CHAPTER 3

Eating* Healthy Foods

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*Information in this chapter is provided from publications of the U. S. Food and Drug Administration and the U.S. Department of Agriculture.

Children with HIV need to eat healthy foods everyday.

What foods should my child eat?

All children, including children with **HIV**, need to eat a variety of healthy foods everyday. Eating different types of foods will give your child the energy and **nutrients** (nū´ trī‘ ents) he/she needs to grow and stay well.

Mothers with HIV should not breast-feed.

Birth to 6 months

For infants birth to 4 months old, only formula is given. Mothers with **HIV** should not breast-feed because babies can get HIV from breast milk. Your baby's doctor will tell you:

- the formula to use.
- how much to give your baby.
- how often you should feed your baby.

Your doctor will recommend when to add new foods to your baby's diet.

At 4 to 6 months old, the doctor will recommend adding baby cereal and fruit juice to your baby's diet. Make sure to get directions from the doctor about the cereals and juices you should give your baby. Watch how your baby reacts to the new food. If your baby develops a rash, has **colic** (kol´ ik) or **diarrhea** (dī´ a rē´ a) stop giving the new food and call the doctor. The doctor will suggest another type of food to try.

6 to 12 months

From 6 to 12 months of age, your baby's diet will begin to include vegetables, fruits, and bread. At about 12 months, **whole milk** will take the place of your baby's formula. Unless your child's doctor says it is OK, do not use **fat free** (**skim**) **milk** or **low fat milk** because they do not give your child the fat he/she needs to grow.

Try not to put your baby to bed with a milk or juice bottle because they will cause tooth decay (cavities) and gum problems. If your baby needs a bottle to go to sleep, give the bottle while holding him/her in your lap. You can also put the baby to bed with a bottle of water.

(See **Keeping My Child Healthy**, What kind of health check-ups does my child need? Dental care, page 2–10.)

Milk or juice left in your baby's mouth for hours at a time will cause teeth and gum problems.

Children 1 to 2

After age 1, children can eat the same foods as the rest of your family. Keep in mind that small stomachs fill up fast. If your child eats a small amount at mealtime, give him/her many healthy snacks, such as fresh fruit, animal crackers, raisins, snack mixes of cereal and dried fruit, or cheese. Also remember to offer water throughout the day.

After age 1, your child can eat the same foods as the rest of the family.

Toddlers can choke easily. To prevent choking, do not give your child popcorn, nuts, seeds, hard candy, small berries, and certain raw vegetables like carrots or celery. Some foods can be prepared in a way to make them easier to chew and swallow:

- Cut all food into small pieces, especially hotdogs and other meat.
- Spread peanut butter thin.
- Cut fruits, like grapes and cherries, in small pieces.

Do not give your child foods that can cause him/her to choke.

Recommended number of servings by age are:

4 – 6 years as shown below.

2 – 3 years can eat less servings, except for milk.

2 – 6 years need 2 servings from the milk group each day.

Children 2 to 6

Below is the "Food Guide Pyramid for Young Children" to help you plan healthy meals and snacks for your child. Also remember to offer your child water throughout the day.

Food Guide Pyramid for Young Children

Serving size for children 2 - 6

Grain Group
1 serving =

1 slice of bread

or

1/2 cup cooked cereal

or

1/2 cup cooked rice or pasta

or

1 ounce of cold cereal

Fruit Group
1 serving =

1 piece of fruit

or

1 melon wedge

or

3/4 cup of juice

or

1/2 cup canned fruit

or

1/4 cup dried fruit

Meat Group
1 serving =

2 to 3 ounces of cooked lean meat, poultry or fish

or

1/2 cup cooked beans

or

1 egg

or

2 tablespoons of peanut butter

Vegetable Group
1 serving =

1/2 cup chopped raw vegetables

or

1/2 cup cooked vegetables

or

1 cup raw leafy vegetables (lettuce, spinach, mixed green salad)

Milk Group
1 serving =

1 cup of milk

or

1 cup of yogurt

or

2 ounces of cheese

Fats & Sweets

Go easy on:

