**Why Good Nutrition is Needed**

- PLHAs more at risk for malnutrition due to loss of appetite; poor food absorption; repeated infections and illnesses (diarrhoea, nausea, vomiting, thrush, anaemia).
- If sick more food is needed to recover.
- Weight loss, muscle weakness and malnutrition results when reserves stored in fat and muscles get used up if not enough food is eaten.

**Energy giving foods**
- Potatoes, sweet potatoes, cassava, plantain bananas, yam, sorghum, wheat, beans, rice, bread, dried figs, raisins.
- Provides strength to work.
- These foods alone are insufficient and must be combined with other foods types.

**Body building foods**
- Meats, poultry, egg, cheese, fish, yogurt, milk, beans, lentils, peas, sunflower seeds, soybeans.
- Grows and repairs muscles and bones.
- Provides strength to work.

**Protective foods**
- Soybeans, peanuts, sunflower, pumpkin seeds, squash seeds, seaweed, leaves of mustard, cabbage, broccoli, pumpkin, green peppers, garlic, onions, tomatoes.
- Builds body’s ability to repair and protect from disease.
- Fruits and vegetables build up defenses.
- These foods alone are insufficient and must be combined with other foods types.

**Soothing Thrush**
- Wash hands then put vegetable oil or another oil on lips.
- Avoid spicy food and food that is too hot.
- Take soups and porridges.
- Take with a glass of clean water, fresh juice or milk.

**Suggested**
- Peanuts or pumpkin seeds.
- Six cups (2 liters) a day recommended.
- Drink clean water often.
- Dehydration is caused when people don’t drink enough water. It causes loss of appetite, loss of strength, nausea/vomiting, thirst, and dizziness.

**Home Hygiene**
- Wash clothes and bedding.
- Wash with detergent and water.
- Wash under running water to reduce sores.
- Take soft or light foods.
- Try to eat along the thighs.
- Soft and light foods reduce swollen lips and sores.

**Non-food options**
- Use impregnated bed nets.
- Clean up puddles.
- Cover latrine and septic tank.
- Wash body often.
- Keep mats clean.
-以及don’t be afraid of the cold.

**Exercise then eat and take pills**
- Dining as a social way can increase appetite.
- Several medications exist for diarrhea.
- Take pills with snacks.
- Fruits absorb better with food.
- Food can reduce nausea caused by pills.

**What Good Nutrition Can Do**
- Eating well fights off illness and infections, maintains body weight and helps recover from illnesses.
- Helps maintain strength and independence.
- Makes pills work better and easier to take.

**Take snacks and pills with friends**
- Sharing meals with family and friends outside raises morale.

**Don’t suffer silently**
- There are people who can help.

**Eat when not hungry**
- Will need to eat through illness.
- More vulnerable to infections if not eating.

**Take liquids**
- Clear water, fresh juice, milk with light tea, soup or rice water can be taken if food absorption is poor.

**Take pills with snacks**
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**Take with a glass of clean water, fresh juice or milk**
- Fresh fruit juice.
- Dehydration is caused when people don’t drink enough water. It causes loss of appetite, loss of strength, nausea/vomiting, thirst, and dizziness.

**Wake hands before cooking**
- Wash hands before using tumbler and before cooking.
- Regular hand washing reduces risk of infection.

**Benefit from food**
- Certain ARVs, not common in Rwanda, are taken without food. Follow the preparation instructions.

**A Variety of Food Protects and Strengthens People Living With HIV and AIDS**

**A balanced meal increases the ability to fight against infection and disease**

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