

## Quiz: Healthy Lifestyle Choices



Name (first name only): \_\_\_\_\_ Date: \_\_\_\_\_

- 1. What is the essential *first* step to a healthier lifestyle?**
  - a. taking more vitamins
  - b. making the decision to be abstinent from street drugs
  - c. exercising regularly to the point of exhaustion
  - d. none of the above
  
- 2. If you don't cope well with stress, it can:**
  - a. increase your susceptibility to infection
  - b. increase your risk for heart disease
  - c. interfere with good decision making
  - d. all of the above
  
- 3. Even if the cause of what is stressing you is out of your control, you know that:**
  - a. you always have control over your response to the stress
  - b. you can protect your health by doing relaxation exercises
  - c. you may be able to redefine it as something you can control
  - d. all of the above
  
- 4. To prevent food borne illnesses:**
  - a. eat only raw meat, fish, and eggs
  - b. eat canned food even if the cans have bulges or dents
  - c. wash everything thoroughly—hands, utensils, cutting boards
  - d. always thaw frozen food at room temperature
  
- 5. Complete this sentence: People with HIV should...**
  - a. increase the number of calories and protein in their meals
  - b. reduce calorie intake to avoid nausea and diarrhea
  - c. eat hot greasy foods when feeling nauseated
  - d. all of the above

Score \_\_\_\_\_



## Exercise



Moderate exercise may strengthen your immune system, increase your energy level and self-esteem, and decrease stress and anxiety.

**Menu of exercises to try** (in moderation):

**Gentle stretching**

**Brisk walking**

**Swimming**

**Weight training**

**Yoga**

**Tai Chi**

**Cycling**

**Skipping rope**

**Dancing**

*Never exercise to the point of exhaustion.*

*Check with your health care provider before beginning any exercise program.*

This week I commit to do the following exercise daily at \_\_\_\_\_ (time)  
for at least 15 minutes: \_\_\_\_\_ (exercise)



## Sleep



1. Establish a sleep schedule. Go to bed and get up at around the same time each day.
2. Get sufficient sleep. Healthy adults require eight to eight-and-a-half hours of sleep per night.
3. Use your bedroom only for sleeping or sleep-related activities.
4. Create a sleep-promoting environment. Your bedroom should be cool, quiet, and without any bright light shining in the windows.
5. Don't drink alcohol or caffeinated beverages within six hours of bedtime and don't smoke immediately before going to bed.
6. Have a glass of milk or light carbohydrate snack before bedtime.
7. Relax for at least 30 minutes before bedtime.
8. If you are not asleep within 30 minutes, get up and engage in a quiet activity until you feel sleepy.
9. Exercise regularly, but not right before bedtime.
10. If you take a nap during the day, do not sleep for more than 30 minutes, and don't nap after 3 p.m.

This week I commit to trying the following strategy in order to improve my sleep: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Consult your health care provider if your sleep problems persist.**



## Stress Management



Relaxation techniques decrease the negative health consequences of stress.

### **Menu of relaxation techniques to try:**

**Visualization/guided imagery**

**Progressive Muscle Relaxation (PMR)**

**Deep breathing**

**The Relaxing Sigh**

**Positive affirmations**

**Autogenic training**

**Meditation**

Relaxation techniques are available commercially on audio and video tape, or you can create your own. Books are available at your library and book stores.

Relaxation takes practice. Devote at least 15 minutes twice daily to your relaxation technique. You should notice results within two weeks.

This week I commit to do the following stress management technique twice daily at \_\_\_\_\_ (time) and \_\_\_\_\_ (time) for at least 15 minutes:

\_\_\_\_\_ (technique)

**I am calm and relaxed.**





## Nutrition and HIV



### Getting the Benefits of Good Nutrition

Good nutrition is important for everyone. But it's essential for people infected with human immunodeficiency virus (HIV). This virus affects the body's ability to fight infection and causes AIDS (acquired immunodeficiency syndrome).

One of the key components of treatment for HIV infection is a nutritious diet. Timing is important—the sooner good nutrition starts, the more successful you can be at staying healthier. Eating enough of the right balance of foods may help prevent weight loss and fatigue, improve comfort and sense of well-being, and contribute to quality of life.

