

HANDOUT 3.5. JOB AID 1: EATING WELL

All people with HIV should eat meals containing a variety of foods that supply the different nutrients needed for the body's functions, such as staying strong and fighting infection.

- 1. Discuss with the client the different food groups (use the list of locally available and affordable foods in your community).**
 - Energy foods: Staple foods (cereals, tubers and roots)
 - Body-building foods: From animal and plant sources
 - Protective foods: Fruits and vegetables
 - Fats and oils
- 2. Explain that each meal should include a variety of foods from all the food groups below.**
 - A staple food
 - Legumes, animal and milk products
 - Vegetables and fruits (different kinds, different parts, including leaves and roots and different colours—red, orange, yellow, dark green)
 - Fats and oils as well as sugar and sugary foods (but in moderation)
- 3. Discuss local foods from each food group that the client can afford to eat and come up with a few meal ideas which include foods from all the food groups.**
- 4. Counsel the client to:**
 - Drink plenty of clean, safe and boiled water, about 2 litres or 8 glasses a day. Drink even more if sweating from exertion or losing fluids through diarrhoea or vomiting.
 - Use home-made juices and soups to increase fluid intake, if possible.
 - Avoid drinking alcohol, which takes water from the body.
- 5. Encourage the client to:**
 - Eat adequate amounts of food, at least three meals a day if possible.
 - Eat less food but more meals (five or six small meals a day) if sick.
 - Include an energy-dense snack between meals to help meet the increased energy needs of people with HIV.
 - Have two or more snacks in addition to regular meals if you have an opportunistic infection, TB, pneumonia, diarrhoea, mouth or throat sores, or unintended weight loss.
- 6. Discuss with the client how to improve nutrient intake.**
 - Use foods that have vitamins and minerals added. Read labels to know what nutrients have been added (if possible, identify fortified foods available in the community and tell the client about them).
 - Steam or cook vegetables in a little water to preserve the vitamins and minerals or add small amounts of boiling water to vegetables to reduce cooking time and preserve the vitamins and minerals.
 - Ferment or germinate cereal foods to release some of the minerals so that they are available to the body. Fermentation can also improve flavour and taste, preserve foods and reduce cooking time.
 - Soak and remove the top cover/skin from most seeds to improve the digestibility of the food and reduce cooking time.
- 7. Encourage the client to tell a health provider about any supplements he/she is taking.**

SNACK IDEAS

- Porridge with added sugar, milk or oil as tolerated and desired
- Eggs—boiled, scrambled or fried as tolerated
- Yoghurt with fruit
- Tea with sugar and bread with butter, cheese or groundnut paste
- Groundnuts and a glass of fresh juice made with clean and safe boiled water

HOW TO FERMENT CEREALS AT HOME

Millet, rice, maize, amaranth, beans, lentils

Soak the desired amount of grain in an equal amount of water to which you've added 1 tablespoon raw vinegar, fresh lemon juice, or plain yogurt (use 2–3 tablespoons if cooking a large amount of grain). Cover and let sit at room temperature for at least 7 hours, preferably longer. When ready to cook, add remaining required amount of water and cook (for beans, discard the soaking water first).

Raw nuts and seeds

Place the raw nuts or seeds in a bowl, add 1 tablespoon iodized salt and cover with water. Leave at room temperature for 6-8 hours. Drain the water. Air dry the nuts or seeds on a clean cloth.

HOW TO GERMINATE FOODS AT HOME

Pumpkin, sunflower, sesame and melon seeds; legumes

To sprout seeds or legumes, moisten them and leave them at room temperature in a glass jar or bowl with a piece of cloth secured over its rim. Allow water to drain from it, because sprouts that sit in water will rot quickly. The seeds or legumes will swell and begin germinating within a day or two. Rinse the sprouts three or four times a day to prevent them from souring. Depending on which seed is used, after 3–5 days they will be 2–3 inches long and will be suitable to eat. If left longer, they will begin to develop leaves and are then known as baby greens. A popular baby green is sunflower after 7–10 days.