



EATING AND LIVING WELL



**Good Nutrition Makes a Difference
for People Living with Illness**

2017

How to Use This Flipchart

WHO should use it?

Any health workers and community volunteers

For WHAT?

Counselling and education with individuals and groups

WHY?

To help people make informed choices to improve nutrition, adhere to treatment and manage common symptoms through diet

HOW?

- Hold the flipchart open so the client sees the pictures and you see the text.
- **ASK** questions and listen.
- Select topics using the contents page.
- Use '**ORPA**'. Ask the client to:
 - **Observe** and **Reflect** on what is happening in the picture.
 - **Personalize**: Discuss how it applies in her/his life.
 - **Act**: Consider how to do it at home.
- Give guidance under **EXPLAIN**.
- Discuss **ACTIONS** the client can try.

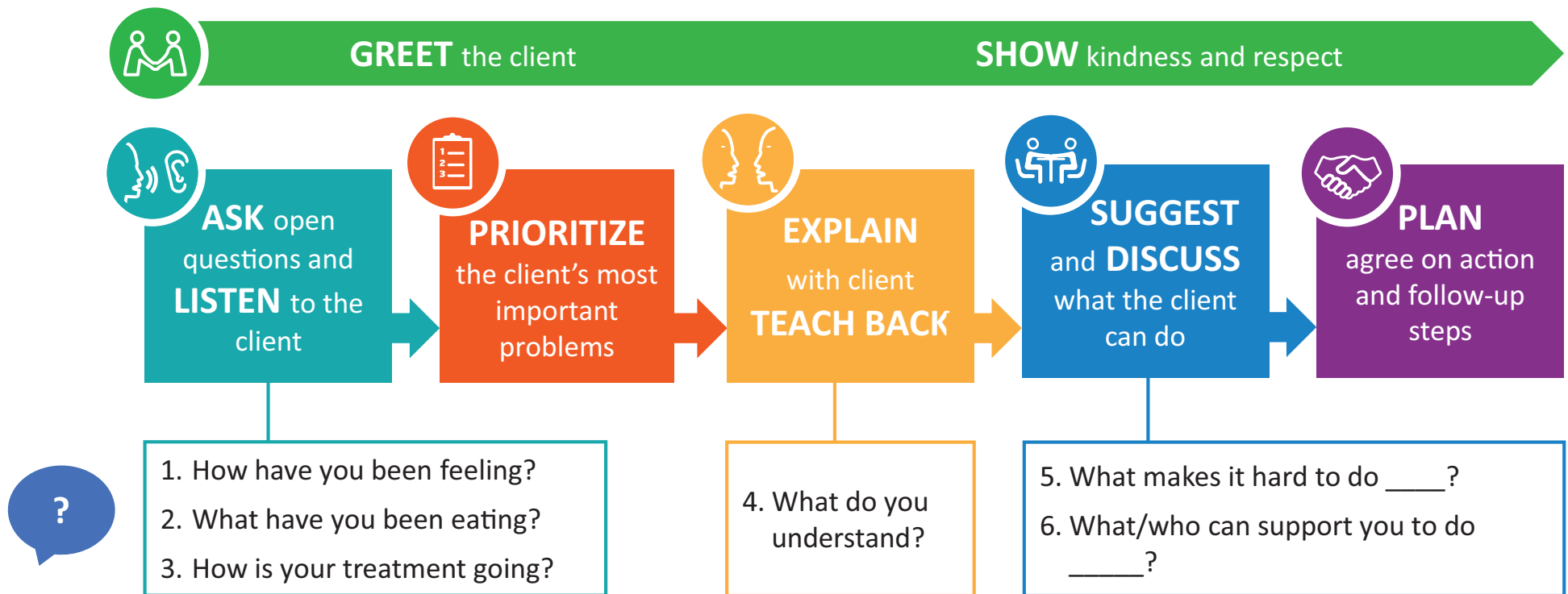


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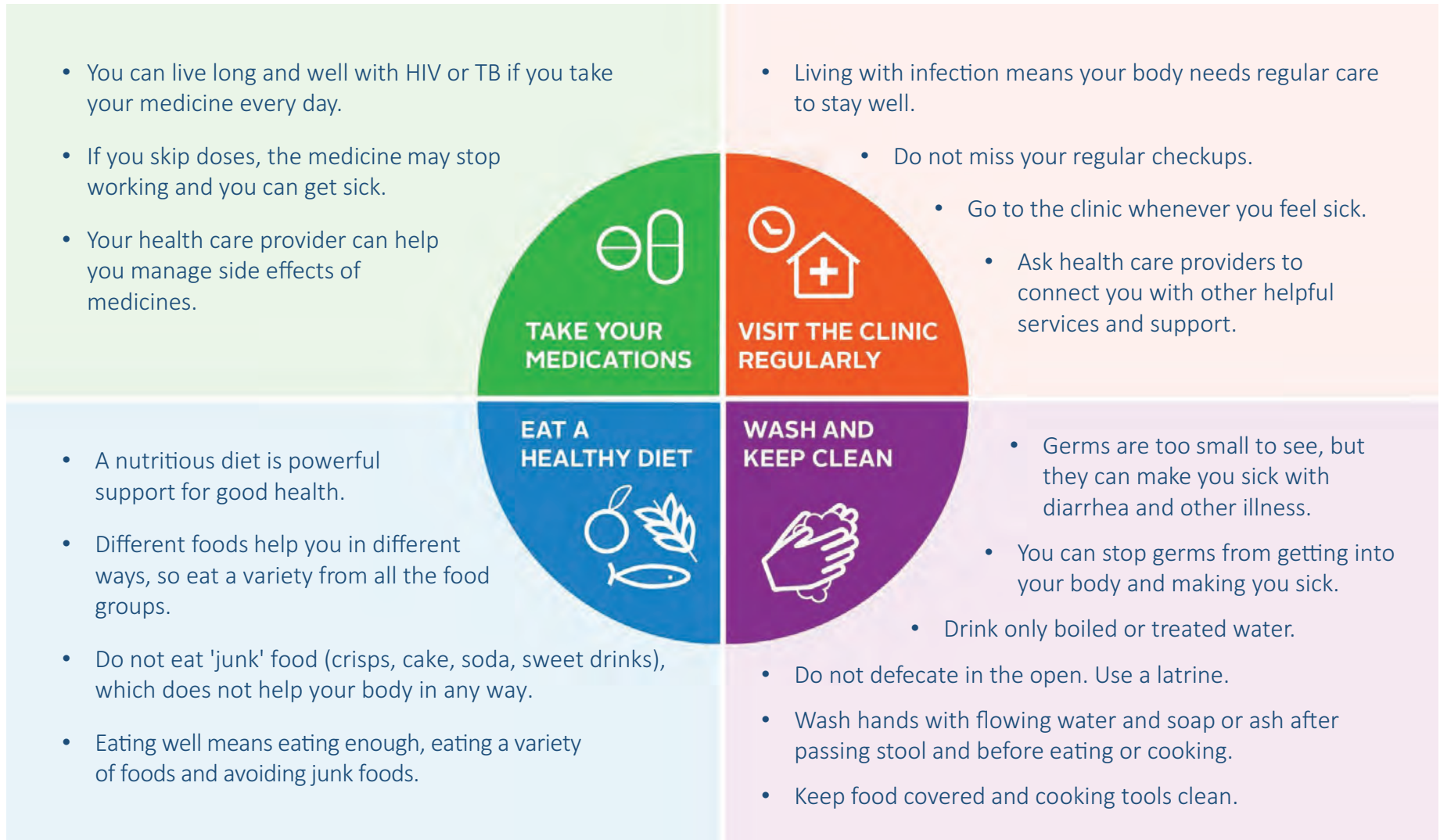
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Counselling Steps and Questions



Always Address the Client's Core Needs



THEME 1

Eat to Stay Well, Eat to Get Better

ASK:

- What do you see in the pictures?
- What does the diagram show?
- What would the opposite cycle look like?
- What does 'eating well' mean?
- Why should people who are ill eat well?
- What can happen if people don't eat well?

EXPLAIN:

- Nutrition and good health are linked: Improving one improves the other.
- People with illnesses such as HIV and TB need more energy-rich food and can get infections more easily than people who are not ill.
- Eating well means eating enough good food and a mixed diet from all food groups.

ACTIONS:

- Try to eat three nutritious meals and snacks daily to get these benefits:
 - Healthy weight and strength
 - Protection against illness and infection
 - Faster recovery from illness
 - Better results from medications
 - Less time and money spent on health care
 - For people with HIV, slower progression of HIV to AIDS
