



Suggestions to Maximise Food Intake by PLWHA

Symptom	Suggested strategy
Fever and Loss of Appetite	<ul style="list-style-type: none"> • Drink high-energy, high-protein liquids and fruit juices. • Eat small portions of soft, preferred foods with a pleasing aroma and texture throughout the day. • Eat nutritious snacks whenever possible. • Drink liquids often.
Sore Mouth and Throat	<ul style="list-style-type: none"> • Avoid citrus fruits, tomato, and spicy foods. • Avoid very sweet foods. • Drink high-energy, high-protein liquids with a straw if available. • Eat foods at room temperature or cooler. • Eat thick, smooth foods such as pudding, porridge, mashed potato, mashed carrots, or other non-acidic vegetables and fruits.
Nausea and Vomiting	<ul style="list-style-type: none"> • Eat small snacks throughout the day and avoid large meals. • Eat plain, dry foods. • Avoid foods that have a strong aroma. • Drink diluted fruit juices, other liquids and soup. • Eat simple boiled foods, such as porridge, potato, beans.
Loose Bowels	<ul style="list-style-type: none"> • Eat bananas, mashed fruits, soft rice, porridge. • Eat smaller meals, more often. • Eliminate dairy products to see if they are the cause. • Decreases high-fat foods. • Avoid eating foods with insoluble fiber ("roughage"). • Drink liquids often.
Fat Malabsorption	<ul style="list-style-type: none"> • Eliminate oils, butter, margarine, and foods that contain or were prepared with them. • Eat only lean meats. • Eat fruit and vegetables and other low-fat foods.
Severe Diarrhoea	<ul style="list-style-type: none"> • Drink liquids frequently. • Drink oral rehydration solution. • Drink diluted juices. • Eat bananas, mashed fruits, soft rice, porridge.
Fatigue, Lethargy	<ul style="list-style-type: none"> • Have someone pre-cook foods to avoid energy and time spent in preparation. • Eat fresh fruits that don't require preparation. • Eat snack foods often throughout the day. • Drink high-energy, high-protein liquids. • Set aside time each day for eating.

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Infection Prevention for PLWHA

How Can I Stay Well?	
	Avoid people who have a serious infection
	Stay for people who have colds or illnesses.
	Keep bloody clothing away from other clothing. Wash bloody or soiled clothes in hot, soapy water to kill the virus.
	Animals carry germs in their urine, saliva, and faeces. If you clean up after any animals, wash your hands immediately.
	Always use a condom when you have sex.
	Stop sharing needles.

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PLWHA – Taking Care of Yourself

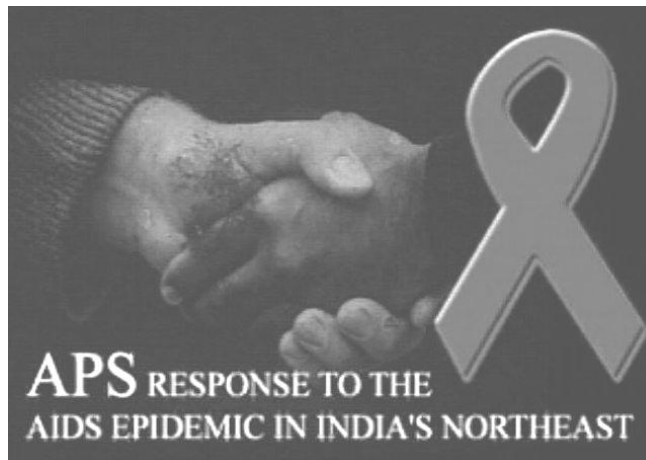
How Can I Stay Well?	
	Wash your hands often, especially before eating and after using the toilet.
	Check your skin every day for sores or open areas. Keep your skin clean and moist.
	Tell your healthcare worker about any sores or open areas that do not heal.
	Check your mouth every day for any signs of infection. Rinse your mouth with water after eating.
	Cover open wounds.
	Eat healthy foods. Avoid refined or processed foods.
	Participate in stress-reducing activities such as walks, meditation, and religious or spiritual activities.
	Take the medicines your health care worker gives you.
	Stop using or cut back on alcohol, cigarettes, and drugs.

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AIDS PREVENTION SOCIETY
Programme for
Voluntary counselling & Testing (VCT)

LIST OF APS VCT CENTRES

HEAD OFFICE
AIDS PREVENTION SOCIETY
Monaliv Clinic & AIDS Research Centre
Mother Teresa Road (Zoo Narangi)
Guwahati – 781021, Assam, India
Tel – 1097 (Hotline), 91-361-2417772
Cell – 9864039129 / 9864022747



AIDS PREVENTION SOCIETY
Guwahati, Assam

**CARE & SUPPORT
PROGRAMME**

**We care for
people with
HIV/AIDS**