Nutrition Tips for People Living with HIV/AIDS

Eating a well-balanced diet can help people living with HIV/AIDS (PLWHA) reach a healthy weight, strengthen the immune system, prevent infections and reduce hospital stays. This booklet can be used to guide food choices to assist PLWHAs in managing HIV and other health concerns.

Multiple copies are available to agencies or individuals. Please contact the Nutrition Services Department at nutrition@glwd.org or 212.294.8103 for further information.