- Start a home or community garden.
- Eat affordable, nutritious, locally available foods.



THEME 1

Eat to Stay Well, Eat to Get Better



THEME 1

Eat a Variety of Nutritious Foods

ASK:

- What kinds of food do you eat?
- Which foods do you see in the pictures?
- What kinds of food are not shown in the pictures? Why not?
- Which of these foods can you afford?
- Can you eat something from each group every day?
- Which foods would you like to add to your diet?

EXPLAIN:

- Different foods help your body in different ways. You should eat foods from each food group every day.
- If you only eat one or two types of food, your body will miss something it needs.
- There are six food groups in Zambia.
- Some foods do not help our bodies and can be harmful if eaten too often.

ACTIONS:

Fats, oils and sweets provide extra energy but should be eaten only in small amounts. *Examples are oil, butter, sugar and honey.*

Milk and milk products build strong muscles and bones. *Examples are milk, maheu and munkoyo.*

Vegetables protect your body from illness. *Examples are avocados, eggplant, impwa, carrots, peppers, mankolombwe, okra, lumanda and sindambi, cat whiskers, ibondwe, pumpkin, spinach and cassava leaves.*

Meat, nuts and legumes build strong muscles and bones. *Examples are meat, fish, kapenta, chicken, eggs, soya, groundnuts, beans and caterpillars.*

Fruits protect your body from illness. *Examples are oranges, mangoes, guavas, pineapple, pawpaw and bananas.*

Cereals, roots and tubers provide fuel for your body. *Examples are rice, nshima, cassava, potatoes, sorghum, bread and fritter.*



THEME 1

Eat a Variety of Nutritious Foods

Vegetables



Meats, nuts and legumes



Fruits



Milk and milk products



Fats, oils and sweets

Cereals, roots and tubers



Avoid packaged 'junk foods' with too much sugar and fat



THEME 1

Keep Eating When You Are Ill

ASK:

- What do you eat and drink when you are ill?
- What can you do to eat more good food every day?
- What are your favorite foods?

