

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

Jin-Ying Zhang



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