Since I got HIV everyone tells me to eat better, but how do I do that?

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Improving nutrition can be challenging because there is so much conflicting information facing us every day.

When this question comes up, I respond with questions:

* Potato chips or apple?

* M & M’s or grapes?

* Soda or water?

* Grilled chicken or fried chicken?

When you think about it and choose intentionally, one can usually start to “eat better” with little effort. Once you have been able to consistently make small changes through better choices you can work on the next step.

It is also important to know exactly what you are eating to know where to make changes. Keeping a food journal every day for two weeks, including the time of the meal or snack, portion and contents, will provide that vital information to identify areas needing improvement.

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