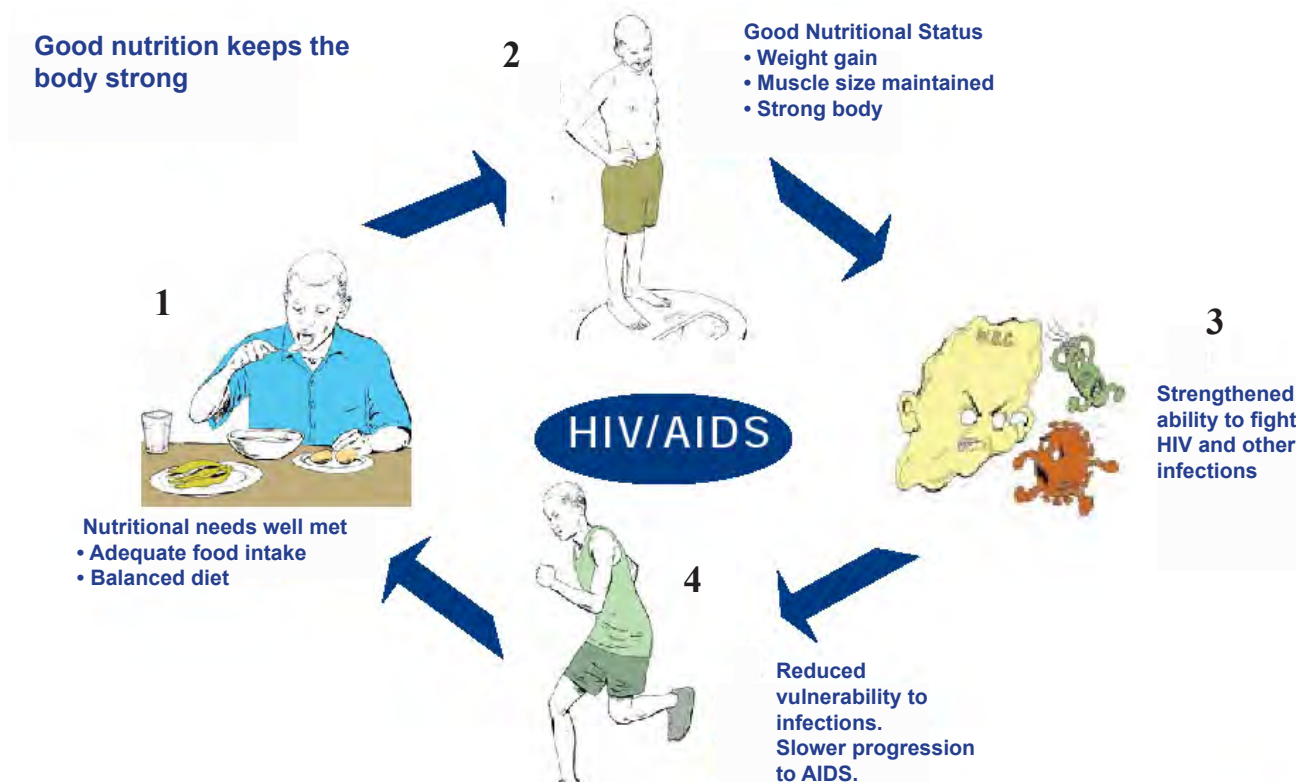


# HANDOUT 4.1. COUNSELLING CARD ON GOOD NUTRITION

## THEME 1 GOOD NUTRITION IS IMPORTANT FOR THE WELL-BEING OF PLWHA

### 1.1 GOOD NUTRITION KEEPS THE BODY STRONG



Ask the client to describe what he/she sees in the picture.

Building on the client's response, explain how good nutrition affects HIV.

#### 1. The picture to the left

- The PLWHA is eating well and absorbing foods needed by the body.
- HIV increases the body's needs for food.

#### 2. The picture above

- Because the PLWHA is able to meet his extra food needs, he will not lose weight. He will be able to stay strong and well nourished.
- The PLWHA has a well-nourished body that enables him to build strength to fight HIV and other diseases.

#### 3. The picture on the far right

- The body's defence system is strengthened against disease and infection because the body has enough nutrients stored.
- The body can therefore respond effectively to infection. This delays progression of HIV to AIDS.

#### 4. The picture below

- The body does not easily get infections. This makes the PLWHA stay strong and less dependent on others.
- Because the PLWHA does not get frequent infections, progression of HIV to AIDS is delayed. The PLWHA will have a good appetite, and the cycle continues.