



EATING AND LIVING WELL WITH HIV AND AIDS



Good Nutrition Makes A Difference

February 2011

Instructions for Using This Flipchart

This flipchart is for clinic- and community-based health care providers who work with people living with HIV and AIDS (PLHIV) to use in individual or group counselling or more formal education sessions. The messages aim to help PLHIV make informed choices to improve their nutritional status, adhere to treatment, and manage common HIV-related conditions through diet.

TIPS FOR COUNSELLING

1. Greet the client.
2. Make sure the pictures can be seen easily.
3. Ask the questions under **ASK THE CLIENT** to start discussion and encourage clients to talk about themselves.
4. In a group session, do not let the same people do all the talking. Choose a different person to answer questions each time.
5. Share the information under **EXPLAIN** with the client if the points have not been raised.
6. Counsel the client using the messages under **ADVISE THE CLIENT TO**.
7. Listen attentively and maintain eye contact.
8. Let the client do most of the talking.
9. Give information clearly and correctly.
10. Relate the pictures to the client's situation.
11. Do not try to cover all the themes and all the flipchart pages in one session. Choose the topics most relevant to the client's needs.
12. If the client may not return or come to the clinic regularly, cover as many themes as possible or review the five themes in the table of contents.
13. Point out that it may be difficult to follow all the recommendations, but the client should do the best he or she can.

Qualities of Good Counsellors

Empathy

Good counsellors put themselves in the client's place and try to understand how the client feels.

Respect

Good counsellors are polite and friendly to their clients, not condescending or arrogant.

Honesty

Good counsellors tell the truth. They do not hold back information that their clients want. They tell their clients when they do not know the answer to a question.

CONTENTS



THEME 1: THE IMPORTANCE OF GOOD NUTRITION FOR PEOPLE LIVING WITH HIV AND AIDS



THEME 2: NUTRITION AND LIVING POSITIVELY WITH HIV AND AIDS



THEME 3: PREVENTING INFECTION AND STAYING HEALTHY



THEME 4: FIGHTING ILLNESS THROUGH DIET



THEME 5: EAT WELL WHEN YOU ARE PREGNANT OR LACTATING

CONTENTS

Instructions for Using This Flipchart
Qualities of Good Counsellors



THEME 1: THE IMPORTANCE OF GOOD NUTRITION FOR PEOPLE LIVING WITH HIV AND AIDS 6

Eat a Variety of Foods	8
Eat Three Meals a Day if Possible and Snacks Between Meals.....	10
Drink Plenty of Fluids	12
Find Ways to Eat Well	14
Increase Your Appetite	16



THEME 2: NUTRITION AND LIVING POSITIVELY WITH HIV AND AIDS 18

Reduce Stress and Worry	20
Keep Physically Active	22
Live Positively	24



THEME 3: PREVENTING INFECTION AND STAYING HEALTHY 26

Keep Your Surroundings Clean	28
Keep Water and Food Safe	30
Get Regular Check-ups	32



THEME 4: FIGHTING ILLNESS THROUGH DIET 34

Manage Diarrhoea, Nausea, and Vomiting	36
Soothe Thrush	38
Get the Best Results from ARVs.....	40
Reduce Anaemia.....	42
Manage Tuberculosis.....	44



THEME 5: EAT WELL WHEN YOU ARE PREGNANT OR LACTATING 46

Maternal Nutrition and Infant and Young Child Feeding.....	48
If You Choose to Breastfeed, Breastfeed ONLY	50
If You Choose to Replacement Feed, Replacement Feed ONLY	52
Introduce Complementary Foods at 6 Months	54

Acknowledgements

THEME 1

The Importance of Good Nutrition for People Living with HIV and AIDS

ASK THE CLIENT:

- What do you see in these pictures?
- How are these pictures related?
- Why should people with HIV and AIDS eat well?
- What can happen if you don't eat well?

EXPLAIN:

1. People with HIV and AIDS need to eat well.

- HIV increases the body's need for food but also makes the body less able to digest and use food. This makes people living with HIV vulnerable to malnutrition.
- People with HIV have a weak immune system to fight infections and need to eat well to prevent and recover from illness.
- Good nutrition helps you keep working, growing food, and contributing to family income.

2. People with HIV need to maintain a healthy weight.

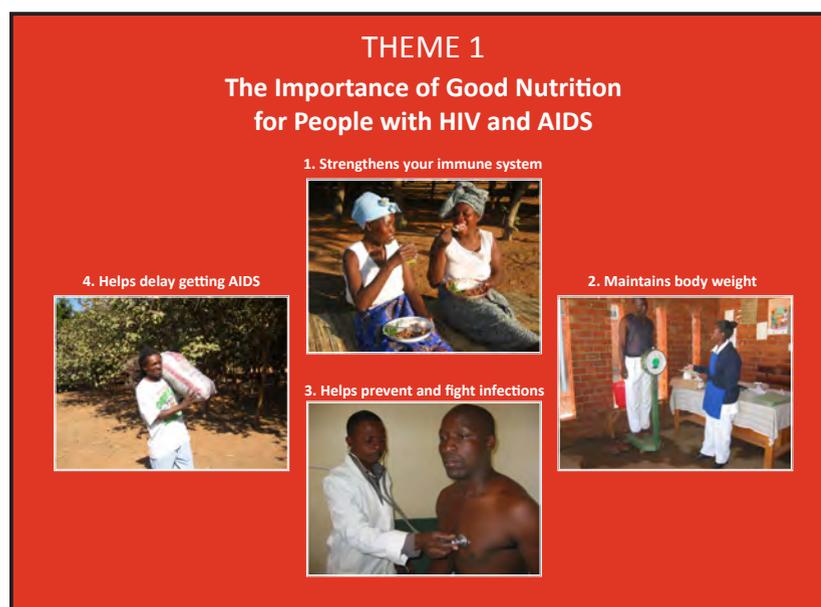
- Eating well helps maintain weight and increase strength.
- Eating well helps you regain weight lost during illness.

3. A good diet helps prevent and fight infections.

- Eating well helps fight illness and infection and improves response to treatment.
- Good nutrition reduces time and money spent on health care.

4. Good nutrition can delay the onset of AIDS.

- Good nutrition improves response to treatment.
- Good nutrition improves immune status and reduces opportunistic infections.



THEME 1

The Importance of Good Nutrition for People Living with HIV and AIDS

1. Strengthens your immune system



2. Maintains body weight



3. Helps prevent and fight infections



4. Helps delay getting AIDS



THEME 1

Eat a Variety of Foods

ASK THE CLIENT:

- What types of foods do you see in the pictures?
- What types of foods do you eat?
- Why is it important to eat different types of foods?
- Which of the energy-giving foods in the pictures can you afford?
- Which of the body-building foods in the pictures can you afford?
- Which of the protective foods in the pictures can you afford?

EXPLAIN:

Different foods protect or strengthen the body in different ways. Each meal should include foods from all three food groups because no food group provides enough nutrients by itself.

ADVISE THE CLIENT TO:

Energy-giving foods

- Provide most of the energy (“fuel” the body needs to function well) but must be combined with other foods.

