



**HIV/AIDS QUALITY OF
CARE INITIATIVE
(HAQOCI)**



Clinical Epidemiology Resource & Training Centre
(CERTC)
College of Health Sciences
University of Zimbabwe
(In Conjunction with the Ministry of
Health & Child Welfare)

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Supported by U.S. Centers for Disease Control and
Prevention (CDC)- Zimbabwe AIDS Program



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**What To Do When You Have A
Heartburn Or Are Feeling Bloating**

**Opportunistic Infection Prevention Clinic
Clinical Epidemiology Resource & Training Centre
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College of Health Sciences
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Brochure Series QOC 9

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HIV/AIDS can sometimes make it difficult to eat. Some foods, which were eaten without a problem before, may now be difficult to eat or digest. Infections in the mouth cause sores, which hurt when eating, or tiredness may prevent eating. Anxiety and worry about food and nutrition can also be a problem even when feeling well.

Monotonous meals, noxious smells and odours can contribute a great deal to loss of appetite. There are certain things, which help people living with HIV/AIDS to eat and feel better when they have these problems.

- ▶ Eat small meals more regularly
- ▶ Avoid gas-forming foods such as beans, onion, cabbage, broccoli, cauliflower and carbonated drinks.
- ▶ Avoid spicy foods. It is best to avoid curries and pepper.



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- ▶ Avoid greasy and fried foods. Any meat, eggs or vegetables cooked with fat or oil should be avoided.

- ▶ Eat slowly and chew well.

- ▶ Drink fluids an hour before or after meals



- ▶ Eat long before you plan to go to sleep.

- ▶ Wait at least 2 hours after a meal before you lie down.

- ▶ Avoid alcohol, coffee, peppermint and chocolate.



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