



Counselor Fact Sheet

Nutrition for PLHA

Nutrition Tips

- Eat a balanced diet consisting of carbohydrates or starchy foods (e.g. potato, cassava, maize, cereals etc.), protein foods (beans, nuts, milk, eggs, cheese) and fruits and vegetables.
- Eat foods rich in iron: red meat, liver, eggs, peanuts, lentils, dark green leafy vegetables and Kapenta.
- Eat foods rich in calcium: milk, Kapenta, dark green leafy vegetables, nuts legumes and groundnuts.
- Eat foods rich in magnesium: cereal, dark green leafy vegetables, nuts, legumes and groundnuts.
- Eat foods rich in vitamin C: oranges or other citrus fruits, tomatoes and Irish potato.
- Eat smaller, more frequent meals if unable to consume normal amounts.
- Maintain high levels of sanitation, food hygiene and water safety at all times.
- People living in hookworm-endemic areas should be de-wormed twice per year.
- Practice positive living behaviours e.g. avoid alcohol, cigarettes and other tobacco.
- Limit consumption of junk foods and manage depression and stress.
- Do physical activity regularly to strengthen or build muscles and increase appetite and improve health. Physical activity may include normal household work, walking and gardening.
- Drink plenty of clean safe water (at least 8 glasses a day). Use only filtered, boiled or chlorinated water to swallow medicines and to prepare juices.
- Seek prompt treatment for all opportunistic infections and other diseases especially those that interfere with food intake, absorption, and utilisation.
- Be aware that some drugs may interact with differently with different foods. Try to avoid foods that do not combine well with drugs. You will learn this over time.
- Give 50, 000 I.U of vitamin A to children less than 6 months old born to HIV positive mothers and to those, whose mothers or care givers have opted for exclusive replacement feeding.