Maize, rice, nshima, cassava, sorghum, bread, fritters, bread, oil, margarine, butter, sugar, honey

Body-building foods

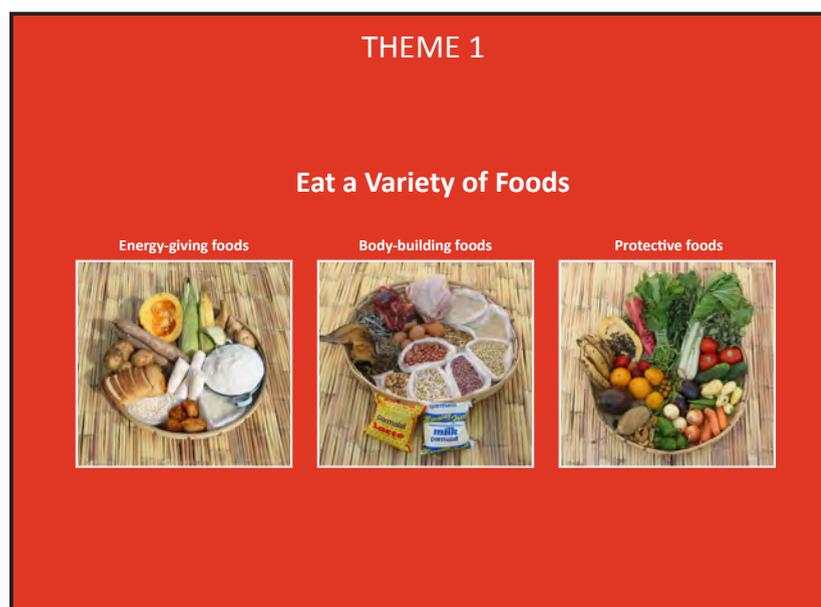
- Help make muscles and bones strong.
- Help put lost weight back on.

Meat, fish, kapenta, chicken, eggs, soya, groundnuts, cow peas, chikanda, beans, caterpillars, inswa, milk, mabisi maheu, munkoyo

Protective foods

- Help the body resist and fight infection.
- Add taste and flavour to meals.

Oranges, mangos, pawpaws, pineapples, bananas, watermelon, lemons, masuku, tomatoes, avocados, eggplants, impwa, carrots, onions, peppers, mankolombwe, okra, sindambi, cat whiskers, ibondwe, pumpkin, green leafy vegetables like spinach, lumanda, cassava leaves, pumpkin leaves



THEME 1

Eat a Variety of Foods

Energy-giving foods



Body-building foods



Protective foods



THEME 1

Eat Three Meals a Day if Possible and Snacks Between Meals

ASK THE CLIENT:

- What food combinations do you see in these pictures?
- How many times a day do you eat?
- What types of foods do you eat for breakfast, lunch, and dinner?
- Which of these food combinations do you like and can you afford to eat?

EXPLAIN:

To get enough energy and nutrients, you need to eat at least three good meals a day and snacks between meals. Different foods should be combined in each meal because no food group provides enough nutrients by itself.

ADVISE THE CLIENT TO:

- If you can't eat three meals a day, make sure the meals you eat contain foods rich in energy and nutrients from all the food groups.
- Eat as much of the food as you can afford.
- Drink clean water and other fluids between meals and throughout the day.

BREAKFAST

Example 1. Banana, sweet potato, and tea with milk

Example 2. Avocado, porridge, and sour milk

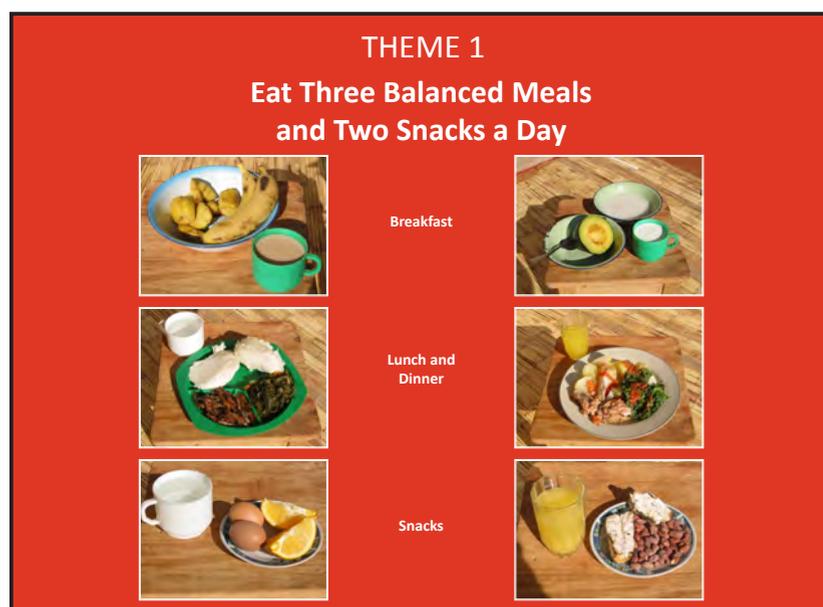
LUNCH/DINNER

Example 1. Nshima, kapenta, pumpkin leaves, water

Example 2. Rice, beans, green beans, water

Example 3. Chicken, potatoes, spinach, juice

Example 4. Nshima, groundnut stew, banana, orange juice



THEME 1

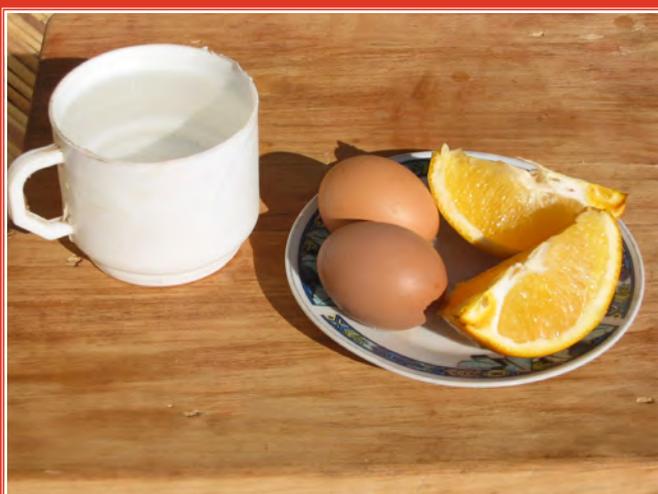
Eat Three Meals a Day if Possible and Snacks Between Meals



Breakfast



Lunch and
Dinner



Snacks



THEME 1

Drink Plenty of Fluids

ASK THE CLIENT:

- **What drinks do you see in the photos?**
 1. Water, 2. rice water, 3. tea, 4. milk, 5. sour milk, 6. freshly squeezed orange juice, 7. maheu
- **Why should you drink plenty of fluids?**
- **What fluids do you like and can you afford?**

EXPLAIN:

Drinking plenty of clean water between meals and throughout the day helps remove toxins from the body and helps you make and use energy.

