



Nutrition and Living



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Positively with HIV and AIDS

FOOD AND
NUTRITION
TECHNICAL
ASSISTANCE

Drink Plenty of Fluids



Drink clean water often

- Drink 8 cups (2 litres) of water a day
- Clean water by bringing it to a rolling boil
- Chlorine drops like Clorin can also be used to clean water but must be prepared according to instructions
- Keep well and water storage containers clean and covered



Take fluids when not hungry

- Drink between and after meals and snacks
- Not drinking can make sickness worse
- Drinking fluids does not provide as many nutrients as eating but is better than taking nothing
- Fresh fruit juice has vitamins
- Mix milk with light tea
- Sour milk (mabisi) fights germs that cause diseases

Take fluids with diarrhea

- Take Oral Rehydration Solution (ORS) after each diarrhoeal episode
- Use only clean water when preparing ORS
- Drink clean water, chibwantu, rice water or soup broth
- Sip small amounts of clean water often or use a straw
- Take yoghurt or sour milk
- Avoid sweetened juices, soft drinks, teas, and coffee
- Avoid hot drinks and spicy or fried foods
- Avoid alcohol and acidic fruits



Drink soups and porridge

- Add pounded groundnuts or soya flour to porridge for strength
- Soup broth contains vitamins

Home and Cooking Hygiene

- People with HIV and AIDS are more vulnerable to getting sick
- Keeping surroundings clean reduces the chances of getting sick



Keep surroundings clean

- Keep toilets clean and covered
- Keep animals penned away from cooking area
- Clean up puddles of water
- Keep mats clean
- Sweep often and bury garbage



Wash hands often

- Wash hands with water and soap or ash after using the toilet, cleaning a baby, and before and after preparing, cooking, or eating food
- Dirty hands are a major cause of infection

Wash dishes with soap

- Wash dishes and pots thoroughly with soap
- Rinse and cover with a clean dish towel

Rinse vegetables and fruits

- Dirt on skins carries germs that can cause sickness
- Rinse fruits and vegetables with clean water before eating or cooking



Store dishes

- Wash food preparation area daily with soap
- Keep eating and cooking utensils clean and stored in a clean, dry, covered location away from insects and animals



Go for Regular Check-ups



Don't wait until sick to go for a check-up

- Regular check-ups can identify hidden sicknesses that can be treated
- Get better faster by getting treatment right away
- Go to clinic if getting weaker or feeling sick and don't suffer silently



- Benefit from clinic services such as TB treatment and deworming
- Get family and friends to take you

Get CD4 checks regularly

- A simple blood test indicates when ARVs can be started
- A higher CD4 count means being better able to fight off infections
- CD4 counts should be done at least twice a year



Get weighed regularly

- Ensure you're not losing weight
- Get young children weighed monthly



Benefit from supplements

- Ask about nutrition treatment and food supplements
- Micronutrient supplements may also be available

Soothing Thrush

Seek treatment

- Several medications exist for treating thrush



Soothe lips with vegetable oil

- Wash hands then put vegetable oil on lips several times a day
- Margarine, vaseline and glycerine can also be used



Take soft, mashed foods

- Try to eat despite the thrush
- Cook food well and mash solid foods
- Eat yoghurt and sour milk and dishes with garlic
- Eat ripe pawpaw to heal sores
- Drink soups, porridges, juices, a clean fluids with a straw to ease swallowing
- Avoid spicy foods, food that is too hot, and acidic fruits

Clean mouth

- Cleaning the mouth helps prevent the spread of thrush
- Rinse mouth with 1 cup of clean, warm water with 1 teaspoon of baking soda twice daily



- Mix 1 spoonful of salt into 1 cup of clean, warm water. Dip a clean cloth into the salty water and dab on mouth irritations after each meal.



Take ARV Pills with Food



Take pills with food

- Food can reduce nausea caused by some pills
- Pills are absorbed better with food
- Certain ARVs not often used in Zambia are taken without food. Follow the advice of your health care provider.

Exercise, then eat and take pills

- Stretching or a short walk can increase appetite

Take ARVs in company of friends or family

- Taking ARVs at the same time with another person increases morale
- Share snacks with family and friends outside and take pills



Take pills with liquids

- Drinking liquids prepares the stomach for pills and helps one swallow pills
- Clean water, fresh juice, milk with light tea, soup or rice water can be taken if food is unappetizing



Develop Healthy Habits



Exercise regularly

- Short walks, knee bends, light gardening, stretching, leaning forward are simple exercises
- Exercise strengthens muscles, gives energy, relieves stress and increases appetite
- Exercising with others improves the mood

Avoid alcohol consumption

- Alcohol can make medications like ARVs less effective
- Alcohol reduces appetite
- Alcohol can lead to risky behaviour
- If you can't stop completely, then drink less alcohol



Reduce other risks

- Avoid smoking because it increases the risk of illness and infections like pneumonia
- Abstinence or condom use can prevent one from infecting others or getting infected with HIV



Reduce stress and worry

- People with HIV and AIDS are often treated poorly by others, are worried about their future, and discouraged by getting sick often
- If worry causes you to lose your appetite, try to eat your favourite foods
- Talking to family, friends and spiritual leaders can make you feel better
- Meet friends by joining a support group
- Get enough rest