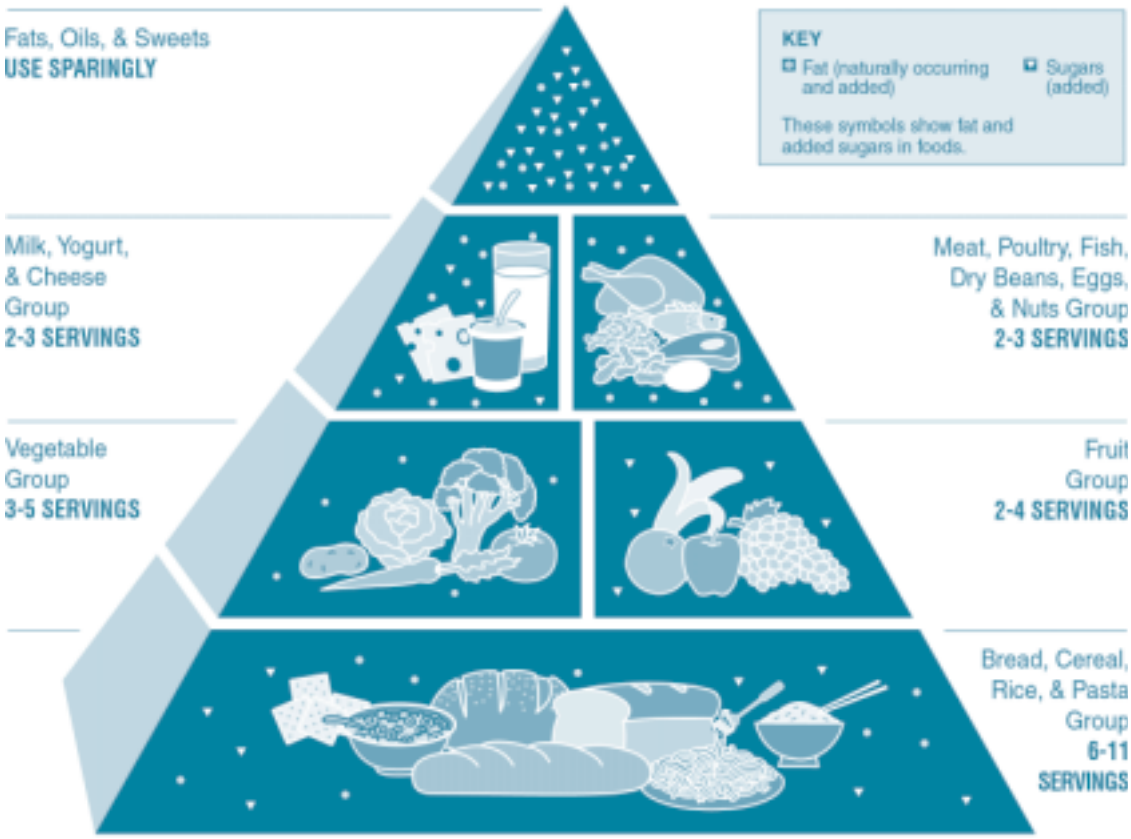
- ✓ *salad dressings*
- ✓ *cream*
- ✓ *butter*
- ✓ *margarine*
- ✓ *potato chips*
- ✓ *sugars*
- ✓ *soft drinks*
- ✓ *candies*

because these foods have a lot of calories but few vitamins and minerals.

Children over 6

After age 6, you can use the "Adult Food Guide Pyramid" to plan your child's meals and snacks. This way you can be sure your child is eating all the foods he/she needs to grow and stay well. Also remember to offer your child water throughout the day.

Adult Food Guide Pyramid



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Serving size for children over 6

Grain Group
1 serving =

1 slice of bread

or

1/2 cup cooked cereal

or

1/2 cup cooked rice or pasta

or

1 ounce of ready-to-eat cereal

Fruit Group
1 serving =

1 piece of fruit

or

1 melon wedge

or

3/4 cup of juice

or

1/2 cup canned fruit

Meat Group
1 serving =

2 to 3 ounces of cooked lean meat, poultry or fish

or

1/2 cup cooked beans

or

1 egg

or

2 tablespoons of peanut butter

Vegetable Group
1 serving =

1/2 cup chopped raw vegetables

or

1/2 cup cooked vegetables

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1 cup raw leafy vegetables (lettuce, spinach, mixed green salad)

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- ✓ *soft drinks*
- ✓ *candies*

because these foods have a lot of calories but few vitamins and minerals

Your doctor may recommend a nutritionist or dietitian.

Does my child need a nutritionist or dietitian?

Your child's doctor may recommend that you see a **nutritionist** (nū trish´ un ist) or a **dietitian** (dī e tish´ un). This person will help you plan healthy meals and snacks for your child. A nutritionist or dietitian is a good resource, especially when your child has problems eating or needs to gain weight or lose weight.

