

THEME 1

Importance of Good Nutrition for People with HIV and AIDS

1. Need to Eat Well with HIV



2. Maintain Body Weight



3. Better Able to Fight off Infections



4. Delay Getting Sick from AIDS



Importance of Good Nutrition for People with HIV and AIDS

ASK CLIENT

- What do you see in these pictures?
- How are these pictures related?
- Why should people with HIV and AIDS eat well?
- What can happen if you don't eat well?

EXPLAIN

1 Need to Eat Well with HIV

- HIV and AIDS increases the body's need for food
- People with HIV and AIDS are more at risk for malnutrition
- When sick, more food is needed to recover
- Keeps you productive, able to work, grow food, and contribute to family income

2 Maintain Body Weight

- Eating well helps maintains weight and increases strength
- Eating well helps you regain weight lost during illness

3 Better Able to Fight off Infections

- Eating well helps fight illness and infection and improves response to treatment
- Good health reduces the time and money spent on health care

4 Delay Getting Sick from AIDS

- Good nutrition helps make pills work better and easier to take
- Good nutrition delays the onset of AIDS
- Good nutrition helps HIV-infected people have a good appetite, continue to eat well, and the cycle continues



A Variety of Foods Needed

Energy-giving Foods



Body-building Foods



Protective Foods



A Variety of Foods Needed

ASK CLIENT

- What types of foods do you see in the pictures?
- What types of foods do you eat?
- Why is it important to eat different types of foods?

EXPLAIN

- Different foods protect the body in different ways
- Each meal should include all 3 food types
- More food is needed when infected with HIV, even when you are not sick

Energy-giving Foods

- Provide the body the strength to work
- Alone are insufficient and must be combined with other foods

ASK CLIENT Which of the energy-giving foods in the picture can you afford? (Maize, rice, nshima, cassava, sorghum, potatoes, sweet potatoes, pumpkin, imyungu, fritters, bread, oil, margarine, butter)

Body-building Foods

- Help make muscles and bones strong
- Help put lost weight back on

ASK CLIENT Which of the body-building foods in the picture can you afford? (Meat, fish, kapenta, chicken, eggs, soya, cow peas, intoyo, groundnuts, chikanda, samp, beans, caterpillars (finkubala), inswa, milk, sour milk (mabisi), maheu, munkoyo)

Protective Foods

- Help the body protect itself
- Add taste and flavour to meals

ASK CLIENT Which of the protective foods in the picture can you afford? (Oranges, mango, pawpaw, pineapple, bananas, watermelon, lemons, masuku, tomato, avocado, eggplant, impwa, carrots, onions, peppers, mankolombwe, okra, sindambi, cat whiskers, ibondwe, green leafy vegetables like spinach, lumanda, cassava leaves, and pumpkin leaves)



A Variety of Foods at Each Meal



Breakfast



Lunch and Dinner



A Variety of Foods at Each Meal

ASK CLIENT

- What food combinations do you see in these pictures?
- How many times a day do you eat?
- What types of foods do you eat for breakfast, lunch, and dinner?