EXPLAIN:

- To get enough energy and nutrients to meet your body's extra needs when you are ill, you need to eat a variety of foods several times a day.

ACTIONS:

- Choose foods rich in energy and nutrients from all the food groups.
- Continue to eat when you are ill.
- Drink plenty of boiled or treated water and other fluids throughout the day.
- Avoid packaged and sugary foods and drinks.

To stimulate your appetite when you are ill:

- Eat small portions several times a day.
- Eat your favourite foods and add spices for flavour.
- Eat soft, moist, mashed foods if you have mouth sores.
- Take a walk to stimulate your appetite.
- Avoid alcohol, which can prevent medicines from working effectively.

BREAKFAST

Example 1.

Banana, sweet potato and tea with milk

Example 2.

Avocado, porridge and *maheu*

LUNCH / DINNER

Example 1.

Nshima, *kapenta*, pumpkin leaves and water

Example 2.

Rice, beans, cassava leaves and water

Example 3.

Chicken, potatoes, spinach and fresh fruit or vegetable juice

Example 4.

Nshima, groundnut stew, banana and fresh orange or lemon juice

THEME 1
Keep Eating When You are Ill



THEME 1
Keep Eating When You Are Ill



THEME 2

Visit a Health Facility Regularly

ASK:

- **When do you go to the health facility?**
- **What do you like/not like about going?**
- **Why do people sometimes delay going to a health facility?**
- **What benefits do you get from going to a health facility?**
- **What/who can help you make regular visits to the health facility?**

EXPLAIN:

- People with HIV or TB get infections easily because they have weak immune systems.
- If you wait too long to get medical help when you are sick, it takes longer to recover and costs more for treatment.
- If you go to a health facility regularly, health problems can be identified and treated early.

ACTIONS:

- Get weighed regularly.
- If you have HIV, have your CD4 count checked at least every 6 months.
- Go to the antenatal clinic as soon as you know you are pregnant.
- If you have HIV, enroll in a prevention of mother-to-child transmission (PMTCT) programme as soon as possible.
- Seek medical treatment if you or your child feels weak or sick or has lost a lot of weight unexpectedly.



THEME 2

Visit a Health Facility Regularly



THEME 2

Take All Medications as Prescribed

ASK:

- Do you have any problems taking medications the doctor has prescribed?
- How many times have you missed a dose this week/month?
- Have you had any side effects from medications? If so, how do you manage them?
- Who can help you take your medications on schedule?

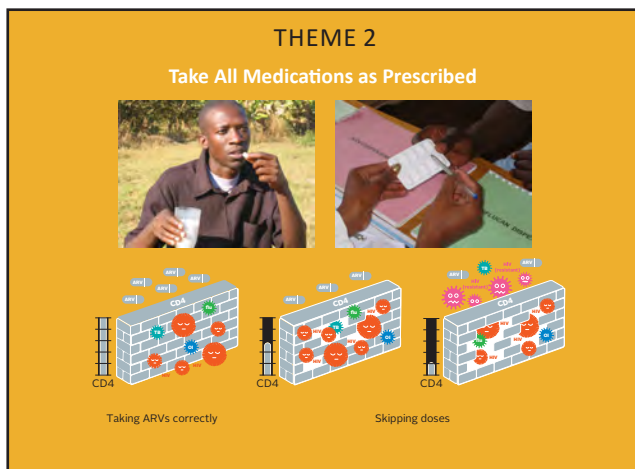
EXPLAIN:

- HIV is a virus that attacks and kills the white cells in your blood (called CD4 cells) that fight infection; when you have a low CD4 count, you get infections more easily.
- ARVs are the 'soldiers' that protect CD4 cells and reduce the amount of HIV in your blood ('viral load'). Without ARVs, HIV multiplies and kills more CD4 cells.
- There is no cure for HIV. To live with HIV, you must take ARVs for the rest of your life, on schedule, every day.
- ARVs will only work if you take them exactly as the doctor prescribes.
- Side effects from ARVs are usually not serious. Most go away after a few weeks. Some symptoms are from infections, not the ARVs.

- If you don't take your ARVs as prescribed:
 - The medicine may stop working.
 - You can get infections more easily.
 - You can become weak and unable to work.
 - You can get sick and die.
 - Your baby can become infected with HIV.

