



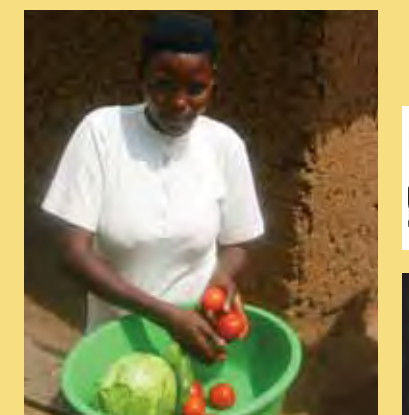
Why Good Nutrition is Needed

- PLHA more at risk for malnutrition due to loss of appetite; poor food absorption; repeated infections and illnesses (diarrhoea, nausea, vomiting, thrush, anaemia)
- If sick more food is needed to recover
- Weight loss, muscle weakness and malnutrition results when reserves stored in fat and muscles get used up if not enough food is eaten

A Variety of Food Protects and Strengthens People Living With HIV and AIDS

What Good Nutrition Can Do

- Eating well fights off illness and infections, maintains body weight and helps recover from illnesses
- Helps maintain strength and independence
- Makes pills work better and easier to take



3 Food Types



- A combination of foods from each food group provides a balanced diet
- A well balanced meal means eating different food types with each meal
- A balanced meal increases the ability to fight against infection and disease



Energy giving foods

- Potatoes, sweet potatoes, cassava, plantain bananas, posho, sorghum, millet, yams, rice, donuts, bread
- Sorghum, corn, wheat, millet flour
- Provides strength to work
- These foods alone are insufficient and must be combined with other food types



Body building foods

- Beans, peanuts, peas, soya flour, peanut flour
- Meat, fish, chicken, eggs, milk, yogurt
- Grows and repairs muscles and bones and helps put lost weight back on
- Dried fish and beans affordable



Protective foods

- Vegetables: dodo, nnaakati, spinach, kale, carrots, isombe, green peppers, cabbage, leaves of manioc, cassava, potato, pumpkin and green pepper
- Fruits: plums, avocados, bananas, mangos, papayas, pineapples, jackfruit, oranges, lemons
- Builds body's ability to repair and protect itself
- Fruits and vegetables build up defenses
- Vegetables add taste and flavor to meals and are source of vitamins and minerals

Healthy and Balanced Meals



Balanced Breakfast

- Example 1:*
- Donut, egg and banana
- Example 2:*
- Porridge, sour milk and avocado



Morning snack

- Suggestions:*
- Donuts made from sorghum and soya flour
 - Peanuts or pumpkin seeds
 - Take with a glass of clean water, fresh juice or milk



Balanced Lunch

- Example 1:*
- Yam, cubed meat, peas and carrots
- Example 2:*
- Rice, dried fish, cassava leaves
 - Take with a glass of clean water, fresh juice or milk



Afternoon Snack

- Suggestions:*
- Avocado, banana and glass of milk



Balanced Dinner

- Example 1:*
- Beans, kale and potatoes
- Example 2:*
- Fish, cassava and green pepper leaves
 - Take with a non-alcoholic drink



Increasing Appetite



Eat when not hungry

- Still need to eat through illness
- More vulnerable to infection if not eating



Eat small quantities more often

- Take some food every 2 hours
- Banana and other mashed foods are easier to eat



Drink porridge

- Add dry fish or milk powder for energy



Grind meat

- Chop into small pieces for easier eating
- Cook well or pound to make more tender



Eat favorite and tasty foods

- If possible, cook with garlic and onions for taste and to build body defenses
- Fats and oils add flavor as well as energy
- Sugar tastes good but does little good otherwise and should be used in moderation
- All of the above should be taken in moderation if they cause digestive problems

Take Food with Pills



Take pills with snacks

- Pills absorbed better with food
- Food can reduce nausea caused by pills
- Certain ARVs, not common in Rwanda, are taken without food. Follow the advice of service providers.