The nutritionist or dietitian can also help you make the best nutritional choices for your money.

Here are a few nutritional facts.

- Not all juice is the same. Juice that is labeled "fruit drink" or "juice drink" or "juice blend" or "juice cocktail" or "fruit punch" can be mostly sugar and water with only about 5% - 10% real juice. Grape soda, orange soda or other fruit flavored soda do not have any juice in them!
- Low fat or low sugar cookies are not really healthier. Cookies lower in fat or lower in sugar may have fewer calories, but just like regular cookies, they are not a good source of vitamins and minerals.

INGREDIENTS: PINEAPPLE, PINEAPPLE JUICE, WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE AND CITRIC ACID.

- Food ingredient labels list items in order from most to least. Ingredient labels tell you what is in foods. They also give you an idea of how much of each item is in the food. For example, if the first item listed is sugar or fructose, you will know to limit that food in your child's diet. Looking at ingredient labels is especially important if your child has an **allergy**.

The nutritionist or dietitian can also:

- give you tips on eating out.
- show you what to look for on food labels.
- how to compare food products.

Ask if there is a **nutritionist** or **dietitian** in your doctor's office or in the clinic where you take your child for medical care. Many hospitals have nutritionists or dietitians who have experience working with children and adults with **HIV**.

You can also call the American Dietetic Association at (800) 877-1600 for the names of dietitians in your area.

If it is OK with your child's doctor, give your child a vitamin and mineral supplement.

A vitamin or mineral supplement does not take the place of eating healthy foods.

Should I give my child a vitamin and mineral supplement?

Only give your child a vitamin and mineral supplement if the doctor tells you to give it. Ready-made infant formulas should have all the vitamins and minerals your child needs, but infants, toddlers, and children with HIV may need a daily vitamin and mineral supplement. Children and some teens have different vitamin and mineral needs than adults. Unless your child's doctor says it is safe, do not give your child the same multivitamin you take.

Ask your child's doctor to recommend a multi-vitamin for your child.

Even if your child takes a vitamin or mineral supplement, he/she still needs to eat healthy meals and snacks everyday.

☞ *WARNING*

Many chewable multivitamins for children look and taste like candy. Keep these multivitamins out of the reach of your child. If your child eats a number of chewable vitamins, call the Poison Control Hotline.

Can I give my child herbal therapies?

Herbs are plants that are used for many things. Some herbs are used to give food more flavor, such as basil, garlic, and sage. Some herbs are also used to help people feel better, like ginseng and ginger. These **herbal therapies** may come in the form of:

- teas.
- pills or capsules.
- powders.
- liquids.
- snack bars.

Some herbs may help your child and some herbs may hurt your child.

- When an herbal treatment hurts your child sometimes you can see it. Your child may get a skin rash, **diarrhea**, headache, or stomachache.
- When an herbal treatment hurts your child sometimes you cannot see it. Your child's **HIV** medicines may stop working, his/her vitamin and mineral supplement may stop working, or his/her blood may get thinner and cause bleeding.

Here are some other things you should also know about **herbal therapies**.

- No **herbs** are known to cure **HIV**.
- Herbs cannot take the place of eating healthy foods.

☞ *WARNING*

Some herbal therapies can be harmful. Always talk with your child's doctor before you give your child any herbal therapy.

- **Over-the-counter** herbal treatments you can buy in the drug store or health food store are not tested.
- Beware of herbal therapies that sound too good to be true.
- Beware of ads that use words like "breakthrough," "miracle," or "secret remedy."
- Herbs can cost a lot of money, especially herbs in pill form.
- Beware of treatments that are painful or make your child feel sicker.

Do not make a big deal about your child wanting to eat the same foods, just keep offering your child a variety of foods.

What can I do to feed a "picky eater"?

If your child is a picky eater, you are not alone. Most children go through this stage. Picky eaters may want to eat the same food at breakfast, lunch, and dinner, and usually will not try anything new or different.

Even though you may be worried about your child's food choices, it is best not to make a big deal about it. Trying to make a child eat the food you want him/her to eat can turn a snack or mealtime into a nightmare. Even if your child does not eat a variety of healthy foods at each meal or during each day, chances are that over 1 or 2 weeks, your child will eat a variety of healthy foods.

There are a few things you can do to help your child eat healthy foods.