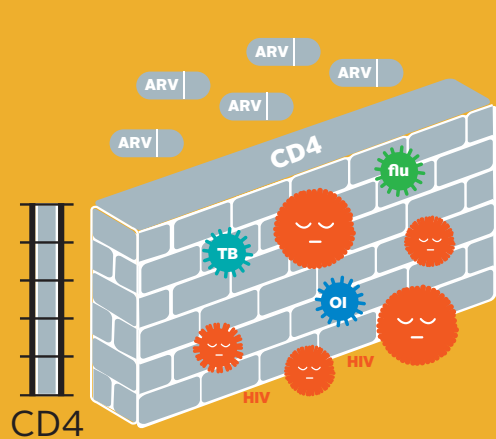
ACTIONS:

- Do not skip doses or stop taking medications, even if you have side effects.
- Ask your health care provider how to manage medication side effects by changing your diet (see Theme 5).
- Take ARVs at the same time every day so you always have protection in your blood and can:
 - Stay alive and healthy
 - Stay energetic and able to work
 - Plan for your future
 - Give birth to HIV-negative children

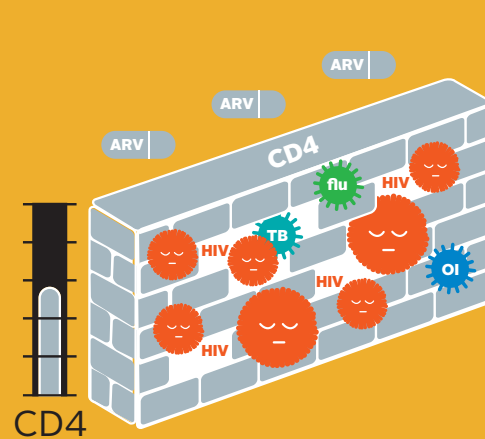


THEME 2

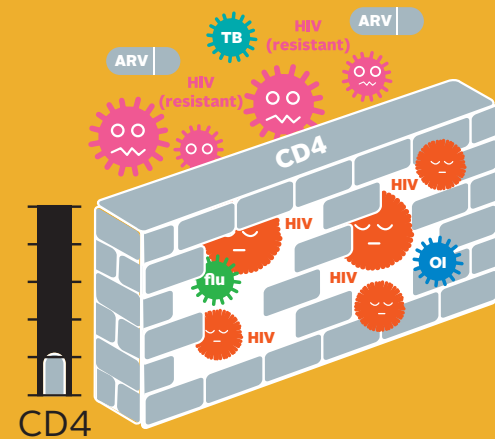
Take All Medications as Prescribed



Taking ARVs correctly



Skipping doses



THEME 3

Stop the Germ Cycle

ASK:

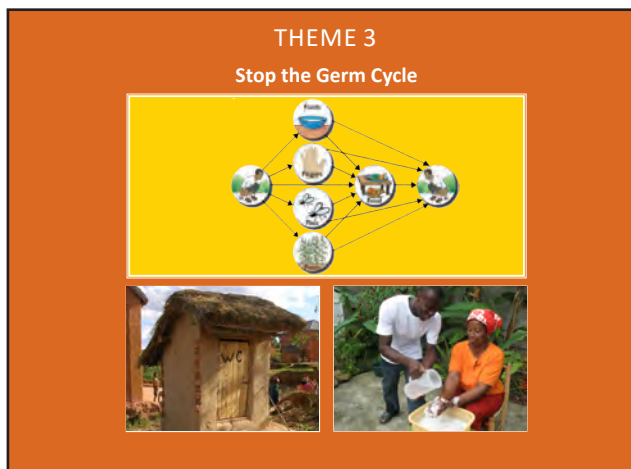
- What causes diarrhoea?
- How do you wash your hands? When?
- What water do you drink? How is it treated?
- How do you dispose of faeces?
- How can elderly or sick people be helped to use a latrine?
- Can you think of anything you can do to improve sanitation in your home?

EXPLAIN:

- Diarrhoea and other illnesses are caused by germs.
- Many germs are found in faeces.
- Germs get into your bodies when you touch or eat anything contaminated by faeces, including soil, untreated water, food and cooking utensils, even though you cannot see any germs or faeces.
- These germs make it difficult for the body to absorb necessary nutrients.
- You can stop germs from reaching your body by drinking boiled or treated water, eating safe food, washing your hands and disposing of faeces properly.

