



HIV AND AIDS

THE IMPORTANCE OF NUTRITION IN HIV

There is a close relationship between malnutrition and HIV, where each makes an individual more vulnerable to the other, as well as increases the severity of each condition. This is known as the malnutrition and HIV cycle. Malnutrition worsens the progression of HIV which in turn worsens malnutrition and so the cycle goes...

Changes in intake and absorption of nutrients:

- The HIV infection itself results in increased nutritional needs and can cause decreased intake (e.g. due to nausea), as well as poor absorption (e.g. diarrhoea).

“GOOD NUTRITION STATUS IN HIV MANAGEMENT IS ESSENTIAL”

- Most HIV patients also have an opportunistic infection in addition to the underlying HIV infection. These infections can result in fever, which increases needs, or nausea/vomiting, which decreases intake. Infections such as oral candida can cause a sore



mouth or pain when swallowing, which also results in a decreased intake.

- All of this causes further wasting and leads to a poor nutritional status.

Achieve improved nutrition status by:

- Enjoying a variety of foods.
- Making starchy foods part of you meals.
- Eating lots of fruit and veg every day.
- Adding beans, lentils, and other legumes to your meals.
- Eating low fat yoghurt or maas.
- Making lean meat, fish, and chicken part of your meals.
- Drinking lots of clean, safe water.
- Using fat sparingly.
- Using sugar sparingly.

The food you eat is as important as the medication you take when living with HIV. Speak to your doctor for more information.