

NAUSEA AND VOMITING

- Avoid an empty stomach, which worsens nausea.
- Eat small, frequent meals such as soups, sour porridge, *mageu*, or bananas.
- Eat dry salty biscuits or dry toast to soothe your stomach.
- Avoid spicy and fatty foods.
- Try eating colder foods. The smell of hot foods may make nausea worse.
- Avoid coffee, tea, and alcohol.
- Slowly sip clean, boiled water, herbal and spice teas or juices, lemon juice, or ginger in hot water or tea (no milk) between meals.
- Sit up straight or lean backward a little on pillows to remove pressure from the stomach.
- Avoid lying down immediately after eating; wait at least 20 minutes to avoid vomiting.
- Rest between meals.
- **Seek treatment** if vomiting continues for more than 1 day, there is blood in the vomit, or you have a fever.



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Managing Diet-Related Symptoms of HIV

These actions will not cure HIV or your illness, but they can help relieve your symptoms and help you maintain good nutrition.



LOSS OF APPETITE

- Continue taking your medicines. Not eating can make you more vulnerable to infection. Appetite should come back within a few days of treatment.
- Eat food high in nutrients and energy (meat, fish, eggs, yoghurt, beans, peanut butter, nuts, dried or fresh fruit, *eembe*, *eenyandi*, Mopani worms, marula nuts).
- Eat small portions of nutritious food every 2 hours.
- Drink plenty of clean, safe water and fluids (tea with ginger/lemon) AFTER meals.
- Avoid alcohol and smoking.
- Walk for 15 minutes before eating.
- Eat in the company of friends and relatives.
- Seek medical care if you have any infection and especially if you have a fever.

WEIGHT LOSS

- Eat more bread, *mahangu*, pasta, or rice (at least 3 times a day).
- Eat 2-3 snacks between meals (nuts, seeds, fruit).
- Eat milk and milk products, beans, meat, chicken, eggs, fish, or ground nuts at *least* 3 times a day.
- Combine beans and peas with rice, maize, or other grains.
- Add peanut butter, cheese, avocado, sauces, or oil to vegetables, bread, rice, *mahangu*, pasta, potatoes, porridge, or soups.
- Add dairy milk powder (*not* coffee creamer or tea lightener) or butter to porridge, cereals, sauces, and mashed potatoes.
- Drink sour milk such as *omaere*.

DIARRHOEA

- Diarrhoea can reduce your food and fluid intake and absorption, and cause dehydration and malnutrition.
- Seek medical care if diarrhoea does not stop or gets worse.
- Drink 8 or more glasses a day of boiled or filtered water, diluted fruit juice, electrolyte (energy) drinks, soups, or broth.
- Sip 1 glass ($\frac{1}{2}$ glass for children) of ORS as soon as diarrhoea starts and after every loose stool.
- Eat 5 or more small meals a day.



- Eat soft fruits (banana, paw-paw, watermelon, grated apple) and cooked vegetables (pumpkin, squash, potatoes, carrots) to strengthen your immune system and digestive tract.
- Eat foods rich in potassium, such as bananas, spinach, potatoes, and meat.
- Eat easily digestible foods such as oatmeal, white rice, white toast, soft porridge, and dry biscuits for energy.
- Eat fermented milk products (yoghurt and cultured milk).
- Avoid fresh milk and milk soured artificially with roots or lemon juice.
- Avoid foods that cause gas, such as beans, cabbage, and carbonated (cool) drinks.
- Avoid using a lot of butter, margarine, or oils and eating fried foods, which may worsen diarrhoea.
- Avoid coffee, tea, cool drinks, and alcohol.



You can make ORS at home

Mix $\frac{1}{2}$ teaspoon of salt, 8 teaspoons of sugar and 1 litre of clean water. Mix and sip every 5 minutes, day and night, until your urine looks lighter.

It is generally recommended to use premixed ORS because the ingredients may not be available or too little may be given (WHO 2005).

MOUTH SORES/ORAL THRUSH

- Mouth sores or thrush can affect eating.
- Cleaning the mouth helps prevent the spread of infection and speeds healing.
- Clean your mouth with a clean cloth with mildly salty warm water at least twice a day (morning and evening, preferably after a meal).



- Rinse your mouth frequently with a solution recommended by your doctor or with a pinch of salt or 1 teaspoon of baking soda mixed with a glass of lukewarm boiled or filtered water.
- Relieve mouth sores by eating fermented foods such as yoghurt and sour milk.
- Eat soft, mashed foods such as soft porridge, noodles, oatmeal, mince meat, eggs, pumpkin, and paw-paw.
- Add sauces, yoghurt, or butter to foods or dip bread in milk, tea, or soup to ease the throat.
- Avoid acidic foods such as oranges, tomatoes, lemon, and vinegar.
- Avoid foods that are spicy (chillies, curries) or too hot.
- Avoid foods that need a lot of chewing or are rough and coarse, such as nuts, toast, popcorn, or potato chips.