



# Counselor Fact Sheet

## Nutrition

### A Balanced/Varied Diet

<p><i>Staples</i> nshima, rice, potatoes, cassava, sorghum, millet, other cereals</p>	<p><i>Seeds, Pulses and Legumes</i> Beans, cowpeas, pumpkins seeds, groundnuts</p>
<p><i>Vegetables</i> rape, spinach, carrots, pumpkin leaves, sweet potato leaves, bondwe, cassava leaves</p>	<p><i>Foods from Animal Sources</i> Meat, fish, chicken, inswa, caterpillar</p>
<p><i>Fruits</i> mango, banana, orange, pawpaw, pumpkin, guava, tomato, mulberry</p>	<p><i>Fats and Oils</i> Margarine, butter, cooking oil, fat from meat, palm</p> <p><i>Sugars</i> Use Vitamin A fortified sugar, honey</p>

### Feeding a Sick Child

- Feed the child small frequent meals.
- Feed slowly and patiently, encouraging but not forcing child to eat.
- Try different food combinations, tastes, textures and methods of encouragement if the child refuse foods.
- Reduce distractions during meals if child loses interest easily.
- If breastfeeding exclusively, breastfeed more frequently.
- Be patient and feed slowly.
- Give the child foods he/she likes.
- Give a variety of foods and extra fluids.
- Pay attention and make feeding a happy time.

### Nutrition during Pregnancy and Breastfeeding

Pregnant women, HIV positive or not, need extra nutrients because of the changes in their bodies and needs of the baby. Pregnant and breastfeeding women should:

- Eat a variety of foods.
- Eat small frequent meals.
- Eat more animal foods for good sources of iron.
- Eat foods rich in vitamin C e.g. guava, oranges, lemons, mabuyu.
- Eat plenty of vegetables, fruits and whole grain cereals such as roller meal etc.
- Take iron, folic acid, vitamin A and other recommended supplements.
- Eat an extra meal or snack a day.
- Try to get a little physical activity and fresh air every day.