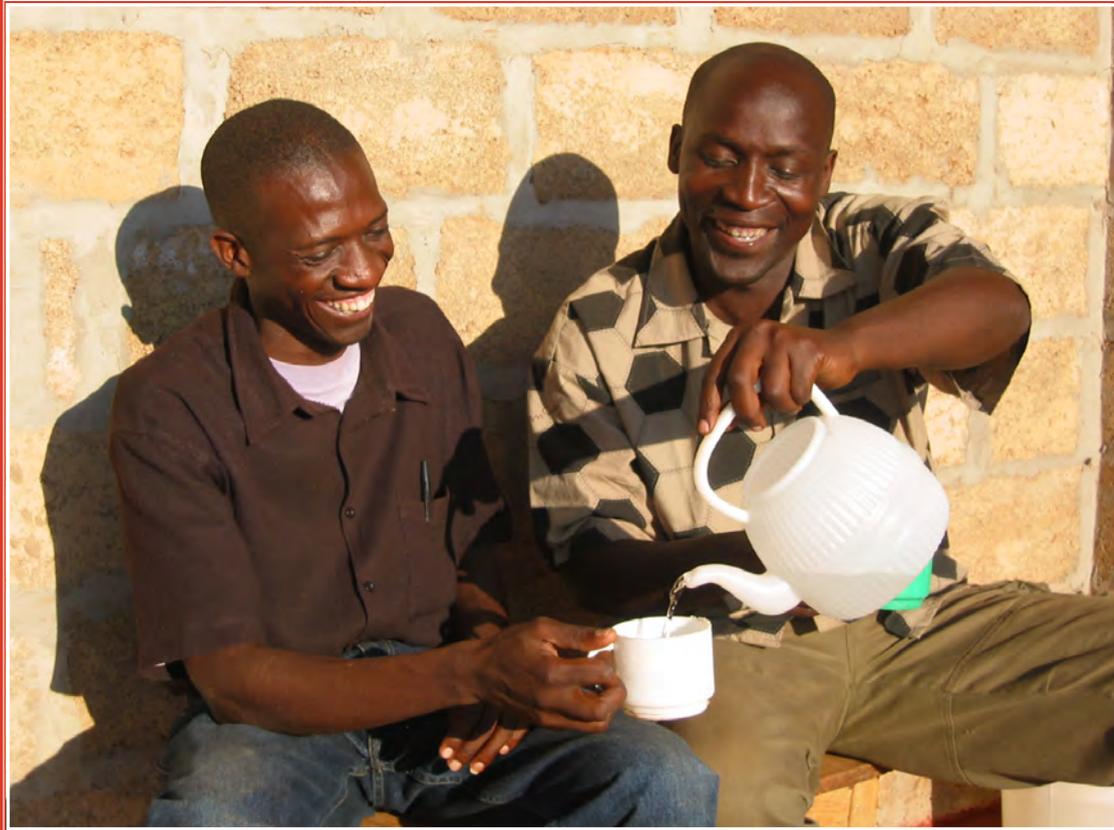
ADVISE THE CLIENT TO:

- Drink plenty of clean, safe water throughout the day.
- Drink soup, light tea, or freshly squeezed juice.
- Drink fluids between or after meals, not during meals.
- Coffee, tea, and juices cannot replace the water you need to drink.



THEME 1

Drink Plenty of Fluids



THEME 1

Find Ways to Eat Well

ASK THE CLIENT:

- **What is happening in this picture?**
- **What problems might keep you from eating enough food?**
- **What problems might keep you from eating a variety of foods?**
- **How can you solve these problems?**



PROBLEMS

SOLUTIONS

Lack of time to prepare food

- Soak dry beans overnight.
- Mix foods into one dish.
- Take turns cooking with others.

Lack of money to buy foods

- Start a home or community garden.
- Raise chickens or rabbits.
- Buy affordable foods with good nutritional value such as kapenta and groundnuts.

Healthy foods not in season

- Preserve foods after good harvests, for example, by drying, and store them safely so you can eat them later in the year.

No one to help buy and prepare food

- Seek help from your health care provider to link you to a community livelihood program.

Loneliness during meals

- Eat with family or friends.

THEME 1

Find Ways to Eat Well



THEME 1

Increase Your Appetite

ASK THE CLIENT:

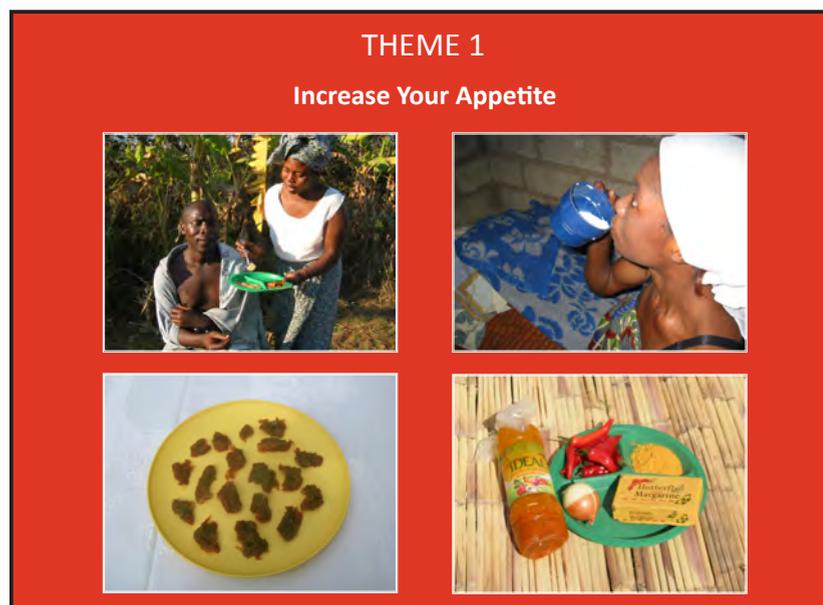
- **What is happening in these pictures?**
- **Why should you eat and drink when you are sick and not hungry?**
- **What can you do to increase your appetite?**

EXPLAIN:

HIV and some medicines reduce appetite. You should eat even if you feel sick and have little appetite. You can get infections more easily if you don't eat well.

ADVISE THE CLIENT TO:

- Eat small portions of food 5 or 6 times a day or every 2 hours.
- Add spices such as garlic, ginger, or curry to your favourite foods, or add onions and tomatoes for flavour.
- If you are ill, eat throughout your illness and try to eat more than usual.
- Eat soft, mashed, and moist foods.
- Grind meat and chicken or cut it into smaller pieces for easier eating.
- Have a warm drink after waking up and before going to bed.
- Eat porridge with soya flour or pounded groundnuts for strength.
- Avoid alcohol because it reduces appetite.
- Take a walk if possible. Fresh air can stimulate appetite.



THEME 1

Increase Your Appetite



THEME 2

Nutrition and Living Positively with HIV and AIDS

ASK THE CLIENT:

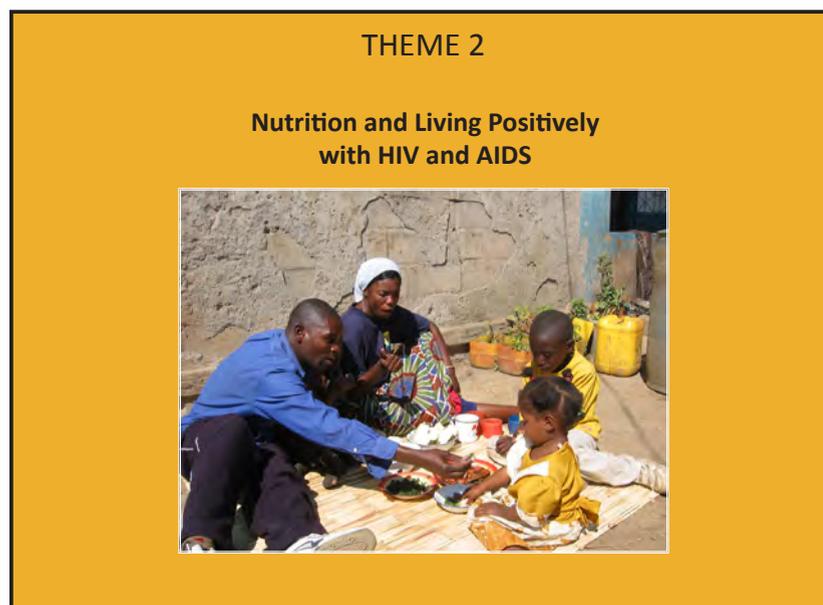
- **What is happening in this picture?**
- **What does “living positively” mean?**
- **What can you do to live positively?**

EXPLAIN:

With ARVs, people living with HIV can live healthy and productive lives by following the eight Critical Nutrition Actions.

ADVISE THE CLIENT TO:

1. Get weighed regularly and keep a record of your weight.
2. Eat more energy-rich food (two or three extra snacks a day if you have symptoms of AIDS and one extra snack a day if you do not).
3. Maintain high levels of hygiene and sanitation.
4. Practice positive living behaviours.
5. Do physical activity or exercises regularly.
6. Drink plenty of clean, safe water.
7. Get all infections treated promptly and manage symptoms through diet.
8. Manage ARV-food interactions and side effects of medications by following a drug-food schedule.