- Try to offer a variety of healthy foods.
- Have healthy snacks on hand for your child, such as apples, grapes, graham crackers, etc.
- Set a good example. Eat healthy foods and snacks yourself!
- Try to eat healthy meals with your child.
- If your child is able, let your child help food shop or help fix a snack or meal.

How can I get my child to eat new foods?

Young children may not want to try new foods. It is up to you to be a good role model to show your child how much you and your family enjoy the new food. Be patient. Try these tips for adding new foods to your child's diet:

- Serve a new food with foods your child knows.
- Serve only one new food at a time.
- Serve a small portion at the start of a meal.
- Do not make your child eat every bite.
- Try not to make the new food an issue. If your child does not like the food, try giving it again at another time.

Offer only one new food at a time.

Talk to your doctor, nutritionist or dietitian if you think your child is not eating enough food.

What if my child will not eat?

Sometimes children do not feel hungry, or they only want to eat certain foods. Talk to your child's doctor and **nutritionist** or **dietitian** if you think your child is not getting enough food. Ask your child's doctor, nutritionist, or dietitian:

- if a medicine your child is taking can cause him/her not to feel hungry.
- if the medicine your child is taking can change the way food tastes.
- if a health problem can cause your child not to feel hungry.
- what you can do to make sure your child is eating healthy foods.

To encourage your child to eat:

- Give your child soft food that is not spicy, such as scrambled eggs or mashed potatoes.
- Offer your child finger foods that he/she likes, such as string cheese, crackers, orange and apple slices throughout the day.
- Serve drinks after meals, so your child does not fill up on liquids during a meal.

Your child's eating habits can change from day to day. The amount of food your child wants to eat can depend on how active he/she is and how fast he/she is growing. It is normal for children to go through stages when they refuse to eat or will only eat certain foods. Just keep offering a variety of healthy foods to your child.

What if my child will not drink milk?

Give your child other foods rich in calcium.

Milk is an excellent source of **calcium** (kal´sē um). Calcium is needed for your child to have strong bones. If your child will not drink regular milk, try chocolate milk. If your child cannot or will not drink milk, he/she can get calcium from other foods. Try serving your child Lactaid® milk or soy milk with calcium. Offer yogurt, cheese, puddings, soy yogurt, or soy ice cream. Beans, canned sardines, salmon and collard greens are also good sources of calcium.

There are also many foods that have calcium added to them, such as orange juice, oatmeal, and bread. Talk to your doctor about chewable antacids as another possible source of calcium for your child.

What if my child hates vegetables?

We all want our children to eat healthy foods, such as vegetables, but we cannot force them. Here are some things you can try:

- Serve raw vegetables, such as carrot sticks, green pepper slices, and celery sticks.
- Cook vegetables in new ways, such as steaming or stir-frying.
- Offer frozen or canned vegetables if your child does not like fresh ones.
- Give your child small servings of vegetables.
- Mix vegetables with rice or other foods.

Try serving raw vegetables or making vegetables in different ways.

It is very important that you work with a nutritionist or dietitian if your child has a food allergy.

What if my child is allergic to certain foods?

If your child has problems with certain foods, your doctor may suggest testing for allergies. Many children have food **allergies**. Some children have severe food allergies that can cause them serious illness or even death. Some of the food children may be **allergic** to include: milk; eggs; nuts, such as peanuts; wheat; gluten; corn; fish; shellfish; chocolate; or chemicals added to food, such as the those that give food color or make food stay fresh longer. If your child has a food **allergy**, it is very important that you work with your **nutritionist** or **dietitian** to:

- plan your child's meals and snacks.
- learn what to look for on food labels.
- give you tips on questions to ask when your child does not eat at home, such as eating snacks, lunches, or party food at school, eating in a restaurant, or eating at a friend's house.
- get resources for more information such as the **American College of Allergy, Asthma and Immunology.**

INGREDIENTS: CORN MEAL, WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), SUGAR, CORN STARCH, SALT, HIGH FRUCTOSE CORN SYRUP, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, WHEAT STARCH.
VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHOLORIDE) VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D.

Is it OK to give my child sweets and other snack foods?

Snack food is OK once in awhile, but always give your child healthy foods first.

Candy, cookies, chips, soda, and ice cream are OK for your child once in awhile. Do not make them part of his/her everyday snacks. Keep healthier snacks on hand for your child to choose from, such as fresh fruit, animal crackers, raisins, snack mixes of cereal and dried fruit, or cheese.

What if my child is overweight?

Before putting your child on any diet, talk with the doctor first.

