



**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  
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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 Things Don't Taste The Same

**Opportunistic Infection Prevention Clinic  
Clinical Epidemiology Resource & Training Centre  
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College of Health Sciences  
University of Zimbabwe**

**Brochure Series QOC 13**

## What To Do When Things Don't Taste The Same

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**Brochure Series QOC**

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.

- ❖ Taste changes are caused by drug side effects, poor nutrition and infections.
- ❖ If red meat tastes bitter, choose other protein-rich foods. Do not panic if your usual foods no longer taste the same.

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- ❖ Taste changes are caused by drug side effects, poor nutrition and infections.
- ❖ If red meat tastes bitter, choose other protein-rich foods. Do not panic if your usual foods no longer taste the same.

- ❖ Cheese, eggs, poultry, fish, yoghurt, rupiza, mutetenerwa, mutakura and peanut butter make good alternatives.
- ❖ It helps to eat protein-rich foods cold. Cold meat, chicken and fish is usually tolerated better, but must be stored safely.
- ❖ Add flavour with seasoning, herbs and spices. Add onion, garlic and bits of bacon to stews, vegetables and soups for flavour.
- ❖ Eat your meal with small sips of liquids.
- ❖ A bit of lemon juice can help to stimulate your appetite. Sipping water with a small amount of lemon juice added to it before meals can help to improve the taste of the food.
- ❖ Practice good oral hygiene by brushing teeth after meals.

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