THEME 2

Nutrition and Living Positively with HIV and AIDS



THEME 2

Reduce Stress and Worry

ASK THE CLIENT:

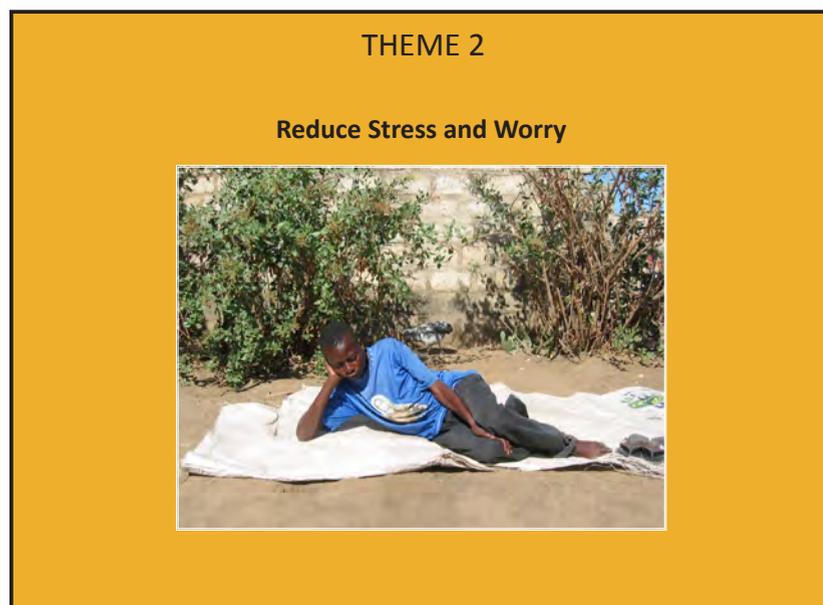
- **What do you see in this picture?**
- **Why do people infected with HIV get worried or stressed?**
- **What can you do to reduce your stress and worry?**

EXPLAIN:

People with HIV and AIDS are often treated badly, worry about their future, and are discouraged by getting sick often. Stress can worsen your health.

ADVISE THE CLIENT TO:

- If worry makes you lose your appetite, try to eat your favourite foods.
- Talk to a counsellor or a home-based care provider about your worries.
- Spend time with family, friends, and spiritual leaders.
- Join support group for people living with HIV.
- Get plenty of rest.
- Ask for help when you need it.



THEME 2

Reduce Stress and Worry



THEME 2

Keep Physically Active

ASK THE CLIENT:

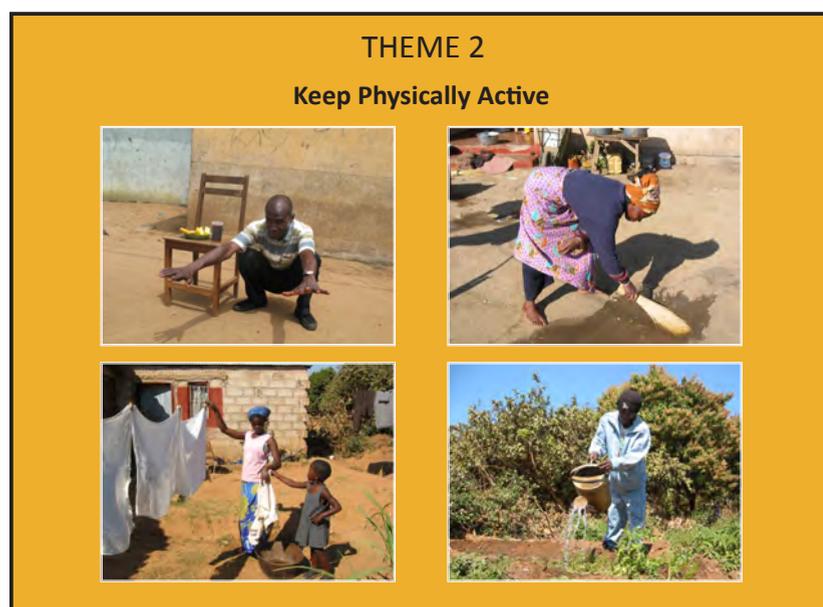
- **What is happening in these pictures?**
- **How does physical activity help you stay healthy?**
- **What kinds of physical activities do you do?**

EXPLAIN:

Physical activity helps stimulate appetite, improves mood, prevents stiff joints and muscle aches, strengthens and builds muscles, including the heart, and improves blood circulation.

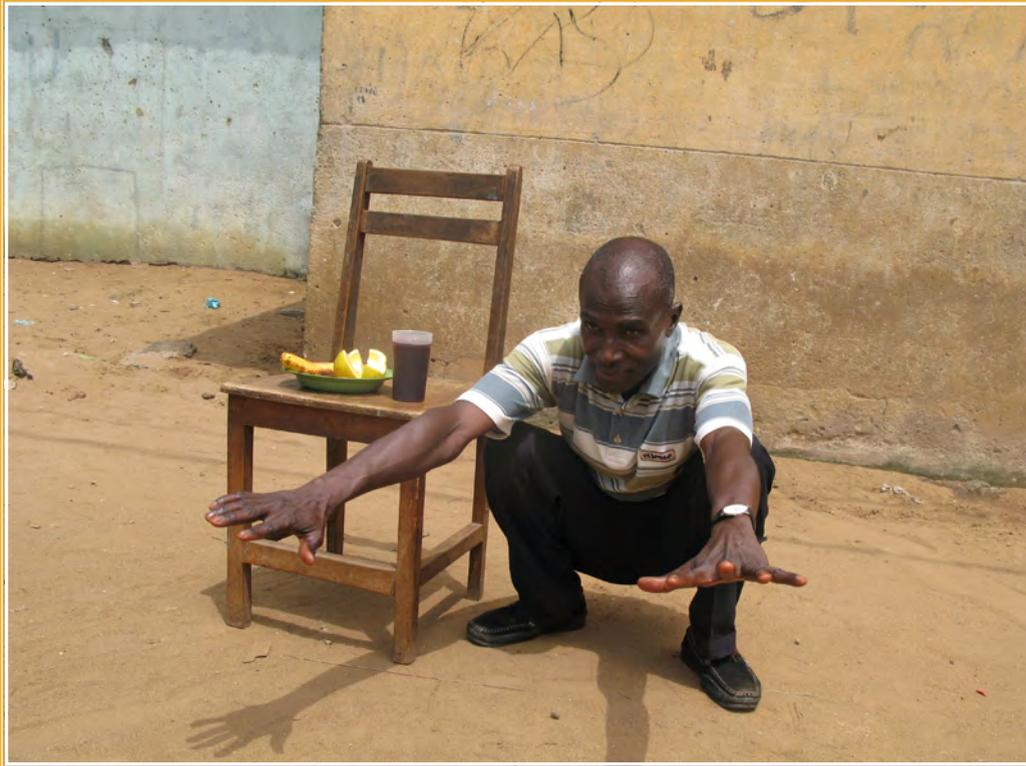
ADVISE THE CLIENT TO:

- Take short walks.
- Do light gardening, knee bends, stretching, leaning forward and back, even if you are not feeling very well.
- If you are bedridden, ask someone to massage your arms and legs to avoid stiffness and improve circulation.



