

# NUTRITION 101

## UNDERSTANDING BALANCE

A balanced diet is one that contains healthy amounts of all food groups. Proteins, carbohydrates, and fats are *macronutrients* found in all of the foods we eat. However, each food will have varying amounts.

Everyone has different calorie needs. Calories give our bodies fuel to carry out the activities of every day life. Everything we do requires calories. People who are HIV positive generally need more calories than others.

Micronutrients, vitamins, and minerals are also important to our bodies. Eating a variety of foods will ensure that you are getting all of the nutrients that you need.

Don't fall prey to misinformation. The trick is, there are no tricks. Most diets and products that guarantee or promise quick results are marketing gimmicks. If it's too good to be true then it is!

Taking a daily multivitamin can make up for any "nutrient-gaps" in your diet.



## CHOOSE COLORFUL FOOD

Include at least three colors from three food groups at each meal

Servings Per Day\*

- Meat:** 3-4 ounces is a typical serving. Choose low fat meats like boneless, skinless chicken, salmon, white fish, ground turkey, beef or pork tenderloin.  
**Nuts/Beans:** Legumes, soy beans and nuts also provide protein. They are a great, low-fat way to meet your needs. A 1/2 a cup of beans, 1 ounce of tofu, a 1/4 cup of nuts or 2 tablespoons of a nut butter are considered servings.
- Dairy:** 8 ounces of milk, soymilk and yogurt are a serving. 1 ounce of cheese or tofu about the size of 4 die is considered a serving. Dairy should be low fat, and milk should be 1% or non-fat.
- Grains:** an ounce equals 1 slice of bread, 1/3 cup cooked, hot cereal, rice, or pasta and 1/2 c of cold cereal. All of your grains should be *whole* grains.
- Fruits:** Servings of fruit are about 1/2 cup chopped or loose fruit or 1 medium sized whole fruit. 100% fruit juice can be considered a fruit serving, but it is high in sugar.
- Vegetables:** A serving is 1/2 cup cooked or 1 cup raw. Dips, sauces, and cheese often accompany vegetables. Watch portion sizes and the fat content of these condiments.

**5 1/2  
OUNCES**

**3 CUPS**

**6  
OUNCES**

**2 CUPS**

**2 1/2  
CUPS**

\*Based on a 2000 Kcal Diet

## YOUR BEST BETS

### CARBOHYDRATES

Bread and Cereal:

- whole grain
- 3 or more grams of fiber
- low sugar

Rice, Pasta and Grains

- whole wheat
- brown or wild rice
- consider quinoa, wheat berries, and cous cous

Fruits and Vegetables:

- all are great, but fresh is best!
- fruit in light syrup or water.
- low sodium vegetables
- rinse canned vegetables!

### PROTEIN

Poultry:

- white meat skinless chicken or turkey
- ground turkey
- baked, boiled or broiled

Fish:

- fresh, frozen or canned
- baked, boiled or broiled

Vegetable:

- beans, lentils, tofu, nuts

Dairy:

- skim or 1% milk
- fortified soymilk
- low fat cheese
- low fat or fat free yogurt

### FAT

#### HEALTHY FATS

Monounsaturated:

- olive oil, canola oil or peanut oil
- cashews, almonds, or peanuts
- olives and avocados

Polyunsaturated:

- corn oil, safflower oil, soybean oil, and cottonseed oil

Omega-3:

- fatty fish like tuna, mackerel, herring, salmon, sardines and walnuts

#### UNHEALTHY FATS

Saturated:

- whole milk, butter, cheese, ice cream, red meat, milk chocolate, coconut oil, and palm kernel oil

Trans:

- margarines, partially hydrogenated vegetable oil, commercial baked goods and fried foods

### EXERCISE

Starting an exercise routine can be tough. Here are a few tips to get you going.

- Talk to your doctor
- Ask the experts
- Do what you like
- Start small
- Gradually increase
- Mix it up
- Get back on the horse
- Take brakes

Health is difficult to achieve without activity.



### QUICK TIPS

- **EAT YOUR CALORIES:** Calories in juice, sweet tea, lemonade, punch and soda add up. Replace these beverages with water, flavored or plain seltzer water or unsweetened herbal iced tea.
- **CHOOSE HEALTHY SNACKS:** Regulate your appetite and prevent over-eating at meal times with snacks. Choose low-fat popcorn, pretzels, veggie sticks, baked chips, dried fruit, trail mixes, bean dips, fruit, and low fat cheeses.
- **COOK AT HOME:** Foods prepared at home tend to have less fat and salt. When you cook at home you know everything that goes into your meals and you save money.