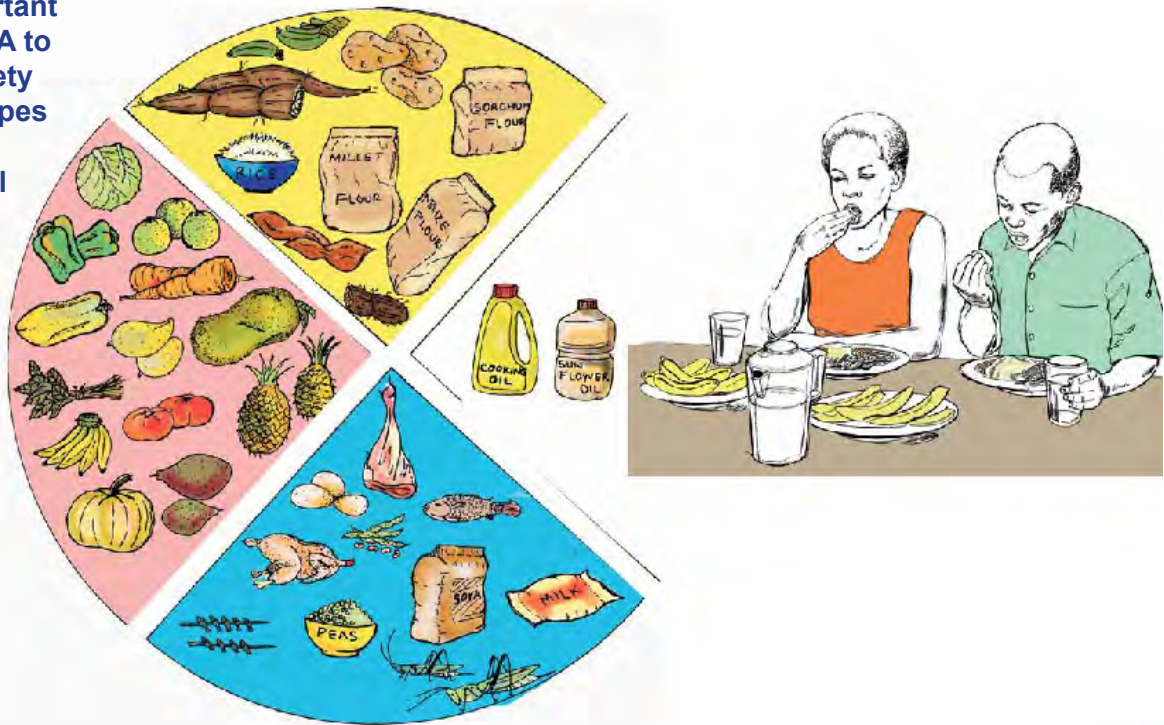


HANDOUT 3.3. COUNSELLING CARD ON EATING WELL FOR PLWHA

THEME 2 EATING WELL FOR PLWHA

2.1 EAT MEALS THAT HAVE A VARIETY OF FOOD TYPES

It is important for PLWHA to eat a variety of food types to meet nutritional needs.



- I. Explain that it is important for PLWHA to eat well to meet the body's needs for proper functioning, growth and repair and to maintain health.
 - Different types of foods play different roles in the body. Therefore the body needs different types of foods to be able to meet its nutritional needs.
 - PLWHA have increased nutritional needs resulting from HIV infection. In some cases medication may also change nutritional needs.
 - Failing to meet the body's nutritional needs will lead to poor nutritional status, which further weakens the ability to fight disease and leads to weight loss.
 - Eating well helps PLWHA meet their bodies' nutritional needs. It also can help medication work well.
- II. Ask about the client's understanding of the need for food from each of the food groups.
 - Energy-giving foods (top and right of chart) (e.g., cereals, tubers and oils) give the body power, strength and energy to function.
 - Body-building foods (bottom of chart) (e.g., animal products, nuts and beans) help build the body's muscles and cells, defence system and enzymes.
 - Protective foods (left of chart) (e.g., vegetables and fruits) strengthen the body's ability to fight disease and help cleanse the-body of toxins and by-products of body functions.
- III. Explain that eating well means eating adequate amounts of the different varieties of foods needed by the body.
 - A good meal should include foods from the three food groups and a drink.
 - It is important to drink plenty of fluids, especially cool boiled water (at least eight glasses a day), preferably between meals and after meals.
 - PLWHA should have a good meal at least three times a day plus snacks.
- IV. Discuss with the client food combinations that are available in his/her community. Make sure the combinations include the three food types plus clean water.