Your child will not grow at the same rate throughout his/her childhood. Sometimes he/she may not grow at all. And sometimes he/she may get taller or gain weight very quickly. All of a sudden you may see that his/her sleeves and pant legs are too short or clothes are too tight.

If you think your child weighs too much, it is important to talk to your child's doctor before putting your child on a diet. The doctor will know if your child weighs too much by checking his/her height (how tall) and age. The doctor will also find out if there is a medical reason why your child is gaining weight. If the doctor thinks your child weighs too much, he/she may suggest:

- changing your child's or your whole family's eating and exercise habits.
- seeing a **mental health professional**. The mental health professional can find out if your child's

eating habits may be linked to stress, **depression**, grief, or some other reason.

- talking with a **nutritionist** or **dietitian** to help you plan meals and snacks.

Planning ahead is an important part of eating healthier foods.

Planning ahead is an important part of eating healthier foods. Your **nutritionist** or **dietitian** can help you plan meals and snacks for a few days at a time.

Here are some tips to help your child lose weight.

- **Get advice from your child's doctor and nutritionist or dietitian.** With advice from the doctor and **nutritionist** or **dietitian**, cut down on the amount of fat in your family's diet. Your nutritionist or dietitian can also help you plan meals and snacks, teach you how to read food labels, and help you make healthier food choices.

- **Be supportive.** Being an overweight child can be very difficult. Clothes that fit an overweight child may not be the "in" styles to wear. He/she may not be friends with the "in" kids. And he/she may not be good at sports or be part of sports activities. You need to be supportive of your child and let him/her know that no matter how much he/she weighs, you will always be there and your love will never change. When your child makes a healthy food choice or tries to be more active, tell him/her that he/she is doing a good job.

- **Be a good role model.** If you are overweight, be a good role model. You and your child can work together to eat more healthy foods and increase your activity levels.

- **Plan ahead.** If possible, let your child help with the food shopping and do your best to stick to your shopping list. But be careful; it is best to go food shopping after a meal. If you and your child are hungry, you may be less likely to make healthy food choices. At snack time, give your child his/her snack and put the rest away. For example, do not let your child have the box of whole wheat crackers to snack from. Chances are that he/she will not be aware of feeling full or how much has been eaten. And be careful not to cut back on your child's meals so he/she increases snacking between meals.

- **Eat with your child.** When possible, eat meals together as a family. Help your child eat slowly so he/she will notice feeling full.

- **Turn off the TV.** Try not to let your child eat meals or snacks while watching TV. Again, he/she may not be aware of feeling full or how much food has been eaten. Do your best to have meals eaten in the kitchen or dining room.

- **Be more active.** Help your child increase his/her activity level. After dinner, try to walk, ride bikes, roller skate, or roller blade with your child. If that is not safe or you cannot go outside because of the weather, try exercising or dancing to a video. Make the activity fun!

- **Check the scale.** Do not have your child weigh himself/herself every day. Once a week should be enough. When your child uses the scale, try to have him/her use it at the same time of the day. For example, if your child weighs himself/herself first thing in the morning, try to have him/her always use the scale in the morning.

Your doctor, nutritionist, or dietitian can tell you ways to add calories to your child's diet.

What if my child is losing weight or is not feeling well?

If your child is losing weight or not gaining weight, your doctor, **nutritionist** or **dietitian** may suggest ways to add calories to your child's diet. If your child is eating solid foods and needs more calories, try these suggestions:

- Stir powdered milk into puddings, mashed potatoes, soups, ground meat, vegetables and cooked cereal.
- Stir in 1-2 tablespoons of powdered milk into 8 ounces of milk.
- Add eggs when making meat loaf, mashed potatoes, cooked cereal, or macaroni and cheese. (Make sure all food with raw eggs is cooked until well done.).
- Add cheese to casseroles, potatoes, vegetables and soups (Cheese is also a good snack for your child.).
- Add wheat germ to cereal, meat dishes, cookie batter and casseroles.
- Serve peanut butter on toast, crackers, bread, bananas, apples and celery.

If your child keeps losing weight, your doctor may recommend a high-calorie supplement. These may include prepared nutritional shakes and bars. **Medicaid** and most other insurance plans will cover the cost of food supplements if they are ordered by a doctor. Serve supplements between meals, not in place of meals.

