
HOW ^{TO} FUEL YOUR BODY

WHEN LIVING WITH HIV

We all know eating healthy is important—it nourishes your body and helps prevent certain diseases. But when you're living with HIV, good nutrition becomes more than that.





WHAT THE **RIGHT FOODS** CAN DO FOR YOU

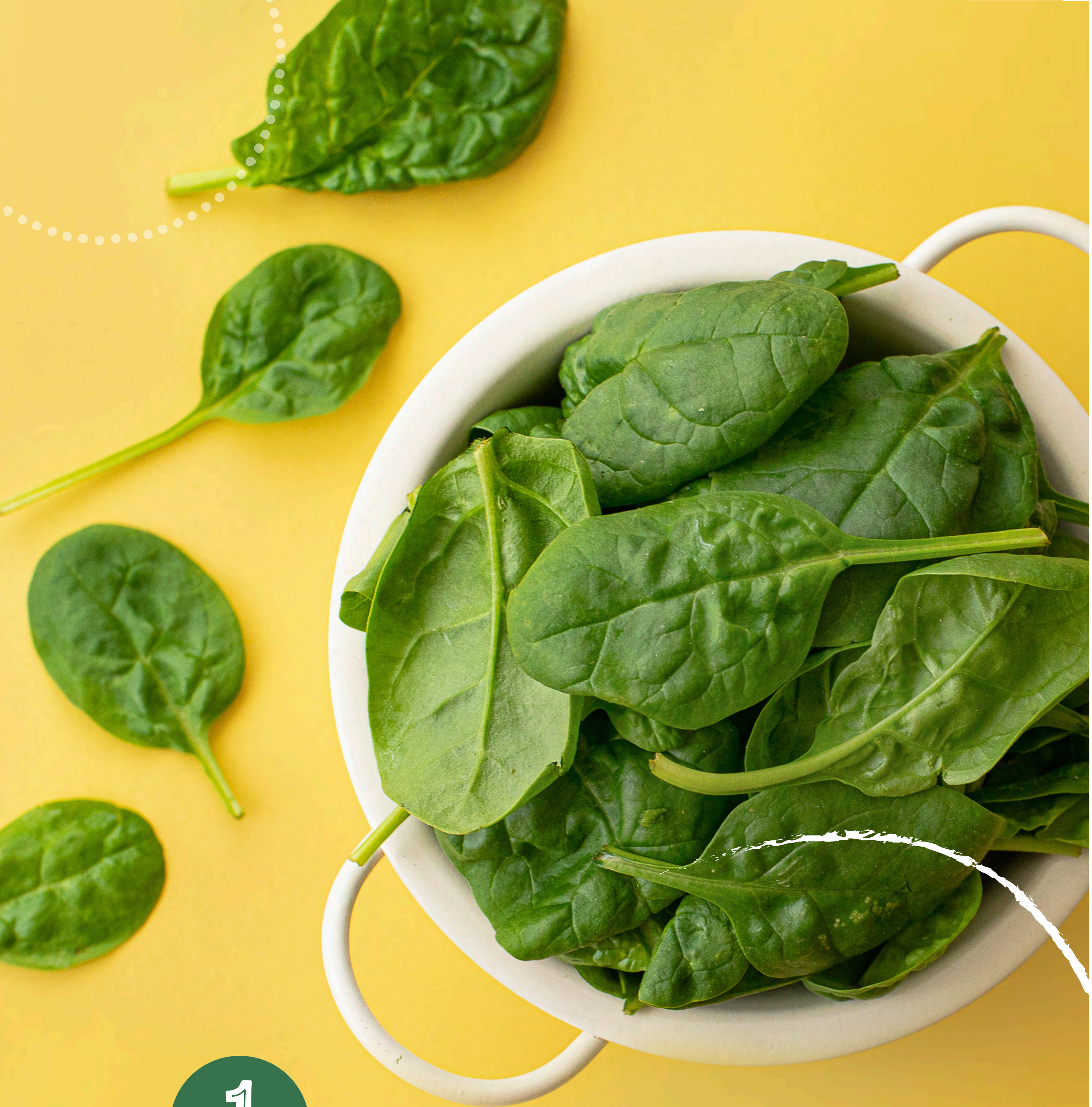
A mix of fruits, veggies, grains, dairy, and protein foods helps:

- Strengthen the immune system
- Provide energy to combat HIV and other infections
- Improve the absorption of HIV medications
- Manage HIV symptoms
- Minimize HIV-related weight loss

ENHANCE YOUR MEALS

To add in foods and nutrients that support your immune system, follow these strategies.





1

GREEN YOUR ROUTINE.

Toss spinach into pasta, sandwiches, or smoothies for a nutritional boost.



2

GRAB A FRUIT SNACK.

Rich in vitamin C,
citrus fruits, berries,
and melons offer a
sweet, natural treat.

The background is a warm, light orange color. Several garlic bulbs are scattered across the frame, some resting on the surface and others slightly elevated. Two large, semi-transparent orange circles are positioned on the left and right sides. A white, hand-drawn style line starts from the top left, loops around the number '3', and then extends towards the text below.

3

GO FOR GARLIC.


It's a budget-friendly, immune-boosting powerhouse that enhances the flavor of soups, stir-fries, salsa, sauces ... and anything else you want!



4

MAKE THE WHOLE GRAIN SWITCH.

Sub out white bread, pasta, and rice for their whole grain counterparts to increase your intake of nutrients and fiber.





NAVIGATING NUTRITIONAL CHALLENGES

If you find it hard to eat or swallow, or if you don't have much of an appetite, share these concerns with your health care provider. They can connect you with a nutritionist or dietician.

