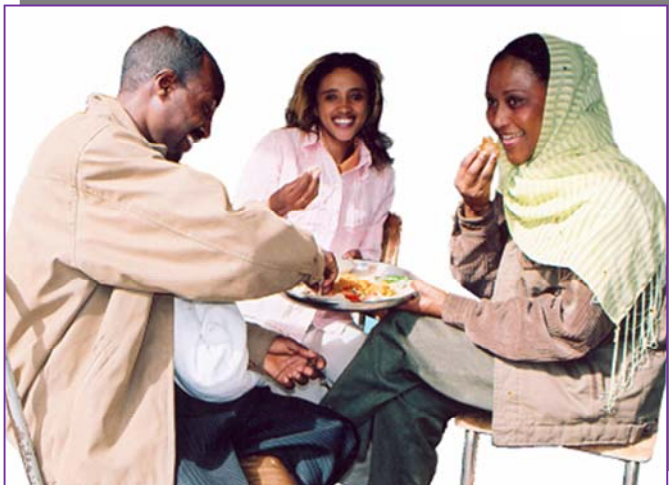


Good Nutrition is Essential to Keep Strong if You Are HIV Positive



- Eat 3 meals every day, with at least 2 snacks between meals.
- Continue eating and taking your medicines, even if you do not feel like it.

- Get regular exercise to improve blood circulation, stimulate appetite, reduce body fat, and maintain muscle tone
- See a health worker every month to check your weight.



- Wash your hands with soap and flowing water after using the toilet and before eating or preparing food.
- Avoid foods that could be contaminated, like raw meat and eggs, spoiled or mouldy foods, and juice made from unboiled water.

- Take your food and medicines as advised by the health worker
- Seek early treatment for infections and illnesses.



USAID
FROM THE AMERICAN PEOPLE

FOOD AND
NUTRITION
TECHNICAL
ASSISTANCE

AED