Take liquids

- Clean water, fresh juice, milk with light tea, soup or rice water can be taken if food unappetizing



Take snacks and pills with friends

- Sharing snacks with family and friends outside raises morale



Exercise then eat and take pills

- Stretching or a short walk can increase appetite

Increasing Morale



Eat with family or friends

- Good to feel part of a family
- HIV/AIDS not spread by food or water or by sharing food, dishes or cooking utensils
- Eating outside in the fresh air increases appetite



Get help when weak

- Family and friends should encourage healthy eating
- Avoid losing weight and being weakened by getting help with cooking
- Plan together for lean periods or hungry season
- Plan for food allocation in the household



Cook and eat together

- Join an association of People living with HIV and AIDS
- Talk with others facing the same problems
- Share the work of meal preparation and the cost of food



Meet with friends

- Isolation leads to sadness
- Try not to worry too much
- Be kind to yourself
- It is possible to make friends at People living with HIV and AIDS association meetings

Soothing Thrush



Seek treatment

- Several medications exist for treating thrush. Some are given free of charge



Add spoonful of salt

- Mix a spoonful of salt into a cup of clean water



Clean mouth with salty water

- Dip a clean cloth into the salty water and dab on mouth irritations



Sooth lips with vegetable oil

- Wash hands then put vegetable oil or another oil on lips several times a day
- Margarine, vaseline and glycerine can also be used



Take soft or light foods

- Try to eat despite the thrush
- Cook well and mush solid foods
- Take soups and porridges
- Avoid spicy food and food that is too hot

Take Fluids Often



Drink clean water often

- Six cups (2 liters) a day recommended
- Boil water for three minutes, filter if possible, store in a covered container
- Treat with *Sure Eau* and follow carefully the preparation instructions



Take fluids when not hungry

- Dehydration is caused when people don't eat or drink
- Drinking fluids is not as good as eating solids but better than taking nothing
- Fresh fruit juice
- Rice water (especially if diarrhoea present)
- Mix milk with tea
- Sour milk (kivuguto) fights germs that cause diseases



Drink porridge and soups

- Porridge, especially if made with soya flour, gives strength
- Soup broth includes vitamins



For diarrhoea

- Mix Oral Rehydration Solution
- Drink rice water, soups
- Consult if persists more than 24 hours
- Cut oil and fruits

Home Hygiene



Wash hands before cooking

- Wash hands after using toilet and before cooking
- Regular hand washing reduces a major cause of infection



Rinse fruits and vegetables

- Dirt on skins carries germs that can cause sickness
- Remove skins with peeling



Wash clothes and bedding

- Wash with clean water and soap
- If possible, use hot water especially if contaminated with faeces or blood
- Dry in sun including underwear



Other suggestions

- Keep animals closed off
- Cover latrine and keep clean
- Clean up puddles
- Use impregnated bed nets
- Brush teeth daily
- Wash body often
- Keep mats clean



Wash dishes with soap

- Rinse and cover with a clean dish towel
- Store covered in dry, protected location away from insects



Clean garbage and sweep

- Place in a plastic bag
- Put in a compost without the bag
- Bury it
- Clean often both the interior and exterior

Don't Wait Before Getting Help



Don't suffer silently

- There are people who can help



Go to clinic if getting weaker

- If getting weaker seek medical help
- Treat infections rapidly
- Get family or friends to take you
- Ask for help from people trained to offer care



Benefit from food supplements

- Ask about malnutrition rehabilitation
- Ask about food supplements for PLHAs
- Nutrition Rehabilitation Centres offer balanced meals



Get weighed regularly

- Ensure weight increasing not decreasing

Food Increases Strength



Regain lost strength

- Build back good health slowly but steadily



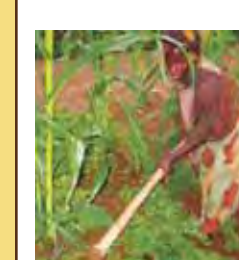
Have more energy for family and friends

- Enjoy the pleasures of life again



Be better able to work

- Increased energy for work means more resources for food



Grow fruits and vegetables in a garden

- Low cost and practical way to improve sources of good food
- Raise animals and grow vegetables and fruits (progressive agriculture)



Take walks for exercise

- Strengthens muscles, gives energy, relieves stress and increases appetite



Avoid alcohol and smoking

- Damages ability to fight disease
- Can make medications like ARVs less effective or cause side effects
- Smoking weakens lungs
- All forms of alcohol can cause problems including beer