

HIV Nutrition Education

Nutrition Fact Sheet



What is what and what is how much?

Food sustains life. Our body uses food to fuel the work it does every minute of everyday, even while we are asleep. Foods are made up of macronutrients called proteins, carbohydrates, and fats, and micronutrients, which are vitamins and minerals. Individual foods usually contain many nutrients. Some foods have more nutrients of one type than another and different foods serve different purposes. Some foods are especially rich in protein, which are needed for building, growing, and repairing tissue, as well as for fighting infection. To make sure protein is saved for those jobs, enough foods with carbohydrate and fat is needed to supply fuel for energy and “run” the body, much like gasoline is used to fuel a car.

Think about what you are eating. Study the following chart and become familiar with what foods provided by the Necessities of Life Program (NOLP) fall into each category and the suggested portion size of the food. This can be applied to anyone’s meal plan or type of diet desired. NOLP provides a supplement of foods and you will need to make sure you get the food with the nutrients you need.

Food Category	Suggested Portion Size	NOLP Foods	Suggested Daily Intake and Notes
Animal Protein	3 ounces (1 ounce = 1 diabetic exchange)	Beef Beef, ground Cheese (hard) Chicken Eggs Ham Meatballs Salmon Tuna Turkey	Suggest daily intake between 9-12 ounces. This looks like 3-4 decks of cards, 3 ounces per deck. Cheese contains a good source of calcium, but can be a high fat food – check the label.
Vegetable Protein	½ cup, cooked	Baked beans Refried beans	½ cup of beans = 1 ounce of animal protein. Other foods in this category include: soy beans, tofu, peas, peanuts and peanut butter, lentils, nuts and seeds.
Dairy (Protein-Calcium)	1 cup = 8 ounces = ½ pint	Milk Yogurt Cheese	Suggested daily intake is at least 2 servings a day of high calcium sources. Fat in dairy varies according to whether the product is non-fat, low-fat, or whole fat. High calcium sources include milk, yogurt, cottage cheese, buttermilk, and foods fortified with calcium: soymilk, tofu, cereal, or juices, or a calcium supplement.
Starch	½ -1/3 cup or 1 slice of bread 1 small potato	Bread Corn Matzo Potatoes Rice Pasta	Suggested daily intake is 8 portions per day. One diabetic exchange is whatever amount provides 15 g carbohydrate. This category is also called complex carbohydrate. Other foods in this category include: yam, sweet potato, yucca, millet, kasha, barley, bagel, oatmeal, pasta, dry cereal, pancake, waffle, crackers, tortilla, etc.

For more information or to sign up for nutrition classes call:

Janelle L’Heureux MS RD: 213201-1556 jlheureux@apla.org or go to www.apla.org & click on **Calendar**. **APLA copyright © 2006** For persons with disabilities, reasonable accommodation may be provided upon request. Please call 213-201-1582 TTY at least 5 working days in advance to ensure availability. (for voice, call California Relay Service first at 711, then give operator the TTY number)

Food Category	Suggested Portion Size	NOLP Foods	Suggested Daily Intake and Notes
Fruit	Varies, in general: 1 small to medium fresh fruit ½ cup canned or fresh fruit or fruit juice ¼ cup dried fruit	Apples Apricots Bananas Cherries Oranges Pears Raisins	Suggested daily intake is 2-3 servings per day. One diabetic exchange is whatever amount provides 15 g carbohydrate. Other foods in this category include: grapefruit, mango, tangerine, strawberries, raspberries, blue berries, kiwi, cantaloupe, honeydew, watermelon, grapes, figs, prunes, dates
Vegetable	Varies, in general: ½ cup cooked or vegetable juice 1 cup raw vegetable	Carrots Onions Tomatoes	Suggested daily intake is 2-3 servings per day. Other foods in this category include: broccoli, cauliflower green or red or yellow peppers, kale, greens, spinach, summer squash or zucchini, green beans, beets, okra, etc.
Fat	Varies: 1 teaspoon to 1 tablespoon	Vegetable oil Salad dressing	Depends on daily caloric intake. Limit intake if you have high cholesterol, diarrhea or are overweight.
Sugar	Varies, check nutrition label	Beverages – for example: Snapple, punch, drinks	No suggested daily intake, except that these foods should be limited so as not to take the place of more nutritious foods. Foods contain sugar when ingredients list sugar, cornstarch, high fructose corn syrup, etc. without any protein or fat.
Mixed categories	Sizes can vary– check the nutrition label	Beef Taco Filling Spaghetti & Meatballs	Check label for grams of protein per serving. 21 grams of protein is about one animal protein serving.
Water	1 cup = 8 ounces		Suggest daily intake of 10-12 cups for men and 9-11 cups for women. DON'T FORGET TO DRINK WATER!!

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