Diarrhea

Diarrhea is when a person has loose watery bowel movements. If your child has diarrhea, call the doctor. Diarrhea can cause your child to lose too much water from his/her body. When this happens, your child becomes **dehydrated** (dē hī´ drā ted) which can lead to serious health problems. To decrease diarrhea, the doctor may suggest:

- feeding your child small meals throughout the day.
- giving your child plenty of clear liquids, like broth and juice.
- trying crackers, plain noodles, whipped potatoes, yucca, bananas, white rice, or canned fruit.
- avoiding greasy foods such as french fries, chips, fried chicken, gravy, or fried plantains.
- avoiding milk and cheese.
- avoiding any drinks that have caffeine, such as tea, soft drinks, and chocolate.

Tell your doctor if your child has diarrhea.

Upset stomach or vomiting

Children may get an upset stomach if they have a **fever**, headache, an infection or get car sick. The medicines your child takes may cause him/her to have an upset stomach or vomit.

Be sure to call your doctor if your child is vomiting or if he/she complains of an upset stomach after starting a new medicine.

Your doctor may suggest some ways to ease your child's upset stomach and vomiting, such as :

- having your child drink sips of cold, non-carbonated drinks throughout the day, such as juice.
- serving drinks and solid foods separately. Offer liquids 30 to 60 minutes before and after meals.
- serving low-fat, dry foods such as toast, crackers, dry cereal, baked potatoes or pretzels.
- serving other simple foods like chicken soup, plain macaroni, or broth.
- not serving foods with strong smells, or foods that are very sweet or spicy.
- not letting your child skip meals. An **empty stomach** can make your child feel worse. Serve small meals throughout the day.

Tell your doctor if your child says it hurts to chew or swallow.

Hurts to chew or swallow

Children with **HIV** can get **thrush** and other infections in their mouth. This can make chewing and swallowing painful. Talk to your child's doctor about medicine that might stop or ease the pain, and treat the infection. Your doctor may also suggest:

- serving finely ground foods, such as chopped meat, cottage cheese, oatmeal, egg salad, cooked vegetables, scrambled eggs, or plain cereal with milk.
- serving soft foods such as baby foods, mashed potatoes, bananas, pudding, custard, ice cream, gelatin, or yogurt.
- serving cold foods, such as frozen yogurt, ice cream, or popsicles.

- offering your child a straw for drinking.
- avoiding hard foods, such as raw fruits and vegetables, nuts, seeds, and toast.
- avoiding acidic fruits and juices, such as orange, grapefruit, or tomato.
- avoiding foods that have vinegar in them or on them.
- avoiding spicy or salty foods.
- avoiding very hot foods (let food cool down).
- avoiding carbonated drinks, such as soda.

Other health problems

Like other children, children with **HIV** can have other health problems. Your child may have **diabetes** (dī a bē´ tēz), **high cholesterol** (kō les´ ter ol), or other health problems. This may mean that your child needs a special diet. It is important that you work with your child's doctor, nurse, and **nutritionist** or **dietitian** to make sure your child has a balanced diet to get the vitamins and minerals he/she needs.

The doctor, nutritionist or dietitian can help you plan your child's meals and snacks to meet your child's special needs.

Try to make meals relaxed and fun for the family.

How can I make meals more enjoyable for my family?

If possible, have your child spend some quiet time before meals. This lets your child slow down and feel ready to eat.

- Let your child help prepare the meal or set the table.
- Turn the TV off during meals.
- Eat with your child.
- Take your time eating meals.
- Try not to talk about your child's eating problems during meals; this will only cause more stress for you and your child.

It is important to protect your child from germs and mold that can grow on food and dishes.

How can I keep food safe for my family?

Children and adults, especially those with **immune system** problems, can get sick from eating spoiled food or food that has germs on it. Here are some ways to keep your food safe.

If you have any questions about food safety, call the U.S. Food and Drug Administration Food Safety Information Hotline at 1-888-SAFEFOOD (1-888-723-3366).

Wash your hands!

- Always wash your hands before preparing and cooking food.
- Always wash your hands before feeding your child.
- Use warm running water and lots of soap.
- Lather with soap for at least 20 seconds.
- Make sure you clean under your fingernails.
- Dry your hands with a clean towel or a paper towel.

Buy safe food.

- Shop for cold or frozen items last.
- Put raw meat, seafood, and poultry in plastic bags to keep their juices away from the rest of your food.
- Buy eggs from the refrigerator section of the store. Make sure they look clean and are not cracked.
- Do not buy food after the "Sell by," "Use by," or "Expiration" date stamped on the package.
- Do not buy cans that are rusty or have bulges, leaks, or dents.
- Do not buy boxes or packaged foods with holes or tears.
- Only buy foods from the deli and meat counter if the person serving you is wearing clean gloves and the food looks fresh.