THEME 2

Keep Physically Active



THEME 2

Live Positively

ASK THE CLIENT:

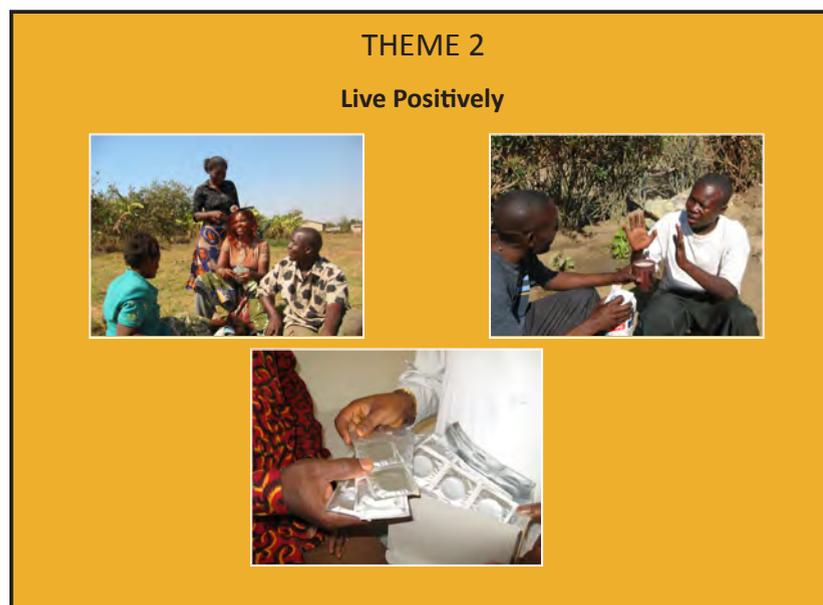
- **What is happening in these pictures?**
- **What habits are bad for your health?**
- **What good habits can you develop?**

EXPLAIN:

HIV doesn't have to overwhelm your life. With ARVs and a healthy lifestyle, you can live longer and better with HIV.

ADVISE THE CLIENT TO:

- Practise safer sex -- abstain or use condoms to avoid getting reinfected with HIV or infecting others.
- Get sexually transmitted infections (STIs) diagnosed and treated early. If you have an STI and HIV, you can transmit both more easily.
- Seek antenatal care as soon as you are pregnant and enroll in a prevention of mother-to-child transmission of HIV (PMTCT) programme as soon as possible.
- Alcohol can make medications less effective, worsen side effects, reduce appetite, cause dehydration (lack of water in the body), interfere with digestion, and lead to risky behaviours such as unsafe sex. If you can't stop drinking, drink less.
- If you smoke, quit or smoke less. This is the most effective way to improve your health. Smoking reduces appetite and increases the risk of infections such as pneumonia.
- Discuss with your health care provider how to disclose your HIV status to others.
- Relax and get enough rest. Stress and fatigue can speed the progression of HIV to AIDS.
- Ask for support from family and friends and join a support group of others in the same situation.



THEME 2

Live Positively



THEME 3

Preventing Infection and Staying Healthy

ASK THE CLIENT

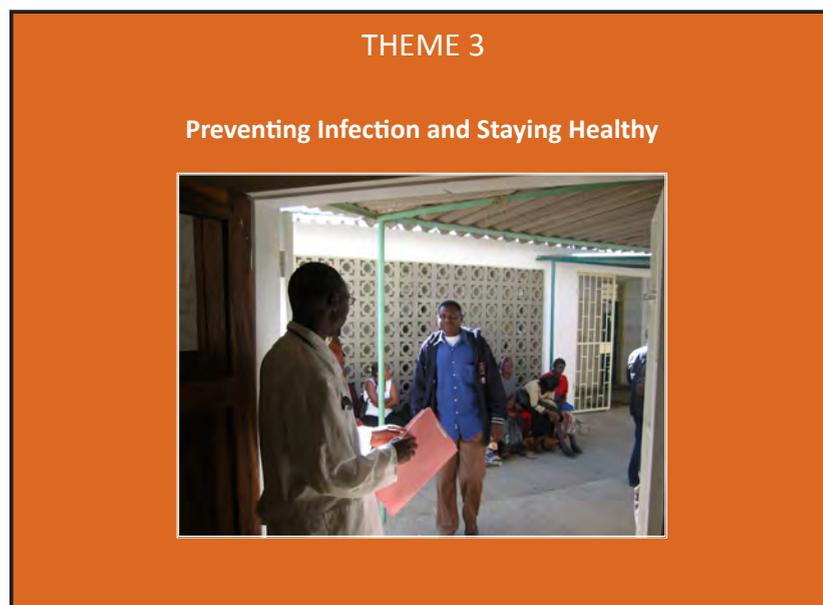
- **What is happening in this picture?**
- **Why should you visit a health facility regularly?**
- **What can you do at home to keep from getting sick?**

EXPLAIN:

People with HIV get infections easily because they have weak immune systems.

ADVISE THE CLIENT TO:

- Infections can make you eat less because they can cause loss of appetite, vomiting, and diarrhoea, at the same time that they increase your need for food to fight the infections.
- Keep your home and surroundings clean to reduce your chances of getting sick.
- Take all medicines as your doctor or nurse advises.
- Get regular check-ups to find illnesses early so they can be treated early.
- Go for treatment early when you are sick.



THEME 3

Preventing Infection and Staying Healthy



THEME 3

Keep Your Surroundings Clean

ASK THE CLIENT:

- **What do you see in these pictures?**
- **Why should you keep the area around your house clean?**
- **What can you do to keep your surroundings clean?**

EXPLAIN:

People with HIV and AIDS can get sick easily. Keeping your surroundings clean reduces the chance of getting infections.

ADVISE THE CLIENT TO:

- Keep toilets cleaned and covered to keep out insects and animals.
- Keep animals away from the cooking area to avoid contaminating food.
- Clean up pools of water in and around the home.
- Clean your house often, inside and out.
- Place garbage in a covered container or plastic bag until you can dispose of it.
- Dispose of garbage or bury it away from your house and far away from your water source.



THEME 3

Keep Your Surroundings Clean



THEME 3

Keep Water and Food Safe

ASK THE CLIENT:

- **What is happening in these pictures?**
- **Why keep your food preparation area clean?**
- **What can you do to keep your food preparation area clean?**
- **Why is it important to wash your hands with water and soap or ash?**

EXPLAIN:

People with HIV and AIDS are vulnerable to sicknesses like diarrhoea caused by contaminated food and water.

ADVISE THE CLIENT TO:

- Wash your hands thoroughly with running water and soap or ash before and after handling, preparing, and eating food. Shake your hands dry instead of wiping them.
- Boil water used for drinking or preparing food or treat it with chlorine according to instructions. Keep stored water covered.
- Pour water into a drinking cup instead of dipping a cup into your stored water.
- Keep wells and water storage containers covered and protected from insects and animals.
- Wash your food preparation area daily with soap.
- Wash dishes and pots with soap and store in a clean, covered place.
- Wash fruits and vegetables with clean water before eating or cooking them.
- Do not eat spoiled food or uncooked eggs. Cook meat and fish thoroughly and make sure meat juices are clear, not pink.
- Clean utensils and cutting boards used to cut raw meat and chicken with soap and water before you use them to cut other foods. Raw meat and chicken can carry dangerous germs.
- Do not keep cooked food out for more than 2 hours. Thoroughly reheat any cooked foods before eating.



THEME 3

Keep Water and Food Safe



THEME 3

Get Regular Check-ups

ASK THE CLIENT:

- **What is happening in these pictures?**
- **Why should you see a health care provider regularly?**
- **Why do people with HIV sometimes wait too long before seeing a health care provider?**

EXPLAIN:

If you wait too long to get medical help when you are sick, it takes longer to get better and costs more for treatment. Regular check-ups will help you benefit from other services such as ARVs, tuberculosis treatment, de-worming, and malaria treatment.

ADVISE THE CLIENT TO:

- Get weighed regularly to make sure you are not losing or gaining too much weight.
- Seek medical treatment early if you are getting weaker or feeling sick.
- Have your CD4 count checked at least every 6 months.