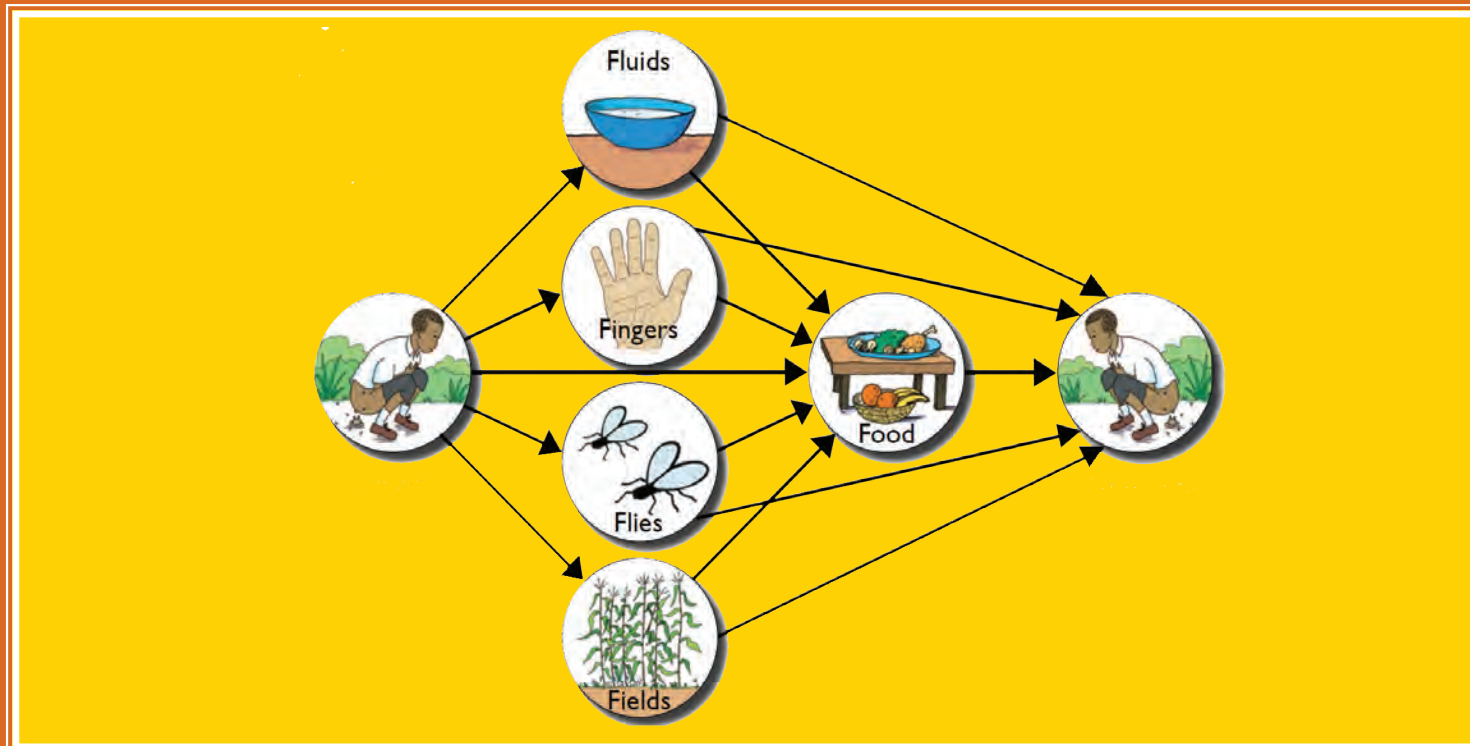
ACTIONS:

- Always wash your hands and your child's hands with running water and soap or ash at these critical times:
 - Before preparing food, eating, or feeding others
 - After defecating or cleaning another person's faeces, vomit or blood
- Do not dry your hands on a cloth. Shake your hands in the air to dry them instead.
- Do not defecate in the open. All family members should use a latrine if possible, or dispose of faeces far from the house, food preparation and eating areas and drinking water sources.



THEME 3

Stop the Germ Cycle



THEME 3

Keep Water and Food Safe

ASK:

- **Where do you store drinking water?**
- **Where do you prepare food?**
- **How do you clean your cooking areas and utensils?**
- **What can you do at home to keep germs out of your food and drinking water?**

EXPLAIN:

- Germs and parasites in food and water cause diarrhoea and other serious illness.
- Children, elderly people, pregnant women, and people with illness such as HIV can get sick easily from contaminated food and water.
- Keeping containers, utensils, and hands clean and handling food safely can help prevent illness.

ACTIONS:

- Boil drinking water or treat it with chlorine according to instructions.
- Keep clean water in clean, covered containers, protected from insects and animals.
- Do not take water out of a container with a cup used by many people. Use a ladle instead to pour water into cups to drink.
- Wash your food preparation area and cooking equipment with soap or bleach daily.
- Cook meat, chicken, fish and eggs thoroughly (until steaming). Meat juices should be clear, not pink.
- Cover cooked food and do not leave out for more than 2 hours. Reheat it until steaming throughout before eating.
- Keep toilets covered to keep out insects and animals.



THEME 3

Keep Water and Food Safe



THEME 4

Connect with Support

ASK:

- **What does ‘living positively’ mean?**
- **What about living positively is hard for you?**
- **What stresses you? What relaxes you?**
- **Who makes you feel good? Who supports you?**
- **Which resources are available in your community that may help you cope with problems?**

EXPLAIN:

- Conditions like HIV do not have to overwhelm you. With treatment and a healthy lifestyle, you can live a long and healthy life.
- Living with illnesses like TB and HIV may cause worry and stress. Stress and fatigue can strain the body and make you weak.
- Spending time with supportive people can help you relax and feel better.
- People living with HIV tend to keep taking their medication better when their spouses know their status and are supportive.

ACTIONS:

- Discuss with your health care provider how to disclose your status to others.
- Ask for help from friends and community support services.
- Join a support group with others in the same situation.



THEME 4

Connect with Support



THEME 4

Take Care of Your Body

ASK:

- What kinds of physical activities do you do?
- How does physical activity help you stay healthy?
- Do you have habits you want to change? Why?
- Who can support you in changing those habits?

EXPLAIN:

- Making healthy choices and avoiding people and substances that are bad for you can help you manage challenges and stay strong.
- Without using condoms, you can be re-infected with HIV and you can infect others.
- Exercise helps you feel, eat and sleep better and stay strong.
- Alcohol can make medications less effective, worsen side effects, reduce appetite, and cause you to skip medicine or practice unsafe sex.
- Smoking reduces appetite and increases the risk of infections such as pneumonia.
- If you have a sexually transmitted infection (STI) and HIV, you can transmit both more easily.

