

This booklet has been developed for people who are HIV positive, their family or care givers and health workers to provide basic information on nutrition and HIV in a simple way.

This booklet is a story about Kofi. Kofi is HIV positive. In the first section, Kofi is building a house and this illustrates the importance and components of a healthy diet. The second section illustrates the different food related complaints Kofi sometimes experiences and gives dietary advice.



INTERNATIONAL HEALTH CARE CENTRE

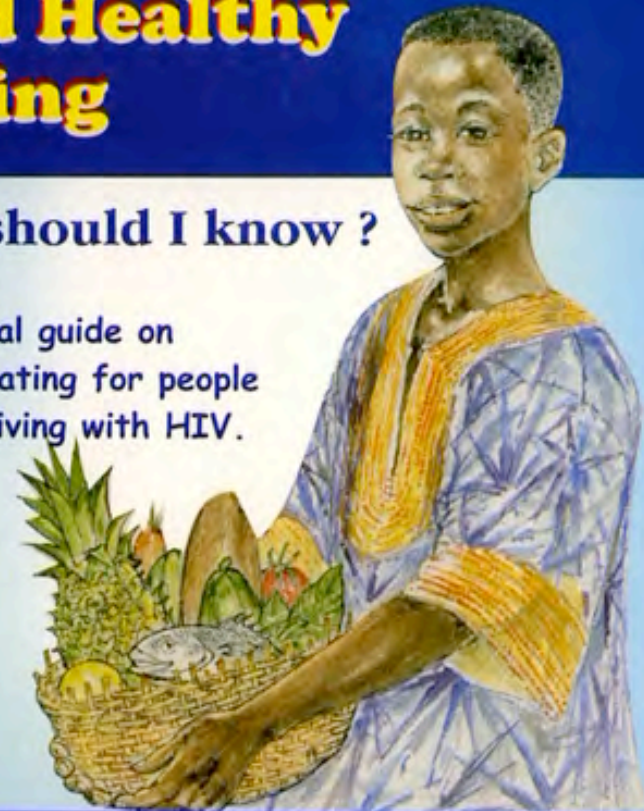
Focus on AIDS!

Supported by funds from the Netherlands
Pensioenfonds De Koornzaayer
CoöperatieHolding Friesland
Solgar Vitamins
Gottswaal VOF

Positive Living And Healthy Eating

What should I know ?

A practical guide on
healthy eating for people
who are living with HIV.



© International Health Care Centre

The material in this work is copyrighted. For permission to photocopy or reprint any part of this work, please send a request with complete information to the publishers. The publishers encourage dissemination of their work and will normally grant permission promptly

For more information contact
Cindy Noordermeer, BSc (Dietician)
Focus on AIDS
email: info@focusonids.org
www.focusonids.org

Naa Ashiley Vanderpuye, MD (Medical Director)
International Health Care Centre
14 Continental Road, Roman Ridge, Accra
P. O. Box KD 130, Kanda, Accra
Tel: 00233-(0)21-761294
00233-(0)24-3362447
email: info@waafweb.org
www.waafweb.org

Co-production support services provided by
Anastasia Navele, MPH (Public Health Nutritionist)
Tel: 024-3168433
e-mail: atnavele@yahoo.com

Illustrated by *Edmund Opere*
Cover designed by *Peter Lantey Lamptey*

Printed by YAMENS PRESS LTD.
P. O. Box AN 6045
Accra-North, Ghana
Tel: (021) 223222

Hello, I am Kofi and I am HIV positive.
I have learned that healthy eating is important for
me to stay strong.



In this book, I will explain to you what healthy
eating means and how you can eat well while HIV
positive.

1. Healthy Eating

I have learned that the way I should build my healthy diet is similar to the way I build my house.



For building a house, I need to bring different materials together for a strong and nice building.

2

I was living in an old house.



The house didn't contain all the materials it needed to be strong.

I have built a new house.



My new house is nice and strong and built out of different materials.

3

No Appetite

The virus, the infections and my sadness reduce my appetite.



Although I have no appetite, it is important for me to eat.

14

What to do

Eat small frequent meals and light snacks in between

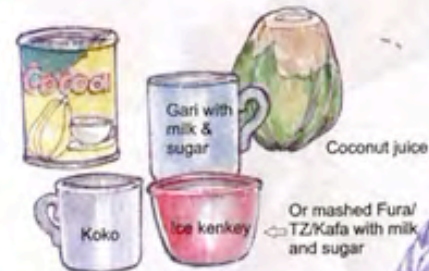


Plain rice
Aboloo
Kafa

Koko

(Examples of snacks see page 26)

Stay away from cooking smells



Drink energy rich drinks

Or mashed Fura/
TZ/Kafa with milk
and sugar

Eat your favorite foods



Serve small portions in an attractive way

15

The materials of a healthy diet

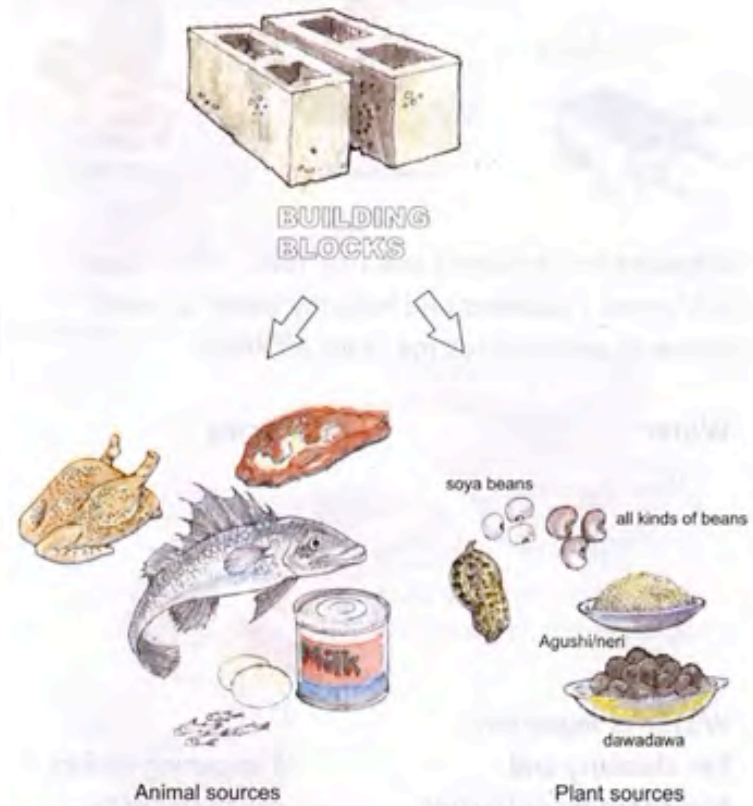
Like building my house, I need to bring different materials (foods) together for a healthy diet:

Energy giving foods (carbohydrates, sugars, fats and oils)



Energy giving foods are like workers. They give me energy for all my day to day activities.

Body building foods (protein)



Body building foods are like building stones. I need them for building and maintaining my body.