THEME 3

Get Regular Check-ups



THEME 4

Fighting Illness through Diet

ASK THE CLIENT:

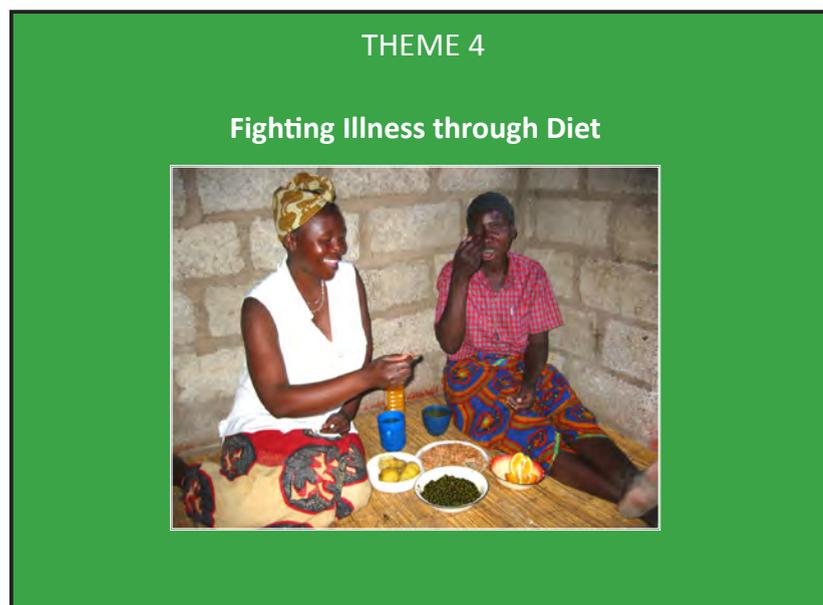
- **What do you see in this picture?**
- **Why do sick people need to eat more than usual?**
- **What foods and drinks can people take when they are sick?**

EXPLAIN:

People with HIV are more at risk of common illnesses such as diarrhoea, thrush, anaemia, and tuberculosis. Good nutrition is important to prevent illness and recover from infections.

ADVISE THE CLIENT TO:

- Eat different foods for different illnesses to help recover your strength.
- Eat more healthy food than usual during and after illness to recover faster.
- Eat snacks between meals to get more nutrients.



THEME 4

Fighting Illness through Diet



THEME 4

Manage Diarrhoea, Nausea, and Vomiting

ASK THE CLIENT:

- **What do you see in these pictures?**
- **Why should you drink a lot of fluids when you are vomiting or have diarrhoea?**
- **What fluids do you drink when you are vomiting or have diarrhoea?**

EXPLAIN:

Diarrhoea, nausea, and vomiting reduce appetite, cause dehydration, and take nutrients from your body. Once these symptoms are treated, you need to eat extra food to regain lost weight.

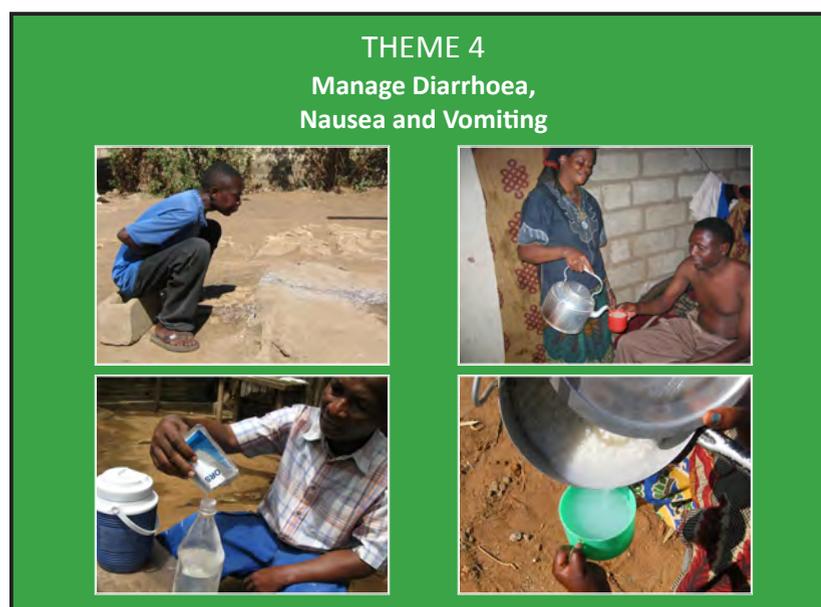
ADVISE THE CLIENT TO:

For diarrhoea

- Each time you have diarrhoea, drink plenty of fluids (clean, safe water, rice water, soup, or chibwantu).
- Do not drink sweetened juices, soft drinks, tea, or coffee.
- Eat smaller portions of soft foods such as porridge.
- Avoid very hot or very cold drinks, oily or fried foods, spicy foods, and acidic fruits such as lemons and oranges.

For nausea and vomiting

- Sip small amounts of clean water throughout the day.
- Eat soft, mashed foods in small portions often.
- Avoid an empty stomach, which makes nausea worse.



THEME 4

Manage Diarrhoea, Nausea, and Vomiting



THEME 4

Soothe Thrush

ASK THE CLIENT:

- **What is thrush?**
- **If you have sores in your mouth, how do you manage them?**
- **What foods do you see in the picture?**
- **Which of these foods can you afford?**
- **What kinds of foods do you eat when you have mouth sores or thrush?**

EXPLAIN:

Candida albicans is a fungus found naturally in the body. In people with weak immune systems, it can grow quickly and cause white plaques in the mouth. This is called thrush. Thrush makes swallowing difficult or uncomfortable, but it is not dangerous. If the fungus spreads to the throat, however, it is a sign of AIDS. Cleaning the mouth helps prevent and stop the spread of thrush.

ADVISE THE CLIENT TO:

- Clean your mouth with cotton and 1 small spoonful of salt mixed in a cup of clean, warm water or rinse your mouth with the same mixture.
- Eat smaller portions and soft food such as mashed foods, soups, porridge, and ripe pawpaw to help heal mouth sores.
- Eat fermented foods such as yoghurt and sour milk, and dishes prepared with garlic.
- Avoid smoking, drinking alcohol, and eating sugar, acidic fruit such as lemons and oranges, spicy food, and food that is served hot.
- Seek treatment early.



THEME 4

Soothe Thrush



THEME 4

Get the Best Results from ARVs

ASK THE CLIENT:

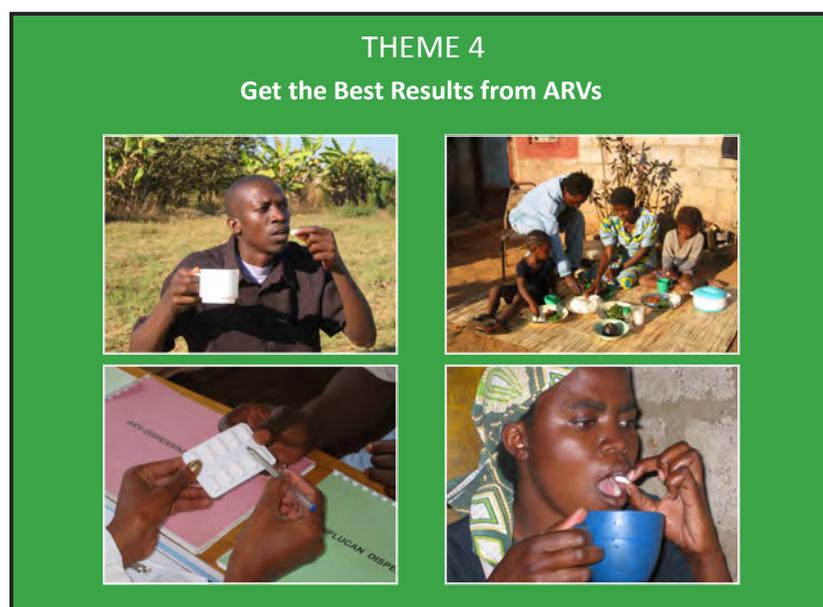
- **What do you see in these pictures?**
- **Have you had any side effects from taking ARVs? If so, which ones (nausea, diarrhoea, taste changes, vomiting)?**

EXPLAIN:

The side effects of some ARVs can make it difficult to eat and absorb food. Many side effects decrease or stop after 6-8 weeks. It is important to follow directions when taking ARVs because they will not work well if you do not.