This booklet presents information you can use to plan a healthy diet. It also suggests ways to help you overcome eating problems resulting from your illness or medical treatment.

### Building a Nutritious Diet

Protein, carbohydrate, fat, vitamins, minerals, and water are the nutrients needed to maintain body functions. A diet containing the right balance of these nutrients promotes health and well-being. Use the following general guidelines to plan a diet that gives your body enough of these nutrients.

Fat and lactose (milk sugar) can be hard to digest. If you begin experiencing nausea or diarrhea, cut back on fat and/or lactose until symptoms improve. And remember, try different foods to find out which ones agree with you; everyone responds differently to various foods and to the same food from one time it's eaten to the next.

#### Every day...

- Drink two cups or more of lowfat milk or buttermilk, or substitute two or three servings of lowfat cheese, cottage cheese, yogurt, ice cream, custard, or pudding made with milk.
- Eat two or more 2- to 3-ounce servings of lean meat or other foods containing protein, such as eggs, fish, poultry, dried beans and peas, peanut butter, and nuts and seeds.
- Eat or drink two or more half-cup servings of fresh, frozen, or canned fruit or fruit juice. At least one of the servings should be a citrus fruit or juice. Wash fresh fruit thoroughly before cooking or eating.
- Eat three or more half-cup servings of vegetables. At least one serving should be a dark-green, leafy vegetable or a yellow vegetable. Wash fresh vegetables thoroughly before cooking or eating.
- Eat six or more servings of bread or other baked goods, cereal, rice, pasta, or grain products.
- Eat other foods such as desserts, margarine, condiments, and beverages when you want them. These foods add flavor, variety, and calories to your diet.

#### Power-Packing Your Diet

Increasing the calorie and protein content of your diet is a good habit to start right now. For other ways to boost calories and protein without increasing serving sizes, try the follow-

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ing suggestions. You may need to modify them if you're having a problem with diarrhea, fat, or lactose intolerance (see "Solving Problems").

### **To add calories...**

- In cooking, use heavy cream, whole milk, or evaporated whole milk instead of water whenever possible.
- Top baked potatoes, vegetables, and fruits with sour cream. One tablespoon adds about 30 Calories.
- Use butter or margarine on hot foods such as toast, vegetables, cooked cereals, and rice. One teaspoon adds about 35 Calories.
- Spread bagels and toast with cream cheese. One tablespoon adds about 50 Calories.
- Eat fruits canned in heavy syrup. Stir canned fruit into yogurt or use it to top cereal and ice cream and other desserts.
- Sweeten toast, cereals, and fruits with sugar, jelly, and honey.

### **To add protein...**

- Make "double-strength milk" by adding nonfat dry milk powder to regular whole milk. Chill well before drinking to enhance the flavor. Use double-strength milk in cooking and for milkshakes.
- Add grated cheese to cream sauces, casseroles, and vegetables. One ounce of American cheese contains approximately seven grams (g) of protein.
- Serve cottage cheese with canned fruit. One-half cup of cottage cheese provides about 15 g of protein.
- Have peanut butter with an apple, banana, or pear; spread it on crackers; or use it as a sandwich spread with jelly, jam, or preserves. One tablespoon of peanut butter provides about 95 Calories and four g of protein.
- Blend finely chopped hard-cooked eggs into sauces, soups, and casseroles. One large egg provides about seven 7 g of protein. Don't eat raw or soft-cooked ("sunny-side up") eggs or foods containing raw eggs.

### **To add complete nutrition...**

There's an alternative strategy for adding calories and protein, as well as carbohydrates, fat, vitamins, and minerals, when your nutritional intake is less than ideal. Advera® Specialized, Complete Nutrition is a nutritional product specifically designed for people with HIV infection or AIDS. Advera is high in calories to meet the body's increased need for them. It's also high in protein and low in fat, and has fiber to maintain normal bowel function. Advera may be the answer when you...

- Don't feel like eating.
- Don't have the time or energy to fix a balanced meal.
- Are consistently not eating enough of the right kinds of foods and recognize the need for good nutrition.

Consult your physician regarding your specific needs.

