



## Frequently Asked Questions About HIV/AIDS and Nutrition

February 1995

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### 1. Where can I find information on nutrition and HIV/AIDS?

The CDC National AIDS Clearinghouse (CDC NAC) has a Standard Search on HIV/AIDS and Nutrition which lists educational materials, sources, and availability information. CDC NAC also offers Eating Defensively: Food Safety and Advice for Persons with HIV/AIDS, in both videorecording and brochure formats. The Clearinghouse's Educational Materials Database also has materials targeting different audiences, such as persons with HIV/AIDS, nutritionists, caregivers, and health professionals.

### 2. Is there any information about effects of vitamins on the immune system?

The Educational Materials Database contains a collection of materials on the subject. A good example is the article "Micronutrients: Implications in Human Immunodeficiency Virus Disease," published in Topics in Clinical Nutrition, available from Aspen Publishers. Another example is the fact sheet, Vitamins and Minerals in HIV Infection, by the Seattle Treatment Education Project. It states that vitamins and minerals play an essential role in maintaining proper functioning of the immune system. Also, the book [Nutrition for the AIDS Carrier, from R & E Publishers](#), discusses the impact of various nutrients and vitamins on the immune system.

### 3. Where can I find recipes and menus specially designed for persons with HIV/AIDS?

The Educational Materials Database lists information about recipes and menus for persons with HIV/AIDS. A good example is the publication, Nutrition and HIV: Your Choices Make a Difference, by the [Tennessee Department of Health](#). It explains basic nutrition as well as nutrition-related complications found in HIV infection, and provides meal planning guidance with sample menus and recipes. The manual, Good Nutrition Makes a Difference, by the [Children's Medical Center of Dallas](#), emphasizes special diets for situations such as nausea and vomiting, constipation and diarrhea, and times when it hurts to eat or food tastes odd. It provides a section on delicious high-calorie recipes and a basic food groups coloring book.

### 4. Are there organizations that provide assistance for PWAs and health professionals about nutrition and HIV/AIDS?

Advertisement CDC NAC's Resources and Services Database lists organizations throughout the country that provide nutritional and dietetic assistance for health professionals and people with HIV/AIDS. For example, The [American Dietetic Association \(ADA\)](#) has a consumer nutrition hotline where callers can speak to a registered dietitian.

### 5. Does CDC have any publications about salmonella?

A public information pamphlet on salmonella enteritidis is available from CDC's Foodborne and Diarrheal Diseases Branch, Division of Bacterial and Mycotic Diseases, 1600 Clifton Rd. NE, Mail Stop C-09, Atlanta, GA 30333, (404) 639-2206.

### MATERIALS AVAILABLE FROM THE CLEARINGHOUSE

HIV/AIDS and Nutrition, Standard Search (D283)  
Eating Defensively: Food Safety and Advice for Persons with HIV/AIDS, brochure (D533) and videorecording (V466)

### OTHER RESOURCES

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Living Well with HIV and AIDS: A Guide to Healthy Eating, available from the American Dietetic Association Customer Service Department at (800) 745-0775, ext. 5000.

"Micronutrients: Implications in Human Immunodeficiency Virus Disease," Topics in Clinical Nutrition, Vol. 7, No. 3, p. 63-73, Aspen Publishers, Quince Orchard Corporate Park, 200 Orchard Ridge Drive, Gaithersburg, MD 20878, (301) 417-7500.

"Nutrition and HIV Infection: A Review and Evaluation of the Extant Knowledge of the Relationships Between Nutrition and HIV Infection," supplement to NCP: Nutrition in Clinical Practice, Vol. 6, No. 3, June 1991, available through the CDC National AIDS Clearinghouse Document Delivery Service, P.O. Box 6003, Rockville, MD 20849-6003, (800) 458-5231.

Nutrition for the AIDS Carrier, R & E Publishers, PO Box 2008, Saratoga, CA 95070, (408) 866-6302

## ORGANIZATIONS

American Dietetic Association (ADA)  
216 W. Jackson Boulevard  
Chicago, IL 60606-6995  
Consumer Nutrition Hotline: (800) 366-1655

The Association provides members, the professional community, and the public with information related to food and nutrition.

Children's Medical Center of Dallas  
1935 Motor St.  
Dallas, TX 75235  
(214) 640-2000  
The center offers medical services and referrals.

Seattle Treatment Education Project  
127 Broadway E., Suite 200  
Seattle, WA 98102  
(206) 329-9964  
(800) 869-7837  
The project disseminates print materials on HIV/AIDS as well as maintaining a library and a hotline.

[Tennessee Department of Health](#)  
HIV/AIDS Program  
Tennessee Tower  
312 8th Ave., N., 13th Floor  
Nashville, TN 37247-4947  
(615) 741-7500  
The department offers case management and materials on nutrition.

This fact sheet is part of the CDC NAC "Frequently Asked Questions" series. The fact sheets in the series serve as brief introductions to a variety of HIV/AIDS-related topics. Clearinghouse staff can assist you with finding more detailed information on this, or other subjects related to HIV/AIDS.

To obtain more information, or to order CDC National AIDS Clearinghouse materials listed above, phone (800) 458-5231.

February, 1995  
Inventory No. B361

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