

Good Nutrition and Keeping Healthy with HIV and AIDS



FOOD AND NUTRITION TECHNICAL ASSISTANCE

Importance of Good Nutrition

Need to eat well with HIV



- HIV and AIDS increases the body's need for food
- People living 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

Maintain body weight



- Eating well helps you maintain weight and increase strength
- Eating well helps you regain weight lost during illness

Fight infections

- Eating well helps fight illness
- Eating well helps you recover faster when sick



- Good health reduces the time and money spent on healthcare

Delay getting sick from AIDS

- Good nutrition helps make pills work better and easier to take
- Good nutrition delays the onset of AIDS



Increasing Appetite

Eat when not hungry



- You are more vulnerable to infection if you're not eating
- You need to eat more food than normal when you're feeling sick
- Eat a variety of foods
- Eat throughout your illness
- Avoid alcohol since it reduces appetite

Drink porridge



- Drink porridge with soya flour or pounded groundnuts for increased strength
- Have a warm drink after waking up and before going to bed

Eat small quantities more often

- Eat small portions 5 to 6 times a day or every 2 hours

Eat favourite and tasty foods

- Eat your favourite foods with spices (garlic, ginger, curry), onions, or tomatoes for flavour (unless you have oral thrush, diarrhoea or another condition that spicy food can aggravate)



Make food easier to take

- Soft, mashed, and moist foods are easier to eat
- Grind meat and chicken or cut into smaller pieces for easier eating
- Drink with a straw if mouth is sensitive



A Variety of Foods Needed

- 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
- 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
- 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
- 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

Breastfeeding and Complementary Foods

- This wall chart aims to support the mother's decision to only breastfeed or to only replacement feed
- It does not provide enough information for her to make that decision
- Be sure to talk with your healthcare provider to learn which feeding option is the best for you



Exclusive Breastfeeding

- Give nothing but breastmilk for the first 6 months
- Even a sick mother can provide enough breastmilk for her infant
- At 6 months, breastfeeding should be stopped and breastmilk substitutes and complementary foods started
- Breastfeed baby more often when the baby is sick and for 2 weeks after
- Give nothing but breastmilk for the first 6 months because unclean food and fluids can make your baby sick and more likely to get HIV

Good Feeding Habits

- Bring the baby with you when leaving the house, even for a couple hours, to ensure the baby can be breastfed when hungry
- Talk to your healthcare provider about correct positioning of the baby during breastfeeding
- Immediately seek treatment from your healthcare provider for sore or cracked nipples or other breast problems
- Take your baby to its healthcare provider for vaccinations, deworming, and micronutrients
- Have your baby weighed regularly by its healthcare provider to be sure it is not losing any weight



Exclusive Replacement Feeding

- HIV positive mothers may choose not to breastfeed and to use breastmilk substitutes instead. If breastmilk substitutes are given:
 - Talk to your healthcare provider about purchasing and preparing safe and acceptable formulas
 - Breastmilk substitutes need to be affordable, regularly available and acceptable to families
 - Do not give breastmilk substitutes if you are breastfeeding and do not breastfeed if you are giving breastmilk substitutes. The baby can get sick from unclean breastmilk substitutes increasing the chance of getting HIV from the breastmilk.
 - Breastmilk substitutes must be prepared carefully in very clean conditions. Mix them in a clean container and prepare them with clean water.
- Skimmed milk, cereal feeds, juices, and teas are not suitable for babies under 6 months
- Stop breastfeeding as soon as possible (over a few days but no longer than 3 weeks)

Introduction of Complementary Foods

- Breastmilk does not provide enough nutrients after 6 months
- HIV positive mothers should stop breastfeeding at 6 months to reduce the risk of infecting the baby
- Babies need several small meals every few hours throughout the day
- Important complementary foods include soft foods like mashed bananas, pawpaw, greens, carrots, kapenta, meat, eggs, potatoes, sweet potatoes; fisashi; mashed millet and maize; mashed cowpeas or beans with porridge; maize porridge with soya flour; maize porridge and cooked greens
- Like adults, it is better if babies are given a variety of foods at each feeding like mashed sweet potatoes and cowpeas or maize porridge with soya flour and cooked greens
- Only give babies clean water and fluids

Foods for Pregnant and Lactating Mothers

- The body needs extra food than normal when someone is pregnant or breastfeeding. Eat an extra meal a day.
- Eat smaller meals more often and drink fluids like clean water and milk often
- Eat a variety of foods: fish, meat, eggs, beans, green leafy vegetables, mango, pawpaw, sweet potatoes, pumpkin, avocado, tomatoes, carrots
- Take iron-folic acid supplements daily and multivitamin supplements as advised and always use iodized salt

Variety with Each Meal

- 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

Balanced breakfast

- EXAMPLE 1
Avocado, porridge and sour milk
- EXAMPLE 2
Banana, sweet potato and tea with milk

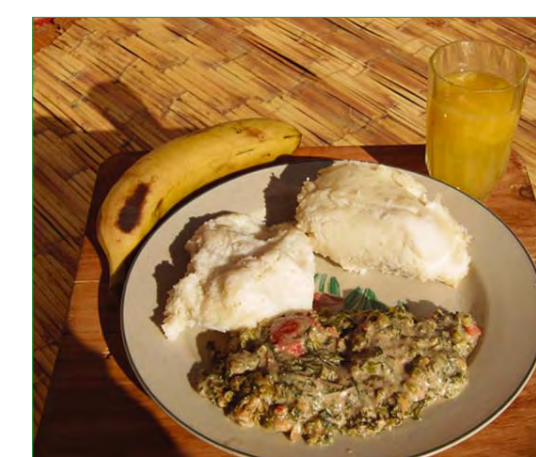


Eat snacks

- Eat snacks in the morning and afternoon between meals
- If sick and not hungry, drinks and snacks are easier to take
- Taking small quantities often of a variety of foods is healthier than filling up with one big meal of nshima

EXAMPLE: Groundnuts, grilled cassava, and juice

Balanced lunches and dinners



EXAMPLE 1
Nshima, groundnut stew, banana, and orange juice

EXAMPLE 2
Rice, beans, green beans, and water

EXAMPLE 3
Nshima, kapenta, pumpkin leaves, and water



Living Positively



Eat with family and friends

- It feels good to be part of a family
- HIV/AIDS is not spread by food or water or by sharing food, dishes or cooking utensils
- Eating outside in the fresh air increases appetite



Meet with friends

- Join an association of people living with HIV and AIDS or an HIV and AIDS support group
- Talk with others facing the same problems



Regain lost strength

- Take care of your own needs
- Go out into the fresh air and sun at least once a day

Be better able to work

- Contribute to family income



Grow a garden

- Provides affordable food
- Provides a variety of foods
- Can be done at home or in the community (if there is no available space at home)