Advera® is available in chocolate, vanilla and orange cream flavors. It tastes best chilled.

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**Preventing Illness Caused by Improper Food Handling**

Guard against food-borne illnesses. When your immune system is suppressed, your body becomes less effective at fighting bacteria that can grow in improperly handled foods. Food-borne illnesses are preventable when food is stored, prepared, and served properly. The following guidelines can help you lower your risk of food-borne illnesses.

- Store foods at safe temperatures—cold food below 40° F, hot food above 140°F. Don't leave food at room temperature for more than two hours.
- Thaw frozen food in a refrigerator or defrost in a microwave oven. Don't thaw food at room temperature.
- Refrigerate or freeze perishable items as soon as possible. Use airtight containers, plastic wrap, or aluminum foil to protect opened foods.
- Buy foods in amounts that can be eaten before they spoil. Never use food you think may be spoiled. Don't use cans with bulges or those with leaks or dents along the seams.
- Wash your hands thoroughly with warm, soapy water before handling or eating food.
- Wash fresh fruits and vegetables before eating or cooking them.
- Use a cutting board made of plastic or marble, not wood. Use separate cutting boards for raw and cooked foods. Wash all food preparation utensils in hot, soapy water.
- Thoroughly cook meat, fish, poultry, and eggs. Don't eat raw meat, raw seafood, or raw fish dishes, such as sushi.
- Avoid luncheon meats and cheeses from the deli case; they may contain harmful bacteria from improper food handling. Use prepackaged, processed meats and cheeses instead.
- Use only pasteurized milk products.
- Heat leftovers thoroughly to an internal temperature of 165°F.

**Solving Problems**

Eat well when you feel well. Keep high-calorie snacks (see pages 4 and 5, "Power-Packing Your Diet") available for when your appetite is good—for example, raisins and other dried fruits, peanut butter or cheese with crackers, yogurt, and nuts and seeds.

Sometimes you may have symptoms that interfere with eating. The following suggestions will help you meet nutritional needs, conserve energy or soothe an upset stomach during these times.

**When you're tired...**

- Take advantage of the nutritious meals available in the frozen-food section of your grocery store.
- Accept friends' and relatives' offers to help prepare food.
- Freeze leftovers and extra portions for later.
- Check into home food-delivery services such as "Meals on Wheels" or carry-out and delivery services offered by many restaurants.
- Use Advera® as an oral supplement or meal replacement when you can't prepare or eat a full meal.

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**When you're nauseated...**

- Wait until you feel better to eat full meals. Eat small, frequent meals rather than three large ones.
- Sip cool beverages, such as clear fruit juices and drinks and carbonated beverages (ginger ale, lemon-lime). Eat fruit ices, dry toast (if your mouth and/or throat is sore, dunk toast in juice or tea to soften), or crackers to calm your stomach.
- Choose bland foods that are not greasy or too sweet, such as broth with crackers, gelatin with fruit, and apple juice.
- Eat cold main courses—chicken salad instead of hot fried chicken, for example. Stay out of the kitchen when food is being prepared, and eat in well-ventilated areas. The smell of food or cooking can add to feelings of nausea.
- Ask your doctor about medicine to control nausea.

**When you have diarrhea...**

- Consider using a rehydration product such as EqualYTE® Enteral Rehydration Solution that provides needed electrolytes and fluid to prevent dehydration. Beverages such as fruit juices (apricot and pear nectar, apple juice) or Popsicles® and gelatin can be used for additional fluids.
- Drink liquids between meals rather than with meals.
- Because they can make diarrhea worse, decrease or avoid foods and drinks that contain fat, such as cream, sour cream, cream sauce, luncheon meats, bacon, sausage, regular cheeses, oil, mayonnaise, salad dressing, nuts, avocados, olives, peanut butter, butter and margarine, and high-fat snack foods such as potato and corn chips. Try lowfat alternatives (cheeses, sour cream, and salad dressings, for example).
- Decrease or avoid lactose-containing foods while you have diarrhea. Lactose-containing foods include milk; milk powder; ice cream; milk-containing desserts, soups, and baked goods; and cheese and yogurt. Try lactose-free or lactose-reduced dairy products.
- Select foods that are easily digested and absorbed such as peeled, cooked fruits and vegetables, bananas, applesauce, cooked cereal, and rice.
- Eat small, frequent meals.
- Ask your doctor, dietitian, or nurse about using Advera® which is nutritionally complete and low in fat, and contains fiber to help maintain bowel function.
- Avoid foods that have a laxative effect (prunes and prune juice, raw fruits and vegetables) when you have diarrhea. They may make the diarrhea worse.
- Don't eat or drink foods and beverages that contain caffeine such as coffee, tea, cola, and chocolate.

