

THEME 4

# Fighting Illness through Diet



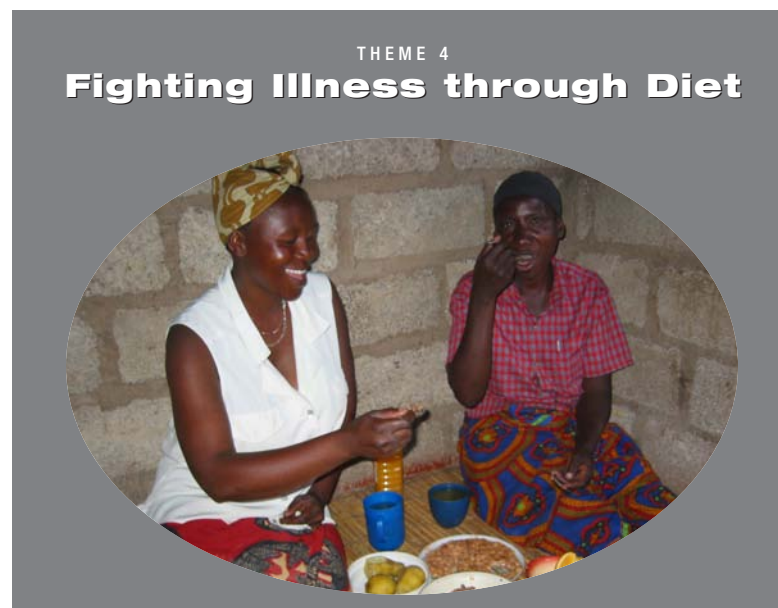
# Fighting Illness through Diet

## ASK CLIENT

- What do you see in this picture?
- Why are foods and drinks important when you are sick?
- What foods and drinks can be taken when you are sick?

## EXPLAIN

- People infected with HIV are more at risk of getting common illnesses and infections like diarrhoea, thrush, anaemia, and tuberculosis
- Different illnesses require different foods to help build back strength
- These illnesses are worse if food and clean fluids are not taken
- Recovery is faster if certain foods are taken
- More food than normal is needed during and after illness to recover



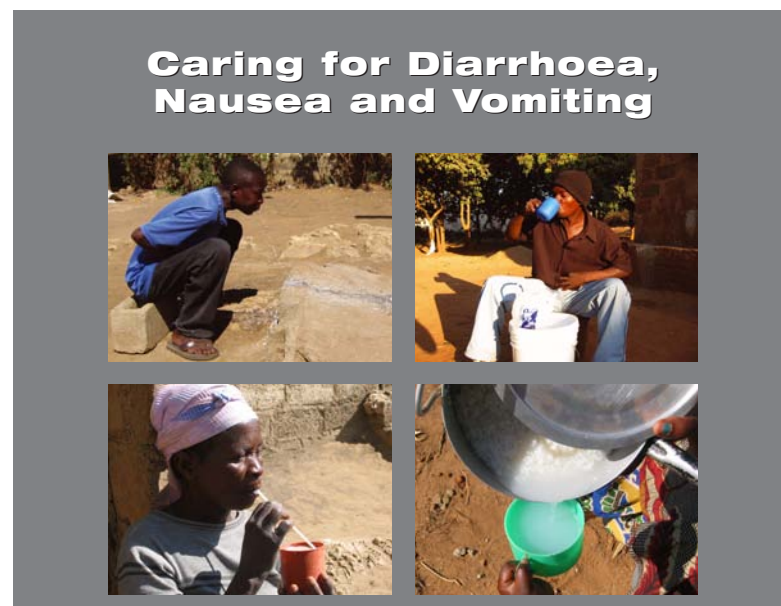
# Caring for Diarrhoea, Nausea and Vomiting



# Caring for Diarrhoea, Nausea and Vomiting

## ASK CLIENT

- What do you see in these pictures?
- Why should you drink lots of fluids when you are vomiting or have diarrhoea?
- What fluids do you take when you are vomiting or have diarrhoea?