ACTIONS:

- Practice safer sex with condoms.
- Keep physically active with walking, stretching or light work at home or in the garden.
- If you drink, stop drinking or drink less.
- If you smoke, stop smoking or smoke less.
- Get STIs diagnosed and treated early.
- Get plenty of rest.



THEME 4

Take Care of Your Body



THEME 5

Eat Well When You Are Pregnant or Breastfeeding

ASK:

- **What special foods should pregnant or breastfeeding women eat or avoid?**
- **What special foods do you eat when you are pregnant?**

EXPLAIN:

- Pregnant and breastfeeding women need to eat and drink more than usual to feed the developing fetus and produce breast milk.
- Children who are malnourished during their first 2 years of life or whose mothers were malnourished during pregnancy will develop slowly both physically and mentally. Effects will last a lifetime.
- HIV-positive mothers need special information and support to have a healthy pregnancy and feed their babies in the best way to prevent HIV transmission.

ACTIONS:

- Eat an extra meal and snack every day, with a variety of foods from all the food groups.
- Take iron-folic acid supplements daily and other supplements your health care provider advises.
- Always use iodized salt.
- Go to antenatal visits regularly.
- Drink plenty of fluids such as boiled or treated water.
- If you have HIV, take ARVs as soon as you are diagnosed and continue to take them for life.
- Talk to your health care provider about feeding your baby and preventing HIV infection.



THEME 5

Eat Well When You Are Pregnant or Breastfeeding



THEME 5

Feed Your Baby **ONLY** Breast Milk for the First 6 Months

ASK:

- **How long do babies in your community usually breastfeed?**
- **Do people feed other foods and liquids to babies before they are 6 months old?**
- **What does ‘breastfeeding ONLY’ mean?**
- **If you have a small baby, can you breastfeed ONLY? What difficulties might you face?**

EXPLAIN:

- Breast milk is the best food for all babies. It provides all the nutrition and water a baby needs for the first 6 months of life.
- Even sick mothers can produce enough breast milk.
- You can make more milk by breastfeeding more often.
- Giving a baby other liquids or foods such as water, juice, herbal mixtures, or porridge can reduce breast milk supply and cause diarrhoea and malnutrition.
- If you are HIV-positive, feeding other liquids or foods to your baby under 6 months of age can increase the risk of passing HIV to the baby.

ACTIONS:

- Start breastfeeding within 1 hour of birth.
- If you feel you don’t have enough milk, ask for help with correct positioning and attachment.
- If possible, take your baby with you wherever you go so you can breastfeed frequently.
- Feed your baby more often when s/he is sick.
- Feed your baby **ONLY** breast milk for the first 6 months, even if you have HIV. Then begin to feed other healthy foods and continue breastfeeding until the baby is at least 12 months.
- If you are HIV positive, ask your health care provider for ARVs as soon as you find out you are pregnant.

Feed Your Baby **ONLY** Breast Milk
for the First 6 Months



THEME 5

Feed Your Baby **ONLY** Breast Milk for the First 6 Months



THEME 5

Feed Your Baby Complementary Foods Beginning at 6 Months and Continue Breastfeeding

ASK:

- What are you feeding your baby?
- How do you feed your baby?
- What do you find difficult about feeding young children?

EXPLAIN:

- Breast milk alone does not provide enough nutrients for babies after 6 months. They need a variety of foods in addition to breast milk.
- Regular weighing, immunizations, de-worming and vitamin supplements are essential for a child's healthy growth.

ACTIONS:

- In addition to breast milk, feed babies over 6 months old soft foods such as mashed bananas, pawpaw, greens, carrots, *kapenta*, meat, eggs, potatoes, sweet potatoes, *fisashi*, mashed millet and maize, mashed cowpeas or beans with porridge and maize porridge with soya flour or cooked vegetables.
- Continue to breastfeed up to 2 years.
- Feed babies small meals every few hours throughout the day.
- Give your baby only boiled or treated water to drink.
- Use boiled or treated water to prepare the baby's food to prevent infections.
- Take your baby to all recommended health facility visits.

Feed Your Baby Complementary Foods
Beginning at 6 Months



THEME 5

Feed Your Baby Complementary Foods Beginning at 6 Months and Continue Breastfeeding



THEME 5

Manage Infant and Young Child Feeding While HIV Positive

ASK:

- **What have you heard about feeding babies born to mothers with HIV?**
- **How do you plan to feed your baby? After birth? After 6 months?**
- **What questions and concerns do you have about transmitting HIV to your baby?**

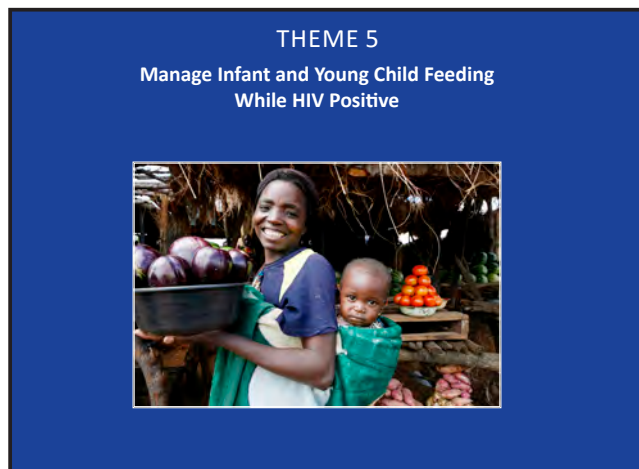
EXPLAIN:

