



Highlights: Resources For Positive Women



This fact sheet lists resources for women. Most of the resources are free of cost.

Nutrition Books

Eat Up! Nutrition Advice and Food Ideas for People Living With HIV and AIDS

- This is a workbook on nutrition, meal plans, and diet. To order it send \$13 to: Charlie Smigelski, RD, 350 Mass Avenue, #125, Arlington, MA 02474. Visit the web site at www.eatupbooks.com for resources.

Nutrition and HIV: A New Model for Treatment

- This guidebook is by Mary Romeyn, MD. It has lots of nutrition information in it. Find it at the library or your local book store. Visit www.hivresources.com/Books1.htm to buy it at a cost lower than the list price.

Online Resources For HIV-Positive Women

- ◆ Women Alive www.women-alive.org
- ◆ Mazzone Center www.mazzonicenter.org
- ◆ HIV Center for Women and Children www.hscbklyn.edu/hiv/p6.html
- ◆ Project Inform Women's Program www.projinf.org/pub/ww_index.html
- ◆ The Body's Women and HIV/AIDS Page www.thebody.com/whatis/women.html
- ◆ Information on HIV/AIDS and Women www.hivresources.com/Women.html
- ◆ Resources for Mothers and Children www.hivresources.com/MomsKids.html
- ◆ Health Care and HIV: Nutritional Guide www.aids-etc.org



Newsletters and Magazines

- BABES Network: Babes Network, 1120 E. Terrace, Suite 100, Seattle, WA 98122 www.babesnetwork.org Telephone- 888/292-1912
- Lifetimes2: www.cvsprocare.com/content/hiv Telephone- 800/238-1548
- New Jersey Women And AIDS Network: NJWAN, 103 Bayard Street, 3rd Floor, New Brunswick, NJ 08901 www.njwan.org Telephone- 800/747-1108
- Numedx Journals: www.numedx.com
- Positively Aware: TPAN, 5537 North Broadway Street, Chicago, IL 60640 www.tpan.com



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Newsletters and Magazines

- Nutrition and HIV Research at Tuft's University
www.tufts.edu/med/nutrition-infection/hiv/index.html
- Voices of Positive Women Newsletter www.vopw.org/voicesweb/newsletter.htm
- Women Alive Newsletter: Women Alive, 1566 Burnside Avenue, Los Angeles, CA 90019 www.women-alive.org Telephone- 800/554-4876
- WORLD, 414 13th Street, 2nd Floor, Oakland, CA 94612 www.womenhiv.org

Online Nutrition Resources

- ♦ www.glwd.org
- ♦ www.eatright.org
- ♦ www.fightbac.org
- ♦ <http://navigator.tufts.edu>
- ♦ www.hivresources.com
- ♦ www.pronutrition.org/
- ♦ www.hivdent.org/nutrition.htm
- ♦ www.apla.org/apla/ed/nutrition.html
- ♦ www.mnsi.net/~aidschw/nutriwomen.htm

Internet help from AEGIS
for newly diagnosed
people with HIV
www.aegis.com/topics/dayone



Important Information

Go to the main web site page if a link does not load the right way. You can then look for the web page that you want.

Example: If www.hivresources.com/badlink.htm does not work, go to: www.hivresources.com and look for the page you want.

Tollfree Hotline Numbers

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| ♦ AICR Nutrition Hotline | 800/843-8114 |
| ♦ AIDS Information | 800/448-0440 |
| ♦ AIDS Medicine & Miracles(CO) | 800/875-8770 |
| ♦ American Dietetic Association | 800/366-1655 |
| ♦ CDC NPAN | 800/458-5231 |
| ♦ Project Inform HIV Treatment | 800/822-7422 |
| ♦ Uniform Access Project (PA) | 800/929-5602 |