## EXPLAIN

- Diarrhoea, nausea, and vomiting can cause loss of appetite and dehydration
  - Once the diarrhoea, nausea or vomiting has been treated, you will need to eat extra food to regain lost weight
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- **For Diarrhoea**
    - Drink plenty of fluids, especially ORS, after each diarrhoeal episode
    - Use only clean, disinfected water when preparing ORS
    - Drink clean water, chibwantu, rice water, or soup broth
    - Avoid sweetened juices, soft drinks, teas, and coffee
    - Eat smaller portions of soft foods
    - Eat porridge with little milk
    - Drink yoghurt or sour milk
    - Avoid very hot or very cold drinks and spicy foods
    - Avoid eating oily or fried foods or acidic fruits
    - Avoid alcohol
  - **For Nausea and Vomiting**
    - Sip small amounts of clean water throughout the day
    - Try drinking with a straw when nauseated
    - Try to wait until after the meal to drink
    - Eat soft, mashed foods in smaller portions more often
    - Avoid having an empty stomach. It makes nausea worse.
    - Avoid alcohol, coffee, and food with strong or unpleasant smells

# Soothing Thrush



# Soothing Thrush

## ASK CLIENT

- What is thrush?
- How do you manage sores in the mouth?
- What foods do you see in the picture?
- Which of these foods can you afford?
- What kinds of foods do you eat when you have thrush?

## EXPLAIN

- Cleaning the mouth helps prevent and stop the spread of thrush
- Clean your mouth after each meal with cotton and lightly salted warm water (1 spoonful of salt in a cup of clean, warm water)
- Rinse your mouth with 1 teaspoon of baking soda in a cup of clean, warm water at least 2 times a day
- Try to eat despite the thrush. Eat smaller food portions more often.
- Eat fermented foods such as yoghurt and sour milk and dishes prepared with garlic
- Eat soft, mashed foods, soups, and porridges
- Eat ripe pawpaw to help heal the sores
- Avoid acidic fruits like lemons and oranges
- Avoid spicy food and food that is too hot
- Drink soups, juices, and fluids with a straw to ease swallowing
- Seek treatment. There are medications available to treat thrush.
- Soothe lips with cooking oil, Vaseline, or margarine several times a day. Apply after washing hands.



# Reducing Anaemia



# Reducing Anaemia

## ASK CLIENT

- How is anaemia a problem?
- When you feel weak and tired are there special foods you take?
- What foods do you see in the picture?
- Which of these foods can you afford?

## EXPLAIN

- Eat fish, meat, and eggs to help make you strong again
- Eat green leafy vegetables likes spinach, and leaves from purple hibiscus, cassava, potato, and pumpkin
- Eat groundnuts, soya, peas, and lentils
- Eat fruits like oranges, mangoes, and lemons
- Avoid drinking tea or coffee with meals
- Get iron supplements from a health care provider or trained birth attendant
- Get deworming treatment every 4 to 6 months
- Get treated for malaria immediately and use a bednet

### Reducing Anaemia



# Tuberculosis Care



# Tuberculosis Care

## ASK CLIENT

- What do you see in these pictures?
- How does tuberculosis make you feel?
- What can be done to increase your strength when taking tuberculosis medications?
- What kind of foods do you take when managing tuberculosis?

## EXPLAIN

- Tuberculosis can be cured
- Seek treatment immediately if you have signs of tuberculosis such as night sweats, frequent coughing, weight loss, and weakness
- Tuberculosis treatment lasts 8 months and pills must be taken every day for the whole 8 months or you will get sicker if you get tuberculosis again
- Tuberculosis increases the body's need for food
- Some tuberculosis drugs increase the body's needs for nutrients from watermelon, avocado, whole cereals, beans, nuts, fish, meat, and chicken
- Eat all 3 food types at each meal

Tuberculosis Care