ADVISE THE CLIENT TO:

- Do not skip or stop taking ARVs without consulting your doctor. You can get an opportunistic infection more easily if you take a break.
- “Take without food” means while your stomach is empty, at least 1 hour before or 2 hours after a meal. “Take with food” means during a meal or within 1 hour after a meal. Make a drug-food schedule with your health care provider.
- Some side effects are from opportunistic infections, not ARVs. See your doctor if side effects are severe and make it difficult to eat.
- **Nausea and vomiting:** Eat small meals often and avoid spicy, fatty, and sugary foods.
- **Diarrhea:** Drink plenty of clean boiled water, continue to eat during and after illness, and eat soft mashed foods.
- **Appetite loss:** Eat small meals often and favourite foods.
- **Taste changes:** Chew food well and use spices, lemon, or light salt.
- **High cholesterol:** Avoid fats and oils (especially animal fats and deep-fried foods), eat less sugary foods, and eat fruits, vegetables, and whole grains every day.



THEME 4

Get the Best Results from ARVs



THEME 4

Reduce Anaemia

ASK THE CLIENT:

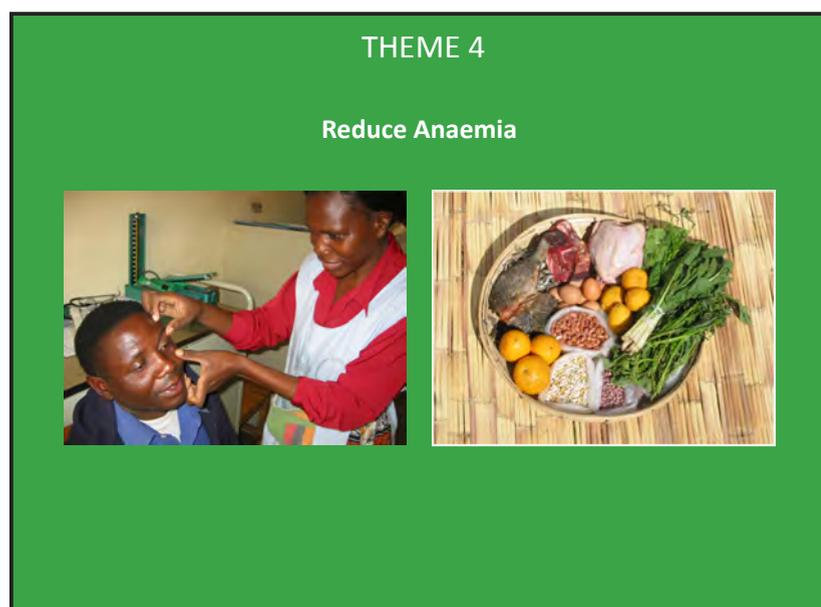
- **When you feel weak and tired, do you eat any special foods?**
- **What foods do you see in the picture?**
- **Which of these foods can you afford?**

EXPLAIN:

If people have anaemia, their red blood cells cannot send enough oxygen to the body. Their hearts must pump more blood, and this can cause heart problems. Anaemia is the most common complication of HIV and can cause tiredness, weakness, and dizziness.

ADVISE THE CLIENT TO:

- Eat iron-rich foods such fish, meat, and eggs to make you strong again.
- Eat green leafy vegetables (such as spinach, cassava, pumpkin, and purple hibiscus leaves), potatoes, pumpkin, carrots, oranges, lemons, and mangoes.
- Do not drink tea or coffee with meals because they make the iron in food unusable by the body.
- Get de-wormed every 6 months.
- Malaria can make anaemia worse. Get treated for malaria immediately and sleep under an insecticide-treated bed net.
- Get iron supplements from a health facility.



THEME 4

Reduce Anaemia



THEME 4

Manage Tuberculosis

ASK THE CLIENT:

- **What do you see in these pictures?**
- **How does tuberculosis make you feel?**
- **What can you do to increase your strength when taking tuberculosis medications?**

EXPLAIN:

Malnutrition is common in adults with tuberculosis (TB). TB increases the body's use of energy, causing severe weight loss (wasting). Therefore people with TB need to eat more food and make sure the food is rich in energy and nutrients. HIV increases the risk of TB, and TB speeds the progression of HIV to AIDS. However, TB can be cured.

ADVISE THE CLIENT TO:

- Seek treatment immediately if you have signs of TB such as night sweats, frequent coughing, weight loss, and weakness.
- TB treatment lasts 8 months. Take the pills every day for the entire 8 months, or you will get sicker if you get TB again.
- Eat a variety of foods to provide your body with the nutrients it needs to fight TB.
- Eat foods that are good sources of protein, vitamins, and minerals, including whole cereals, beans, nuts, fish, meat, poultry, fruits such as watermelon, and vegetables such as avocados.
- Do not drink any alcohol during TB treatment, because alcohol can cause side effects and treatment complications.



THEME 4

Manage Tuberculosis



THEME 5

Eat Well When You Are Pregnant or Lactating

ASK CLIENT

- **Why do pregnant and breastfeeding women need more food than usual?**
- **What special foods should pregnant or breastfeeding women eat or avoid?**
- **What types of foods do you see in the picture?**
- **Which of these foods can you afford?**
- **What special foods did you eat when you were pregnant?**

EXPLAIN:

Pregnant and breastfeeding women need to eat more than usual to feed the developing foetus and produce breast milk.

ADVISE THE CLIENT TO:

- Eat an extra meal and snack every day, with a variety of foods from all the food groups.
- Eat smaller meals more often.
- Take iron-folic acid supplements daily and multivitamin supplements as your health care provider advises.
- Always use iodated salt.
- Get weighed throughout your pregnancy at your nearest health facility to check that you are gaining enough weight.
- Drink plenty of fluids such as clean water and milk often.



THEME 5

Eat Well When You Are Pregnant or Lactating



THEME 5

Maternal Nutrition and Infant and Young Child Feeding

ASK THE CLIENT:

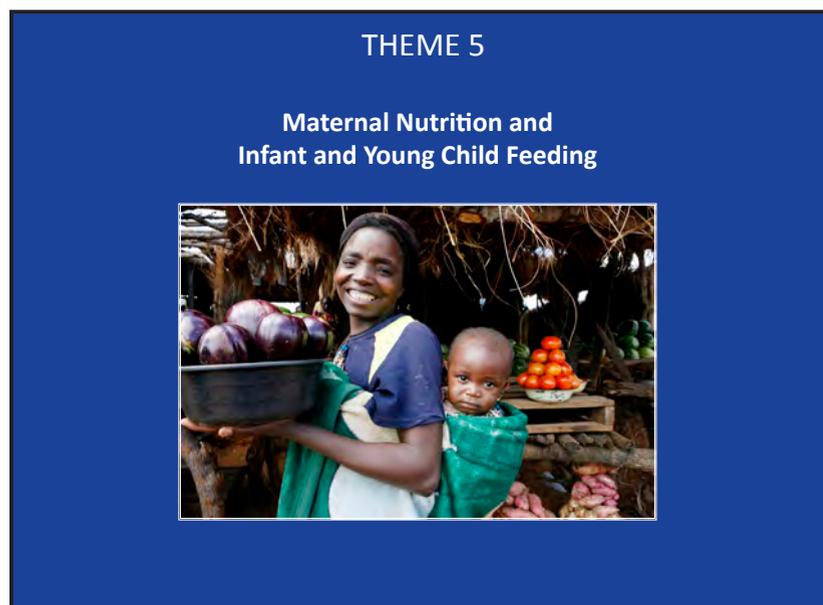
- **What do you see in this picture?**

EXPLAIN:

A good diet is very important for pregnant and lactating women and for small babies. If a woman is malnourished during pregnancy or her child is malnourished during the first 2 years of life, the child's physical and mental growth and development will be slow. This will affect the child for the rest of his or her life. HIV-positive mothers need to choose the best way to feed their babies to keep them from getting HIV.

