

Suggested Menu for HIV/AIDS patient

Breakfast

- cereal with a side of fruit

Lunch

- salad with greens
- cup of soup
- chicken sandwich for protein

Dinner

- fish
- rice
- vegetables

Snacks

- yogurt
- fruit



Pathology Concerns Symptoms of HIV affecting the diet include:

- Mouth ulcers
- Weight loss
- Diarrhea

It may become difficult to eat as HIV progresses to AIDS

Long Term Effects of the Diet

- can help strengthen the immune system
- increase in protein & calories can help reduce effects of weight-loss
- increased fluid intake can help avoid dehydration, constipation, and increase overall energy



What is the diet?

The HIV/AIDS diet consists of maintaining a healthy and nutritional diet

Consume adequate calories, add protein to meals, and include a variety of vitamins and minerals



Nutrition And Aids

Katrin Zwirglmaier



Nutrition And Aids:

Decoding **Nutrition And Aids**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Nutrition And Aids**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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