BREAKFAST

Example 1: Banana, sweet potato and tea with milk

Example 2: Avocado, porridge and sour milk

LUNCH/DINNER

Example 1: Nshima, kapenta, pumpkin leaves, and water

Example 2: Rice, beans, green beans, and water

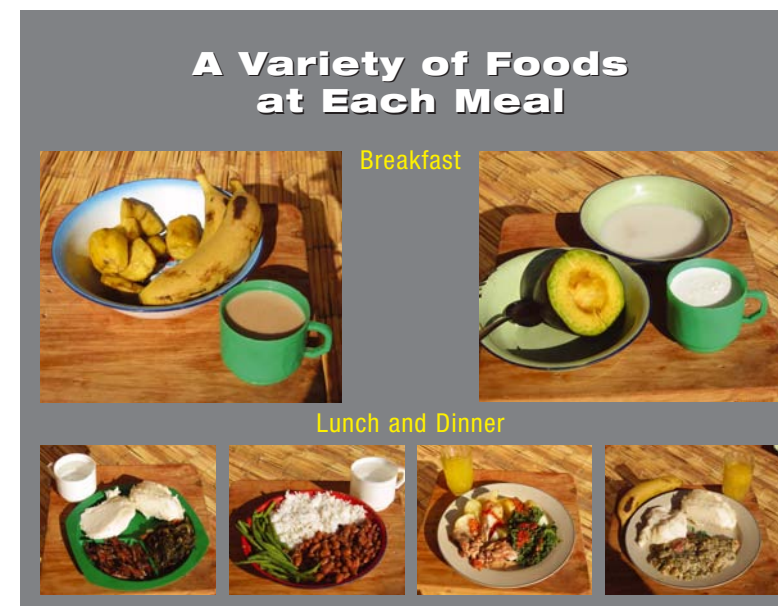
Example 3: Chicken, potatoes, spinach, and juice

Example 4: Nshima, groundnut stew, banana, and orange juice

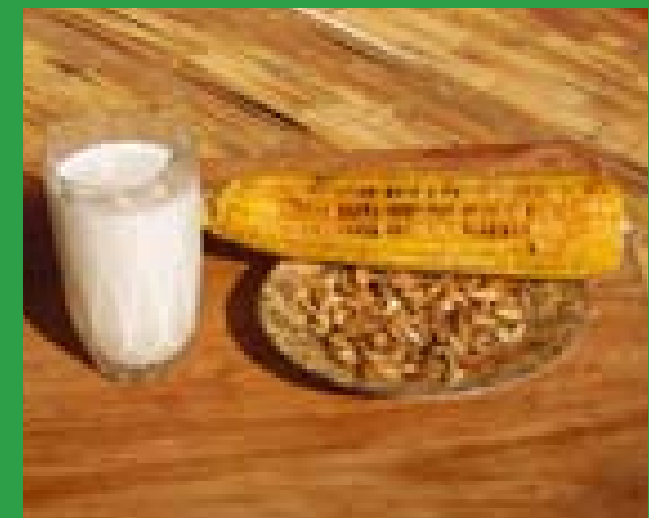
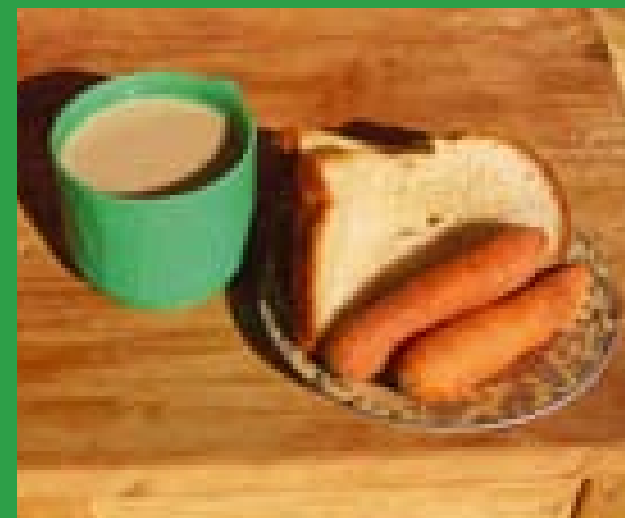
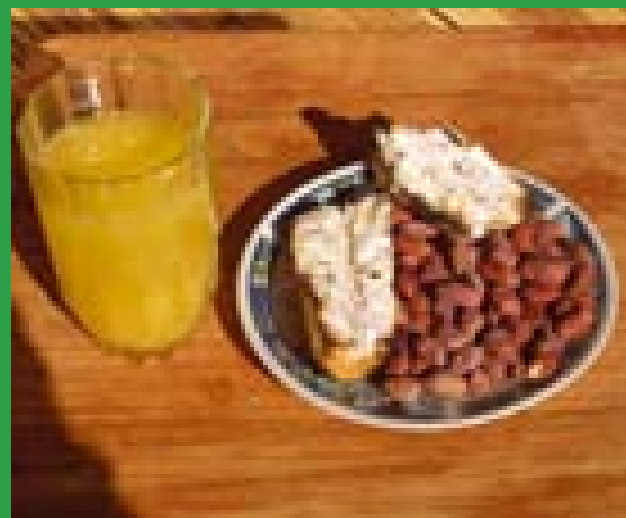
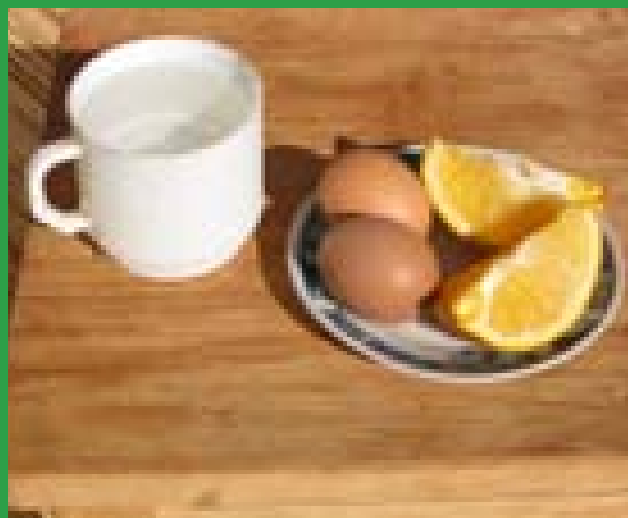
- Which of these food combinations do you like and can you afford to eat?

