



Eating Positive: A Nutrition Guide and Recipe Book for People with HIV/AIDS (Haworth Medical Information Sources)

Jeffrey T Huber, Kris Riddlesperger

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Proper nutrition is essential to individuals with HIV/AIDS. Yet, it is often difficult to maintain an adequate diet due to a variety of conditions associated with the disease and/or medications used to alleviate symptoms. *Eating Positive: A Nutrition Guide and Recipe Book for People with HIV/AIDS* solves this problem with easy-to-follow, enticing recipes that fit a variety of common diet restrictions and specific health needs of individuals with HIV/AIDS. You can use this practical nutrition guide and recipe book to customize diet plans for your patients or for yourself (with a doctor's approval) that provide proper nutrition and satisfy the tastebuds. Chapters in *Eating Positive* are organized by diet type. Each chapter describes the diet type, its benefits and specific restrictions, and actual recipes. Each recipe is accompanied by its respective nutritional values, such as calories, fat, protein, carbohydrates, and percent of daily recommended allowance. An alphabetical index consisting of specific conditions, complications, diet titles, and food stuffs provides ease of use and quick reference. Here is just a sample of some of the many diet types, their benefits, and tasty recipes that are included:

- **Full Liquid Diet:** good for people with mouth pain and difficulty chewing as it is easy on the digestive system; recipes include: Orange Cow, Easy Egg Drop Soup, Cherry Dessert, Cottage Cheese Jello Salad, Tropical Frozen Delight, more
- **Fiber Restricted Diet:** slows bowel movement and decreases inflammation of the tissues making it a great ally in fighting diarrhea and bowel discomfort; recipes include: Sauteed Cocktail Tomatoes, Bacon Wrapped Chicken Breasts, Vegetarian Stuffed Peppers, Ham Rolls with Eggplant Filling, more
- **Bland Diet:** for those who should avoid caffeine, alcohol, spices; recipes include: Raspberry Float, Pasta Salad, Easy Tortellini Soup, One-Eyed Egyptians, Noodle Pudding, Watercress Soup, Sour Cream Coffee Cake, German Potato Dumplings, more
- **High Protein High Calorie Diet:** increased calories and nutritional content build up energy resources and assist in improving and maintaining the immune system, stopping and possibly reversing tissue wasting and weight loss and assisting in wound healing; recipes include: Garlic Pasta, Beef and Rice Creole, Spinach Cheese Pie, Tournedos of Beef with Shallot Sauce, Banana Nut Bread, Butterscotch Pie, Pineapple Coconut Cake, many more. These diets are not prescriptions but rather guides for creating and consuming a practical diet to suit individual needs. You'll find that *Eating Positive* puts individuals with HIV/AIDS on the road to a more pleasing, fulfilling, and healthy diet.

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