- If you are pregnant and have HIV, you can pass HIV to your baby during pregnancy, childbirth or breastfeeding.
- Taking ARVs correctly will lower the amount of HIV in your body and reduce the chance of infecting your baby.
- ARVs are safe for you and your baby.
- There is HIV in breast milk, but if you have HIV, you can safely breastfeed if you and your baby take ARVs. If you are taking ARVs and breastfeed EXCLUSIVELY, your baby has little chance of getting HIV through breast milk.
- Exclusive breastfeeding protects your baby from infections from untreated water used to mix formula or dirty bottles.
- Mixed feeding (breastfeeding plus giving other liquids or foods) in the first 6 months of life increases the risk of HIV transmission.
- If you cannot breastfeed, you must be able to:
 - Feed formula ONLY—no breast milk or other foods—for the first 6 months of the baby's life
 - Prepare formula correctly—fresh for every feed, using only boiled or treated water.

- Get support from your family for formula feeding ONLY, with no breastfeeding at all.
- Take your baby to a health facility for all recommended visits, weighing, vitamins, and immunizations.

ACTIONS:

- Get tested for HIV.
- If you are positive, start ARVs immediately and stay on them for the rest of your life.
- Take all of your ARVs and give your baby medications at the same time every day.
- Breastfeed exclusively for 6 months.
- Introduce complementary foods at 6 months and continue breastfeeding.
- If you are HIV-positive, stop breastfeeding after 12 months ONLY if you can feed your baby a nutritionally adequate diet. Talk to your health care provider about how to do this.
- Make sure your baby takes ARVs from birth until 1 week after you stop breastfeeding to reduce the risk of HIV infection.



THEME 5

Manage Infant and Young Child Feeding While HIV Positive



THEME 6

Manage Diarrhoea, Nausea and Vomiting

ASK:

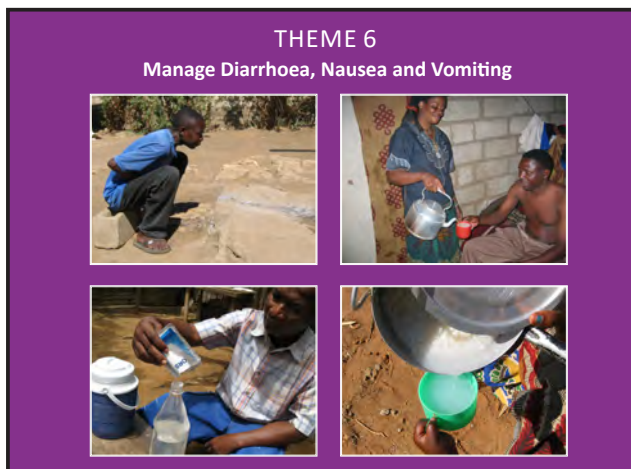
- **What do you do when you are vomiting or have diarrhoea? Do you eat any special foods?**
- **If you feel nauseated because of medicine, what do you do to feel better?**

EXPLAIN:

- Diarrhoea, nausea and vomiting take essential fluids and nutrients from your body. These fluids and nutrients must be replaced.
- Some medications need to be taken with food. Others must be taken on an empty stomach.

ACTIONS:

- Drink extra fluids to prevent dehydration--sip small amounts of clean water throughout the day.
- When your symptoms start to go away, eat extra food to regain weight and energy. Eat small portions of soft foods such as porridge at first if you have no appetite.
- If you have diarrhoea, avoid very hot or very cold drinks, oily or fried foods, spicy foods and fruits such as lemons and oranges.
- If you have nausea or vomiting, avoid an empty stomach, which makes nausea worse.
- Follow directions for taking medications with or without food.



THEME 6

Manage Diarrhoea, Nausea and Vomiting



THEME 6

Manage Mouth Sores or Thrush

ASK:

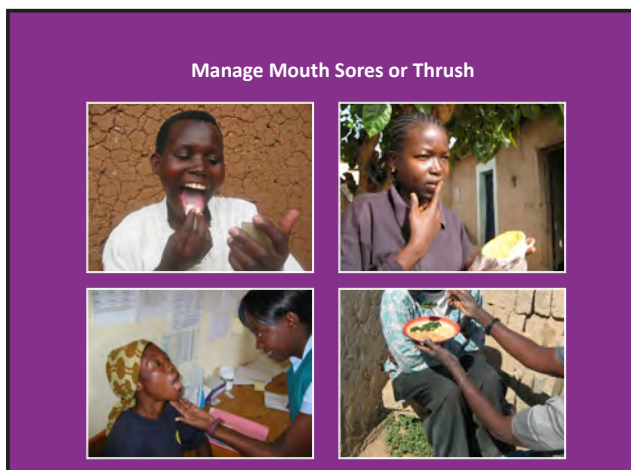
- **If you have sores in your mouth, how do you manage them?**
- **What kinds of foods do you eat when you have mouth sores or thrush?**

EXPLAIN:

- People with weak immune systems may have white spots in the mouth. These mouth sores, or thrush, can make it difficult to eat and swallow.
- Thrush can be uncomfortable, but it is not dangerous.
- Cleaning your mouth helps prevent and sooth thrush and mouth sores.

