



## **Increase your food intake and eat a variety of foods:**

- Eat at least 3 meals a day.
- Have snacks in between meals.
- Eat even when sick or have no appetite. Eat small but frequent meals.
  - Eat plenty of fruits and vegetables every day.
  - Include fruits and vegetables of different colours.
  - If necessary, with advice from a health provider, use multivitamin supplements.
- Drink plenty of fluids, especially cool boiled water and unsweetened fresh fruit juices.

Fats, oils and sugar are **IMPORTANT BUT** in small quantities

**LIMIT** Processed foods, Salt intake, Coffee, Tea, Sodas.

**AVOID** •Alcohol •Smoking •Raw eggs •Raw fish •Partially cooked meat

## Practising good hygiene

### Personal hygiene

- Wash hands with soap and clean water:
  - before handling, preparing and eating food,
  - after using the toilet. If you do not have soap, use ash.



### Food and water

- Keep food and drinking water covered and stored away from insects, rats and other animals;
- Cook food of animal origin thoroughly;
- If you have to eat leftover food, heat it thoroughly before eating;
- Do not keep raw food and cooked food together;
- Wash fruit and vegetables before eating or cooking.

## Living a positive lifestyle

### Remember to have regular:

- Medical check ups and immediate treatment for all infection.
- Weight check ups at least once every month.

Continue with  
your daily activities, like  
doing housework if possible.

**Exercise regularly.**  
**Choose an exercise you enjoy and**  
**can sustain, like walking.**



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Technical support: FANTA and LINKAGES projects,  
Financial support: USAID/REDSO/ESA.



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