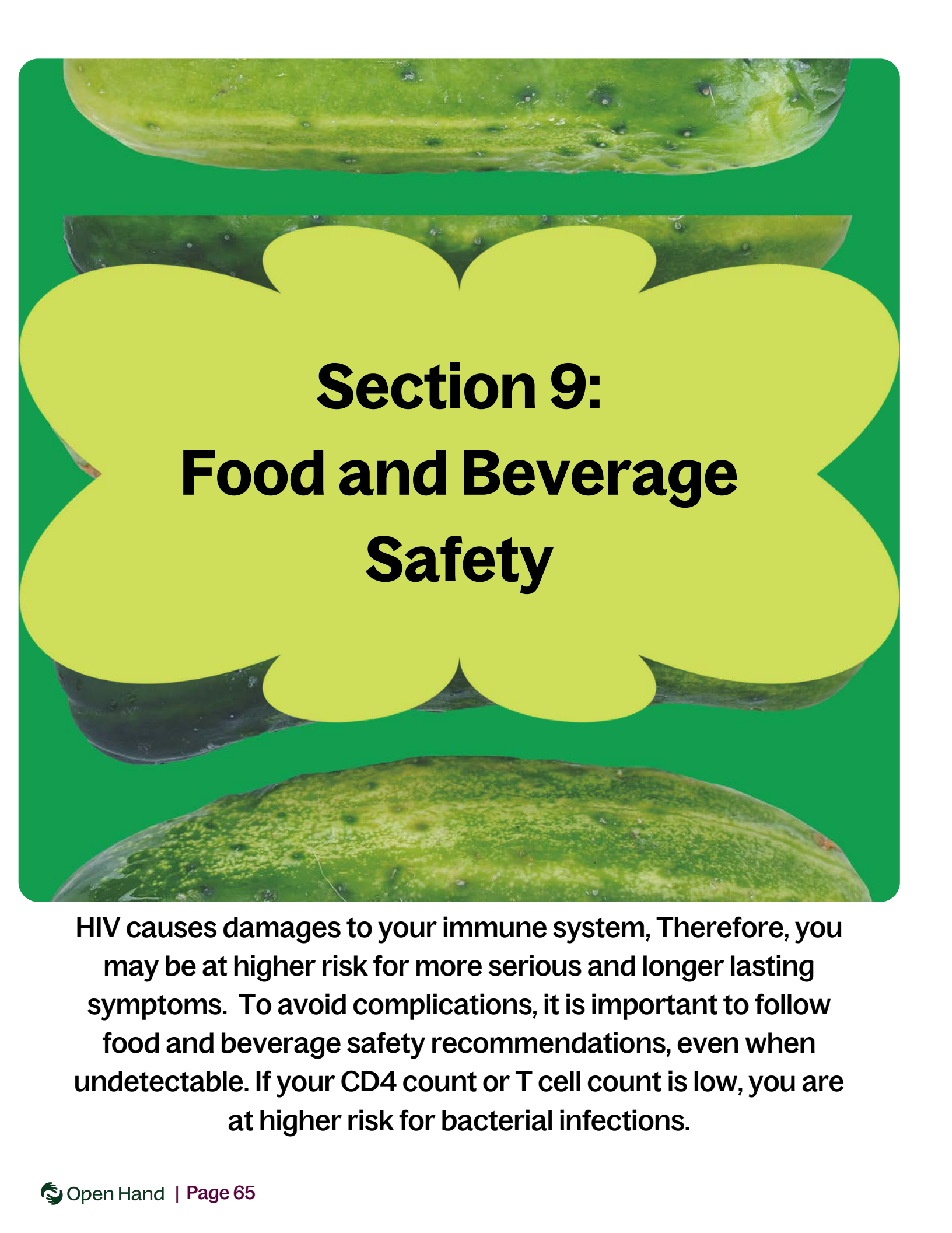
### **Physical Activity**

Activity that may include household chores, sports, job responsibilities, or transportation.

### **Exercise**

Activity that is structured and intentional. It includes repetitive movements to maintain fitness.





## **Section 9: Food and Beverage Safety**

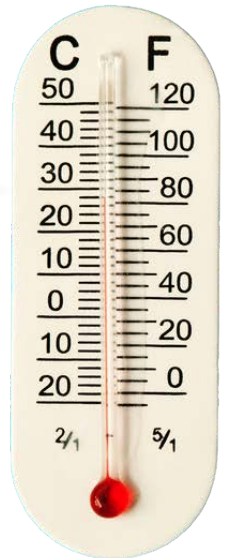
**HIV causes damages to your immune system, Therefore, you may be at higher risk for more serious and longer lasting symptoms. To avoid complications, it is important to follow food and beverage safety recommendations, even when undetectable. If your CD4 count or T cell count is low, you are at higher risk for bacterial infections.**



# Food and Beverage Safety

## Time and Temperature

### Danger Zone: 40°F - 140°F



When foods are left out in the danger zone, the bacteria may potentially double every 20 minutes. This puts you at a much higher risk for becoming ill.

To avoid leaving food in the danger zone, refrigerate it within 2 hours. If your food is outside and its over 90°F, refrigerate your food within 1 hour. When reheating foods, make sure the internal temperature is at least 165°F.



