

NUTRITION... TAKING CHARGE OF HIV/AIDS

- Eating Well with no Stove or Fridge
- Safe Food
- Top 10 Tips to Maintain Your Health
- Setting Nutritional Goals

**EATING WELL WITH
NO STOVE OR FRIDGE**

NUTRITIOUS FOODS THAT CAN BE EATEN WITHOUT COOKING:

sandwiches	milk, instant breakfast drinks
canned meat or fish	yoghurt
cheese, cheese spread	cottage cheese
peanut butter	instant hot chocolate
deli meats	puddings
soup-in-a-cup [add hot water]	cereal, instant oatmeal
instant noodles [add hot water]	crackers
raw vegetables, salads	bread, rolls, buns, bagels
nuts and seeds	granola bars, power bars
fresh or canned fruit	juice, nectars
dried fruit	

FOODS THAT KEEP WELL

Canned foods: soups, vegetables, beans, chilli, meats, fish, stew, tomato sauce, spaghetti sauce, fruits, puddings, canned milk, tomato juice, vegetable juice

Powdered milk	peanut butter	rice
Instant noodles	juice boxes [fruit or veg]	instant breakfast
Instant soup, soup-in-a-mug	puddings	UHT milk
Fresh fruit	dried gravy or sauce mixes	chocolate & milk shakes
Dried fruit (raisins)	dried beans, lentils or split peas	
Nuts and seeds	peanut butter	cereal, hot & cold
Crackers and cookies	spaghetti or macaroni	

SAFE FOOD:

Food contains bacteria that can be harmful if you have a weakened immune system. To avoid getting sick from your food, practise the following:

Be Clean:

Wash your hands before preparing food and before eating.

Be sure the area where you are preparing food is clean, including the wash cloth.

Wash fruits and vegetables well.

Temperature:

Keep hot foods hot, and cold foods cold. Bacteria grows fastest at warm temperatures.

Refrigerate foods as soon as you can after buying them.

Refrigerate or freeze leftovers immediately: don't let them sit around.

Thaw frozen foods in the fridge or in a microwave, not on the counter.

Leftovers:

Foods that have gone bad do not always smell or look different! Use leftovers within 3 days.

When in doubt, **throw it out!**

Cooked foods:

Eat meat, chicken, eggs, fish and shellfish cooked well done.

Avoid sushi, raw fish, steak tartare, raw eggs.

Food preparation:

Keep raw foods separate from cooked foods and don't let raw meat juice come in contact with other foods.

Water:

Drink purified water if your CD4 is less than 200.

You can purify water by boiling tap water for 1 minute; or buy purified.

If you use a cooler or other container to hold bottled water, this container **must be cleaned inside every 3 months.**