**When your mouth and throat are sore...**

- Drink soothing beverages such as apple juice, fruit nectars, and milk (if diarrhea is not a problem). A sore mouth or throat may be irritated by highly spiced foods and carbonated drinks or liquids containing salt (such as broth or vegetable juice), or those containing acid (such as orange juice).
- Drink liquids and semisolid foods through a straw.
- Select soft, moist foods such as macaroni and cheese; casseroles; canned fruits and ripe, peeled, soft fresh fruits\* (bananas, pears, peaches); scrambled eggs; stews; mashed pota-

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toes with gravy; puddings and custards; and sherbets, yogurt, ice cream, and milkshakes. Avoid sticky, hard-to-swallow foods such as peanut butter and dry, rough foods such as popcorn, potato chips, and raw vegetables that can irritate sensitive mouths and throats. Dunk toast, cookies, doughnuts, and crackers in milk, tea, juice, or soup to soften them and make them easier to swallow.

- Use melted butter or margarine, gravy, broth, sauces, or syrup to moisten food.
- Make sure foods and beverages are at room temperature before eating or drinking them. Avoid foods that are very hot or very cold.
- Use Advera® as an oral supplement or meal replacement sipped through a straw.
- Talk to your doctor about medicine to numb your mouth and throat.

### **When your sense of taste changes...**

- If red meat tastes bitter, select other foods containing protein such as cheese, eggs, poultry, yogurt, tuna, and peanut butter. Try marinating meat in soy sauce, wine, or fruit juice.
- Serve protein foods cold or at room temperature.
- Add interest to foods with seasonings and flavorings such as basil, oregano, garlic, onion, bacon bits, and lemon and lime juices.
- Add fresh or canned fruit to milkshakes and ice cream.
- Drink liquids with solid foods.
- Use Advera® as an oral supplement or meal replacement.

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\*Avoid fresh fruit if diarrhea is a problem.



# Healthy Lifestyle Choices



**Instructions:** Cut along lines and provide one card to each team.

## Stressful Situation No. 1

HHRP+

You lost your job due to drug use, and now you can't pay your bills.

## Stressful Situation No. 2

HHRP+

Your doctor has just told you that your T-cell count has gone down.

## Stressful Situation No. 3

HHRP+

You are told that you face criminal charges due to past drug possession.

## Stressful Situation No. 4

HHRP+

You have just told your family that you tested HIV<sup>+</sup> and they reject you.





# Healthy Choices Game: Coping Strategy Cards



**Instructions:** Create individual cards by cutting along the lines below. Then arrange cards in order that will help reduce the stress of the hypothetical situation assigned to your team.

<p><b>CARD No. 1</b></p> <p><b>Prioritize your options.</b></p>	<p><b>CARD No. 2</b></p> <p><b>Select first option on list.</b></p>	<p><b>CARD No. 3</b></p> <p><b>Brainstorm options with friends or family.</b></p>
<p><b>CARD No. 4</b></p> <p><b>If necessary, repeat with option #2.</b></p>	<p><b>CARD No. 5</b></p> <p><b>Review progress.</b></p>	<p><b>CARD No. 6</b></p> <p><b>Identify steps needed for option #1.</b></p>
<p><b>CARD No. 7</b></p> <p><b>Proceed with option #1 one small step at a time.</b></p>	<p><b>CARD No. 8</b></p> <p><b>Redefine the stressor as something you can control, such as</b> _____ .</p>	<p><b>CARD No. 9</b></p> <p><b>BLANK CARD</b></p> <p><b>Additional strategy:</b> _____ .</p>