

## 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



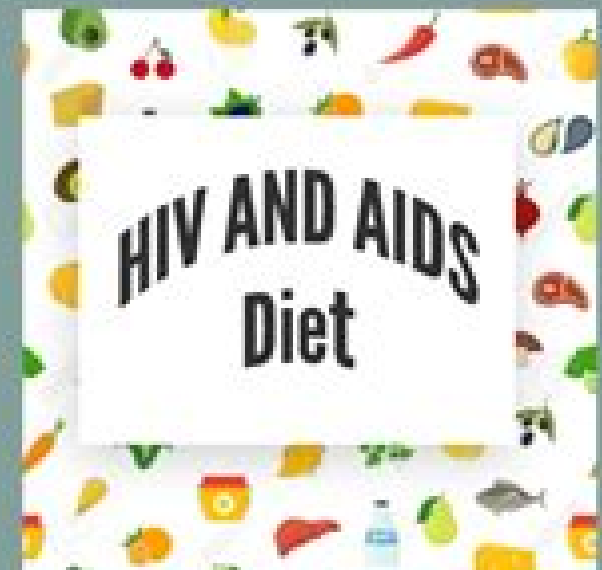
### Pathology Concerns Symptoms of HIV affecting the diet include:

- 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

**Clemens Wendtner**



## **Nutrition And Aids:**

## Unveiling the Magic of Words: A Review of "**Nutrition And Aids**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Nutrition And Aids**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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