ADVISE THE CLIENT TO:

- Seek advice from your health care provider about the best way to feed your baby to keep him or her from getting infected with HIV.
- These counselling cards aim to support your decision but do not provide enough information for you to make that decision.



THEME 5

Maternal Nutrition and Infant and Young Child Feeding



THEME 5

If You Choose to Breastfeed, Breastfeed ONLY

ASK THE CLIENT:

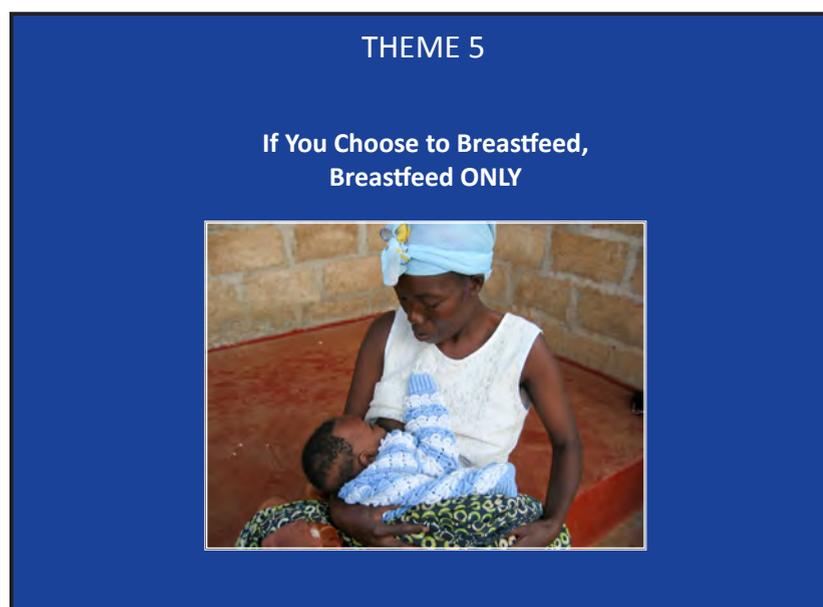
- **What do you see in this picture?**
- **How long do babies usually breastfeed?**
- **Why is 6 months of exclusive breastfeeding recommended for mothers with HIV?**
- **If you are pregnant or have a young baby, can you breastfeed ONLY? What difficulties might you face?**
- **Why is it a problem to give other foods and liquids besides breast milk to a baby under 6 months old?**
- **What else do you do to keep your baby growing well?**

EXPLAIN:

Breast milk is the best food for babies. Exclusive breastfeeding (breastfeeding ONLY) means the first 6 months of life. Even sick mothers can produce enough breast milk with help and patience.

ADVISE THE CLIENT TO:

- Talk to your health care provider about correct positioning and attachment.
- If possible, take your baby with you when you leave home, even for 1 or 2 hours, so you can breastfeed when the baby is hungry.
- Feed your baby more often when he or she is sick and at least for 2 weeks afterwards.
- When your baby is 6 months old, introduce complementary foods and continue to breastfeed up to 2 years and longer.
- Breastfeed and continue to take ARVs for 12 months and have your baby take ARVs until 1 week after the end of breastfeeding to reduce the risk of infecting your baby with HIV.



THEME 5

If You Choose to Breastfeed, Breastfeed ONLY



THEME 5

If You Choose to Replacement Feed, Replacement Feed ONLY

ASK THE CLIENT:

- **What do you see in this picture?**
- **What do you know about breast milk substitutes such as commercial formula and home-prepared formulas with powdered, evaporated, or animal milk for babies?**
- **Can you afford enough formula for 6 months?**
- **Can you always use clean water and utensils to prepare formula?**

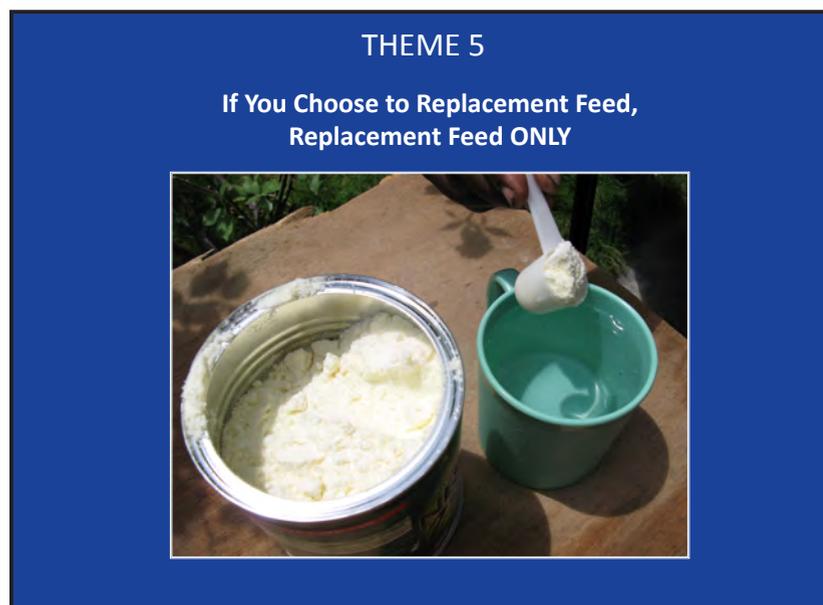
EXPLAIN:

HIV-positive mothers may choose not to breastfeed and to use formula instead. Replacement feeding can prevent HIV transmission through breast milk, but only if it is done exclusively, with no breastfeeding at all. Formula contaminated with unclean water or bottles can make babies sick.

ADVISE THE CLIENT TO:

- Mix breast milk substitutes in a clean container with clean water that has been boiled.
- Do not breastfeed your baby if you are feeding formula. This increases the risk of HIV transmission to your baby.

NOTE TO COUNSELLOR: Demonstrate how to prepare commercial formula safely.



THEME 5

If You Choose to Replacement Feed, Replacement Feed ONLY



THEME 5

Introduce Complementary Foods at 6 Months

ASK CLIENT

- **What do you see in this picture?**
- **Why do babies need foods in addition to breast milk at 6 months?**
- **What types of foods have you fed your baby after the age of 6 months?**

EXPLAIN

Breast milk alone does not provide enough nutrients for babies after 6 months. Babies over 6 months old need a variety of foods at each feeding, including breast milk.

ADVISE THE CLIENT TO:

- In addition to breast milk, feed babies over 6 months old soft foods such as mashed bananas, pawpaw, greens, carrots, kapenta, meat, eggs, potatoes, sweet potatoes, fisashi, mashed millet and maize, mashed cowpeas or beans with porridge and maize porridge with soya flour or cooked vegetables.
- Feed babies several small meals every few hours throughout the day.
- Give babies clean, safe water and fluids prepared with clean water to avoid infections.
- Take your baby to the under-5 clinic every month for weighing and measuring, immunizations, de-worming, and vitamin and mineral supplements.



THEME 5

Introduce Complementary Foods at 6 Months



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