



Have you met with our Nutrition Staff?

Chicken Soup Brigade's dietitians want to meet with you! We provide **FREE** nutrition counseling at our Capitol Hill location, over the phone, or even at your house if transportation is difficult for you. Our dietitians are specially trained to help you with nutrition related issues that you might be living with, such as:

- ***Diarrhea, irritable bowel, food allergies/sensitivities, nausea, and other digestive problems*** – If food is not being digested correctly, there is a chance neither are your medications which can lead to medication resistance. Common medications to treat these problems just cover up the problem, not fix them, and changes to your diet and lifestyle can do wonders.
- ***High cholesterol, triglycerides, blood pressure, and blood sugars/diabetes*** – Even if they are caused by your medications they can still be treated with diet and lifestyle changes. Heart and liver problems are the most common causes of death among people living with HIV these days. Uncontrolled diabetes is also the number one cause for going on kidney dialysis, and can worsen neuropathy if you already suffer with it. Having any/all of these things above normal also increases your chance of developing lipodystrophy and should be corrected sooner than later.
- ***Not enough food/need help with budgeting/finding more food resources*** – We can teach you how to stretch your food budget, or help you make one, so that you can get the nutrients you need to keep your immune system strong and make your medications as effective as possible. We can also help you identify additional sources of food beyond our Chicken Soup Brigade services.
- ***Cooking/shopping/meal planning skills*** –We can help identify foods to add to your diet that can give the most nutrition bang for your buck and is also within your cooking ability. We can do a home visit and help you set up your kitchen, teach a few cooking skills, and even go to the grocery store with you if needed to teach you how to shop.
- ***Newly diagnosed/new to HIV meds*** – If you would like to prevent side effects and symptoms and know how to deal with them if they do become a problem, come see us. We can do body composition testing (to track changes before loss of muscle mass or lipodystrophy is noticeable) and power pack your diet to help avoid side effects and keep your immune system strong.
- ***Ensure/liquid supplement request*** – We have a very limited and irregular supply of Ensure, Boost, and other liquid supplements. Because of this we generally can only provide them to you if you have a temporary need for help, such as waiting for dentures and therefore cannot eat solid foods. We can provide supplements for help gaining weight or other long term use. If you need help for a short period of time or want help getting it for longer periods, please contact us.
- ***Other reasons to refer to Nutrition Services*** – Are you dealing with any of the following symptoms? If so, we may be able to help: dry skin, fatigue, chewing or swallowing difficulties such as thrush or denture problems, taste changes, weight gain/loss, osteoporosis or other bone problems, excessive vitamin/supplement use, ***or just because you want to see us!***

**To make an appointment or speak with our Dietitians, please call
(206) 957-1600 or email us at nutrition@llaa.org**