- Stay away from food that may have harmful **bacteria** or other germs such as:
  - raw sprouts like clover, alfalfa, and radish. (When ordering salads or sandwiches from a restaurant, make sure raw sprouts are not added.)
  - **unpasteurized** (un pas´ ter īzd) milk and juices. (Most milk and juices are **pasteurized** and will say so on the label. When milk and juices are pasteurized, it means they have been heated to kill the bacteria or other germs)
  - prepared salads like tuna, egg, and seafood or other uncooked foods made with mayonnaise like tartar sauce that are not fresh or have not been kept cold.
  - self-serve hot and cold buffets or salad bars.

Store foods properly.

Freezer items

- Freeze foods at 0°F or less to stop germs from growing.
- Freeze foods within 1 hour of cooking or shopping.
- As appropriate, put foods in freezer wrap, freezer bags, aluminum foil, or freezer containers to stop foods from getting **freezer burned**. Foods get freezer burned when food is not wrapped air-tight. Freezer burned food is safe. Cut away the freezer burned areas before or after cooking the food.
- Put the date on the food wrappers or containers.

Refrigerator items

- Keep your refrigerator at 41°F or less. At this temperature, germs are less likely to grow. Measure the temperature with a refrigerator or outdoor thermometer. If needed, adjust the refrigerator temperature control dial.
- Refrigerate foods within 1 hour of cooking or shopping.
- Store items in plastic wrap, aluminum foil, or covered containers and put the date on them.

Safe Food Storage Times

FOOD ITEM	IN THE REFRIGERATOR	IN THE FREEZER
Cooked fruits and vegetables	7 days	1 year
Cooked meat, chicken, stews	2 days	3 months
Eggs: hard-boiled	5 days	Do not freeze
Eggs: liquid pasteurized or substitute, opened	3 days	Do not freeze
Eggs: liquid pasteurized substitute, unopened	10 days	1 year
Eggs: raw, in shell	3 weeks	Do not freeze
Hot dogs, lunch meat	1 week	1 to 2 months
Mayonnaise: store bought, opened	2 months	Do not freeze
Milk	Until date on carton	1 month
Raw bacon, sausage	1 to 2 days	1 month
Raw fish	1 to 2 days	2 to 3 moths
Raw hamburger and ground meats	1 to 2 days	3 to 4 months
Raw meat (beef, pork, lamb, veal)	2 to 3 days	4 to 6 months
Raw poultry (chicken and turkey)	1 to 2 days	9 months

- Store raw meat in the meat drawer or on the bottom shelf so the juices do not drip on the other foods.
- Use leftovers in the refrigerator within 2 days.
- When you see mold on any food (no matter how little), throw the whole thing out.
- If eggs are cracked, throw them out.
- If food does not look or smell right, throw the whole thing out.

Prepare food with care.

- Clean counter tops before and after preparing food.
- Wash the tops of cans with soap and water before opening them.
- Wash the blade of the can opener after every use.
- Wash your hands:
  - before you start to prepare or cook food.
  - after touching raw meat, poultry, or fish.
  - after touching raw eggs.
- Make sure your child does not eat foods containing raw eggs. There are **bacteria** and other germs in raw eggs that can make people sick. This can be very harmful for someone with a weak **immune system**. *Do not* let your child eat homemade ice cream, cookie dough, cake batter, eggnog, mayonnaise, or Caesar salad dressing that is made with raw eggs!

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Thawing food

- Always thaw or defrost food on the bottom shelf of the refrigerator.
- Do not thaw or defrost food on a counter top or in a sink full of water.
- If you have a microwave, use the defrost setting to defrost foods quickly.

Cleaning fruits and vegetables

- Always rinse fresh fruits and vegetables before eating or cooking them. Do this even if the package says they have been washed.
- Use a produce brush for cleaning some fruits and vegetables that are not peeled or cooked before eating, such as potatoes, apples, and carrots.
- Pull off and throw away the outside of leafy vegetables, such as lettuce and cabbage.

Chopping, cutting, and stirring foods

- Do not use the same utensils for the vegetables as you use for the raw meats, poultry, fish, or eggs. Make sure to wash your hands between touching raw meats, poultry, fish, or eggs and working with vegetables.
- If it is not possible to use different utensils, wash the utensils between working with the vegetables and the raw meats, poultry, fish and eggs. Wash your hands too. For example, when preparing raw meat by using a cutting board and knife, be sure to wash them in hot soapy water before you cut up vegetables.