EXPLAIN

- Different food combinations should be included in each meal
- It is important to eat at least 3 meals a day, plus snacks in between
- Drink clean fluids between meals and throughout the day



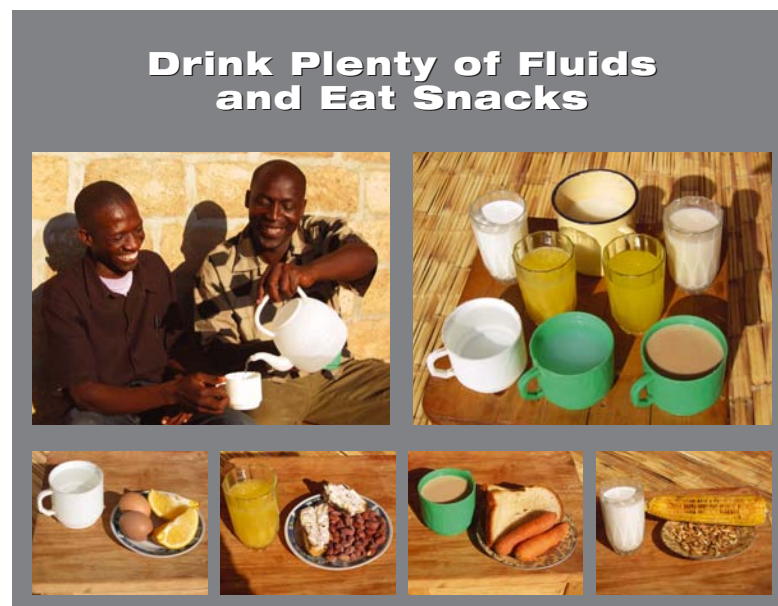
Drink Plenty of Fluids and Eat Snacks



Drink Plenty of Fluids and Eat Snacks

ASK CLIENT

- **What drinks do you see in the second picture?**
(Water, rice water, tea, milk, sour milk, freshly squeezed orange juice, maheu)
- **What snacks do you see in the other pictures?**
- **Why drink plenty of fluids and eat snacks?**
- **What fluids and snacks do you like and can you afford?**



EXPLAIN

- **Drink clean water, broth, light tea, freshly squeezed juice**
- **Drink clean water throughout the day (8 glasses or 2 litres is recommended)**
- **Drink fluids between or after meals and snacks**
- **Eat snacks in the morning and afternoon between meals**
- **Taking ARVs with drinks and food helps the body absorb the medicines (though some rarely used ARVs are taken on an empty stomach, so check with your health care provider about which ones you take)**
- **If sick and not hungry, drinks and snacks are easier to take**
- **Taking small quantities often of different foods is healthier than filling up with one big meal of nshima**