ACTIONS:

- Wipe or rinse the inside of your mouth with 1 small spoonful of salt mixed with a cup of clean, warm water.
- Eat fermented foods such as yoghurt and *maheu* and food prepared with garlic.
- Eat small portions of soft foods such as soups, porridge and ripe pawpaw to help heal mouth sores.
- Avoid smoking, drinking alcohol and eating sugar, lemons and oranges, spicy food and food that is served hot.
- Seek medical treatment of thrush if symptoms persist or become severe.



THEME 6

Manage Mouth Sores or Thrush



THEME 6

Prevent or Reduce Anaemia

ASK:

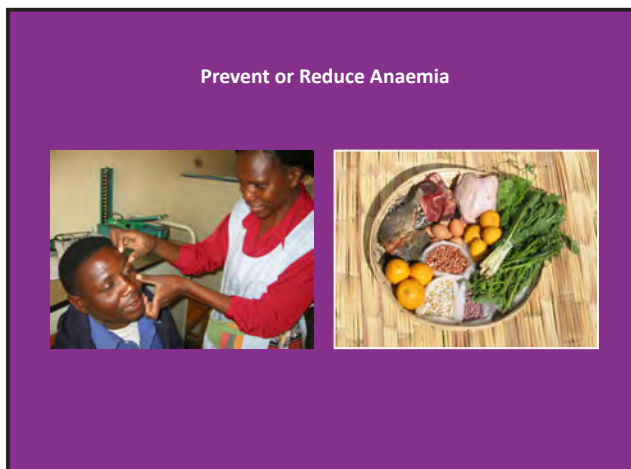
- **When you feel weak and tired, do you eat any special foods?**
- **Which of these foods can you try to eat more of?**

EXPLAIN:

- Anaemia occurs when the body does not make enough red blood cells. It can cause tiredness, weakness and dizziness.
- Anaemia can be caused by a lack of iron and other vitamins.

ACTIONS:

- If you are pregnant, take iron supplements from your health care provider.
- Eat iron-rich foods such as organ meats, fish, meat, chicken, beans and peas and green leafy vegetables.
- Eat potatoes, pumpkin, carrots, oranges, lemons and mangoes to help your body absorb iron better.
- Do not drink tea or coffee with meals because they prevent your body from using the iron in food.
- Get dewormed every 6 months.
- Malaria can make anaemia worse; sleep under an insecticide-treated bed net and get treated for malaria immediately.



THEME 6

Prevent or Reduce Anaemia



THEME 6

Manage Tuberculosis

ASK:

- How does tuberculosis make you feel?
- How can you increase your strength when taking tuberculosis medication?
- What challenges have you had with your TB medication?

EXPLAIN:

- Malnutrition is common in people with tuberculosis (TB). If you have TB, you need to eat more energy- and nutrient-rich food than people without TB.
- HIV increases the risk of TB, and TB speeds the progression of HIV to AIDS.
- Even if you don't feel sick, if you have TB infection you need to take TB medicine the right way to kill the germs so you don't pass them on to other people or become sick with TB disease.
 - Untreated TB infection can become TB disease.
 - If you have TB disease, you may feel sick and cough, lose weight, feel tired, or have a fever, chills or night sweats until you get treatment.
 - You need to take TB medicine correctly for at least 6 months to be cured.

ACTIONS:

- Seek treatment immediately if you have signs of TB.
- Take medication every day for the entire treatment period,
- Eat a variety of foods to provide your body with the nutrients it needs to fight TB.
- Do not drink any alcohol during TB treatment.



THEME 6

Manage Tuberculosis



Acknowledgements

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CRITICAL NUTRITION ACTIONS

- Get weighed regularly and have your weight recorded.
- Eat a greater amount and variety of nutritious foods from all food groups.
- Drink plenty of boiled or treated water.
- Avoid habits that can lead to poor health such as drinking alcohol and smoking.
- Maintain good hygiene and sanitation.
- Get exercise whenever possible.
- Prevent or seek early treatment for infections and get advice on managing symptoms through diet.
- Take medicines as prescribed and ask your health care provider how to manage side effects and medicine-food interactions through diet.

WARNING SIGNS

See a health care provider immediately if you or your child shows any of these signs!

- Fever: temperature of 38.3° C or more or that lasts for than 24 hours
- Severe vomiting
- Severe diarrhea that lasts for more than 2 days
- Severe dehydration (extreme thirst, very dry mouth or dark urine)
- Convulsions
- Rapid unintended weight loss
- Shortness of breath, difficulty breathing
- Severe difficulty swallowing
- Black or bloody stool or vomit
- Severe, steady abdominal pain
- Headache combined with difficulty moving arms or legs or vision or speech problems
- Unconsciousness



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FROM THE AMERICAN PEOPLE

FANTA III
FOOD AND NUTRITION
TECHNICAL ASSISTANCE

fhi360
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