- If you use a cutting board, it is best to use one that does not let the food juices soak in. An acrylic cutting board is a good choice.

Always put cooked meat, fish, or poultry on a clean plate. Never put the cooked food on the plate that had the raw juices on it.

Cooking foods

- Cook eggs well done. Do not serve soft-boiled, poached, or runny eggs.
- Cook beef, chicken, and pork until they are no longer pink inside.
- Cook fish until it is flaky.
- Always put cooked meat, fish, or poultry on a clean plate. Never put the cooked food on the plate that had the raw juices on it.
- When using a microwave, make sure to follow all the directions. When directed, rotate or stir food to make sure it is cooked evenly. When directed, follow the "standing time" after the cooking time to make sure the food is evenly cooked.

Eating out

Eating out can be a treat for you and your family. Follow the same rules to eat at restaurants, diners, or fast food places, as you would at home. If your child has special food needs, like eating food without salt or spices, you may want to check ahead of time to make sure the restaurant can prepare it.

- Many places have menus for children. If there is nothing on the children's menu that your child can eat, ask for smaller portions of the adult menu items your child can eat.
- Always order food, such as meat, poultry and fish, well done. If the cooked food is served medium to rare, send it back.

- Make sure the hot food is hot and the cold food is cold.
- Make sure eggs are fully cooked, and not runny or watery.
- Stay away from raw seafood, like sushi, or lightly steamed seafood, like mussels and snails.
- Stay away from salad bars and hot and cold buffets.

Serving leftovers

You can give your child leftovers. To make leftovers safe, follow these suggestions.

Only keep leftovers in your refrigerator for 2 days.

- Cover leftovers.
- Put leftovers in the refrigerator right after meals. Germs grow very fast at room temperature.
- Only keep leftovers in your refrigerator for 2 days.
- When you reheat leftovers, bring soups and stews to a rolling boil. Cook casseroles and meats until they are steaming. Let them cool before serving.
- Never taste leftover food that looks or smells strange. When in doubt, throw it out!

Pack your child's lunch carefully.

- Some lunch items like sandwiches, yogurt, and milk need to be kept cold. Put food in an insulated lunch box or bag, or use a cold pack.
- Give your child snacks that do not need to be refrigerated. Serve fresh fruits, crackers, nuts, raisins, pretzels, dry cereal, and boxes of 100% fruit juice.

When tasting your baby's food, use a new spoon for each taste. This is so you do not give your baby germs from your mouth.

Keep your baby's food free from bacteria and other germs.

- Check the safety seals on baby food jars. If you do not feel a small hollow area in the middle of the cap, do not buy the jar. At home, listen for a popping sound as you twist the cap open.
- Do not serve your baby food right from the jar. Take out as much as he/she will eat at one time. Store the unused portion in the refrigerator. Make sure to read the label to see how long the food will stay fresh after the jar is opened.
- When tasting your baby's food, use a new spoon for each taste. This is so you do not give your baby germs from your mouth.

Washing dishes and cleaning up

- If you have a dishwasher, use it. If not, scrub your dishes with hot, soapy water.
- Avoid using sponges. Germs grow fast in wet sponges.
- If you use a dish cloth, wash it everyday.
- Let the dishes air dry. Do not use dish towels. Dish towels can put germs on your dishes. If you are in a hurry, dry your dishes with paper towels.
- Wash all towels used to wipe off food juices.
- Wash the counter tops.

What are some resources for free groceries and food?

Your case manager, social worker, or caseworker can help you apply for free food or groceries.

National WIC Hotline (800) 522-5006

The **WIC Program** (Supplemental Nutritional Program for Women, Infants and Children) provides healthy food packages and nutrition counseling for pregnant women and their children (up to 5 years old). Call the Hotline to find out if you can get services at a WIC site near you.

The National School Breakfast and Lunch Program

This program is available to all school children. The amount you pay depends on your family's income. Applications are handed out at the beginning of each school year. Talk to your child's teacher if your child has not brought home an application.

Congregate or home delivered meals

To find a program that offers food or groceries for persons with **HIV**, call your **case manager**, **social worker**, or **caseworker**. You can also call the **HIV Care Network** in your area.

(See **More Information: Telephone Numbers, page 11–2**).

Notes