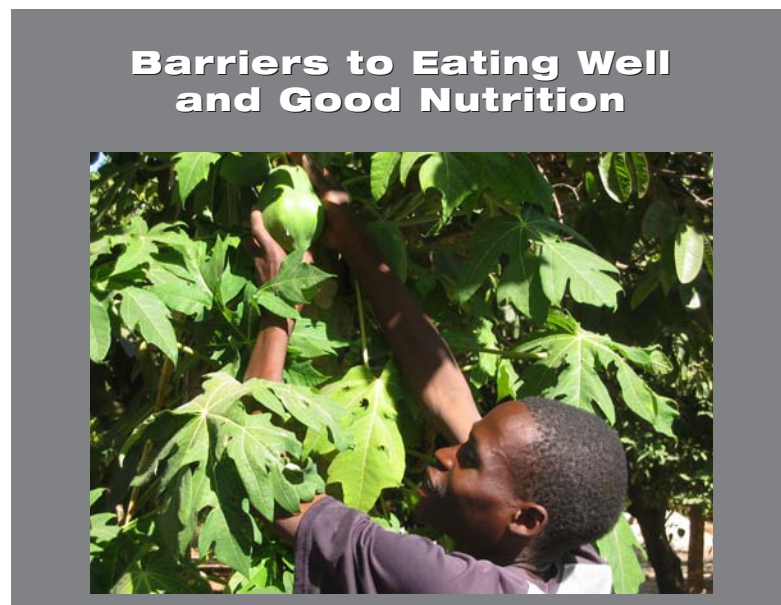
Barriers to Eating Well and Good Nutrition



Barriers to Eating Well and Good Nutrition

ASK CLIENT

- What is happening in this picture?
- What problems do you face in eating enough food?
- What problems do you face in eating a variety of foods?
- How can these problems be overcome?



PROBLEMS

SOLUTIONS

<ul style="list-style-type: none"> • Lack of time to prepare food 	<ul style="list-style-type: none"> • Soak dry beans overnight • Mix foods into one dish • Take turns cooking with others
<ul style="list-style-type: none"> • Lack of money to purchase foods 	<ul style="list-style-type: none"> • Start a home or community garden • Raise chickens or rabbits • Look for food supplements at clinic • Buy affordable foods with good nutritional value like kapenta & groundnuts
<ul style="list-style-type: none"> • Crops recommended are not normally grown 	<ul style="list-style-type: none"> • Start a home or community garden
<ul style="list-style-type: none"> • Seasonality of foods 	<ul style="list-style-type: none"> • Store foods after good harvests
<ul style="list-style-type: none"> • No one available to help buy and prepare food 	<ul style="list-style-type: none"> • Refer to community support groups, associations of people with HIV and AIDS, and Home-based care counsellors
<ul style="list-style-type: none"> • Loneliness during meals 	<ul style="list-style-type: none"> • Eat with family, friends, or other people with HIV and AIDS

Increasing Appetite



Increasing Appetite

ASK CLIENT

- What is happening in these pictures?
- Why should you eat and drink when you're sick and not hungry?
- What can you do to increase your appetite?

EXPLAIN

- You are more vulnerable to infection if you are not eating
- You still need to eat even when you are feeling sick and not hungry
- Eat small portions of food at least 5 to 6 times a day or every 2 hours
- Add to your favourite foods spices like garlic, ginger, curry, or onions and tomatoes for flavour (unless you have thrush, diarrhoea, or other conditions that spicy food may aggravate)
- Eat a variety of foods from all the food types
- Eat throughout your illness and try to eat more food than normal
- Soft, mashed, and moist foods are easier to eat
- Grind meat and chicken or cut into smaller pieces for easier eating
- Have a warm drink after waking up and before going to bed
- Drink porridge with soya flour or pounded groundnuts for increased strength
- Avoid alcohol since it reduces appetite
- Take a walk if possible, since fresh air can stimulate the appetite

Increasing Appetite