### Well Done, Please

Avoid raw or undercooked eggs, raw meat, sushi, and sprouts.



Invest in a food thermometer



Rinse produce well and invest in a scrub brush for tough skinned produce. Sanitize brush after use and store dry.



MINIMUM FOOD TEMPERATURES WHEN COOKING FOR YOURSELF



HOW TO HEAT AN OPEN HAND MEAL



# Refrigerator Organization

Create the most effective and safe way to store foods at the right temperature.

**UPPER SHELVES**



foods that don't need to be cooked: leftovers, prepared foods, carry out

**MIDDLE SHELVES**



eggs and dairy products

**BOTTOM SHELF**



raw meats, poultry, and seafood (wrapped and on a plate or in a bin)

**CRISPER DRAWERS**



fresh fruits, vegetables, beans, legumes



How long does food last in storage?



Don't forget to clean your fridge often!

## Shopping



Be mindful that you purchase from well established vendors and grocery stores.



Avoid raw dairy and raw juices. Pasteurized products are safer. Check expiration dates on food. Note that "best by" dates are for quality only, not safety.



Examine your food. If it smells off, has discoloration, or has been in the danger temperature zone for too long, don't risk it. Throw it out.

## Recalls

Sign up for recalls, market withdrawals, and safety alerts:












# **Section 10: Further Resources**

**Open Hand's services include prepared meals, pantry bags, supplements, and produce. If you need more resources, you can also explore these organizations below.**

# Where to Find Produce and Food

Besides the grocery store, there are now more and more food banks with fresh produce to give to local residents. You may even qualify for a produce program to get free or reduced priced produce.

<b>FOOD PANTRY</b>	<p>Text 'FINDFOOD' (COMIDA for Spanish) to 888-976-2232. The Atlanta Community Food Bank will send you a list of resources in your zip code.</p>	
<b>PLACE OF WORSHIP</b>	<p>Contact your local religious center about food assistance.</p>	
<b>SCHOOLS</b>	<p>If you have a school-aged child, contact the school and ask if they have an event for you to pick up food.</p>	
<b>HOMELESS CENTERS</b>	<p>If you are currently homeless, go to a homeless center to get assistance. Find a center by calling 884-249-8367, provided by the Georgia Department of Community Affairs.</p>	
<b>UNITED WAY</b>	<p>Text "211od" to 898211 to receive a list of referrals based on your zip code. You can search for food and other resources.</p>	
<b>YMCA</b>	<p>Go to <a href="https://www.ymca.org/find-your-y">https://www.ymca.org/find-your-y</a> Enter your zip code. Call your local YMCA and ask if they provide food.</p>	
<b>MARTA MARKET</b>	<p>Seasonal (April to December) at specific stations. Scan the QR code for updated information.</p>	



# Georgia's SNAP Program

SNAP - Supplemental Nutrition Assistance Program, or food stamp program, provides credit for groceries to lower income families or individuals. There are limits to how much is awarded and what items may be purchased.

## Application Requirements



Older Adults (60 or older) with fixed income below the requirement qualify for SNAP

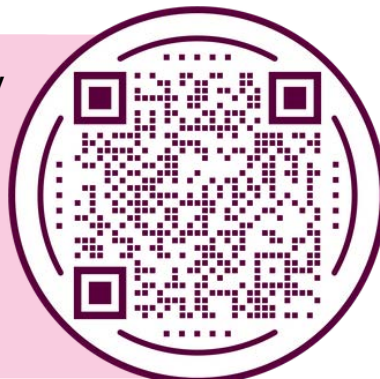
- Must be a US citizen
- Age
- Housed
- Household size
- Disability status
- Household income
- Bank Balance

### Helpful Documents:

- State ID
- Housing Expenses
- Income Verification or Award Letter

## Eligibility

Check your eligibility by scanning the QR code, or call Wholesome Wave Georgia at 678-631-7101 for free screening.



## Apply to SNAP



# Looking for other services?

Organization and Website	Description
Department of HIV Elimination <a href="http://www.endhivatl.org">www.endhivatl.org</a>	Find providers and organizations providing different services who work with people living with HIV/AIDS.
Status: Home <a href="http://www.statushouse.org">www.statushouse.org</a>	Organization who helps with housing for people living with HIV/AIDS. (formerly Jerusalem House).
Atlanta Housing <a href="http://www.atlantahousing.org">www.atlantahousing.org</a>	Provides directions on how to apply for low income housing in Atlanta.
Someone Cares Inc and Drophouse App <a href="http://www.s1catl.org">www.s1catl.org</a>	Provides sexual health services, HIV testing, STD and HEP C screening and treatment, and intensive mental health and substance abuse counseling and treatment.
Thrive SS and Thrive 365 <a href="https://thrivess.org/">https://thrivess.org/</a>	Provides support for Black same gender loving men living with HIV in the Metropolitan Atlanta area. Developed an online Group Support App Thrive 365. Also has a Silver Linings program for Older Men.
ANIZ <a href="https://www.aniz.org/">https://www.aniz.org/</a>	Provides holistic harm reduction and trauma care approaches when providing mental health, substance use counseling, peer support, and sexual health education services.

**ADAP is the AIDS Drug Assistance Program for people living with HIV or AIDS that live at income at or below 400% of the federal poverty line. Connect with your medical case worker to sign up for ADAP.**

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