



## **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](mailto:nutrition@glwd.org) or [212.294.8103](tel:212.294.8103) for further information.

