

HIV and nutrition

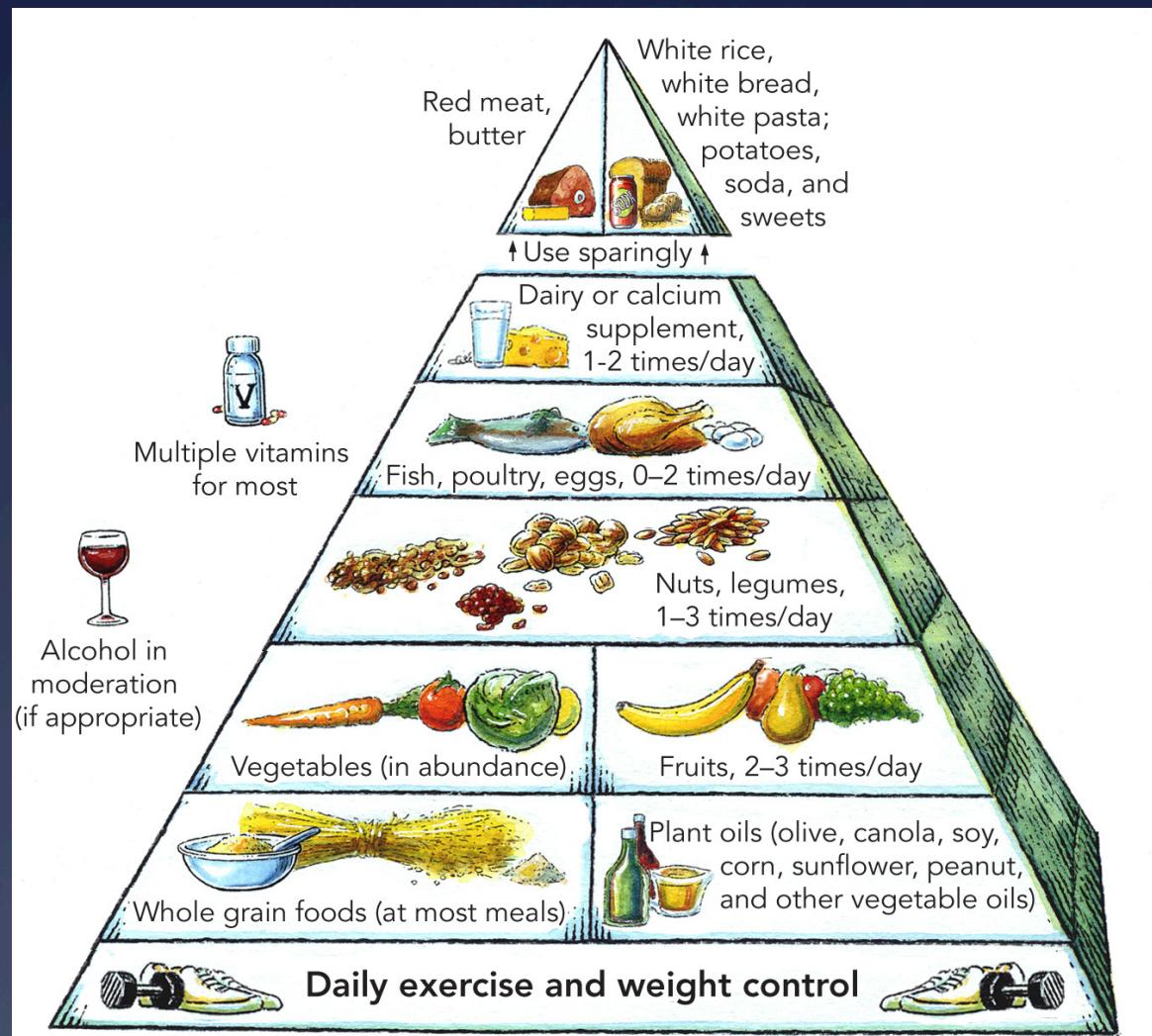
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Nutrition basics

- The basic rules of healthy eating apply for PLH as well
- Proper diet can reduce inflammation
- Bodily changes can be prevented through diet
- Side effects can be mitigated through a dietary plan
- Diet and physical exercise must go hand in hand
- A balanced diet takes time and effort
- BUT: A balanced diet does not need to be expensive



The food pyramid



The role of food in chronic HIV

- * A diet high in trans-fatty acids, carbohydrates and sugar drives the body to create inflammatory chemicals.
- * A diet heavy on vegetables, lean meats, whole grains and omega-3 fatty acids puts brakes on the inflammatory process
- * Antioxidants are key: The best sources are brightly colored fruit and vegetables, such as blueberries, strawberries, bell peppers and spinach.
- * The health of your liver is key: avoid toxins (alcohol, too much sugar, too much fat), and don't eat heavy before going to bed.

Inflammation is key

- * Constant low-level, sub-clinical inflammation wears down the immune system
- * Food can effectively reduce this process
 1. Get friendly with fish
 2. Choose fats wisely
 3. Eat fruits and vegetables
 4. Cut back on wheat and dairy
 5. Say no to sugar
- * Fatty fish, whole grains, dark leafy vegetables, nuts, olive oil, soy, coloured peppers, tomatoes, beets, ginger, turmeric, garlic, onions, and berries

But first...

QUIT SMOKING!!!

- * 42% of PLH in the USA smoke – 2x the national average
- * Smoking reduces CD4 count and sustains inflammation
- * HIV- and smoking = minus 4 years; HIV+ and smoking = minus 9-12 years of life expectancy
- * Get to the root of addiction – it is an illness, too (syndemic = HIV + HCV + TB + depression + substance use)

Really simple

- * Eat lots of fruits and vegetables (5 to 6 servings a day).
- * Favor whole grains, which provide fiber and healthy nutrients.
- * Choose lean proteins, such as fish, chicken, beans, legumes, and low-fat dairy.
- * Select healthier fats, in moderate servings, like olive oil and nuts.
- * Limit sugar, sweets, and saturated fats.
- * Skip trans fats totally.
- * Avoid fad diets. Extreme diets that cut out whole food groups or advise taking huge doses of vitamins or supplements may be dangerous.
- * Eat for your general health, not just HIV. Don't focus only on a special immunity-boosting diet if it could hurt your all-around health.
- * Keep it simple. The more complex a diet becomes, the more difficult it is to follow.
- * Get help if you have problems. A normal healthy diet is good for most people with HIV. But if you're having problems -- like a loss of appetite, nausea, or unwanted weight loss -- see your doctor.

Food and side effects

- * Home remedies?
- * Supplements?
- * High-dosing of vitamins and other nutrients?
- * What are your experiences and recommendations?

Resource-poor settings

- * What are the pitfalls?
- * Do you have suggestions for a strategy?
- * How do you handle the situation?
- * What are the key points?
- * What might be local/cultural specificities?

Tracking your food

- * Food diary
- * Web based applications diaries:
 - * www.myfooddiary.com
 - * www.fitday.com
- * Smartphone applications
 - * myfitnesspal
 - * Loose it!

Thank you / Resources

- * Special thanks to
 - * Memory Sachikonye
 - * Silvia Petretti
 - * Giulio Corbelli
 - * Darren Brown
- * <http://www.webmd.com/hiv-aids/guide/nutrition-hiv-aids-enhancing-quality-life>
- * <http://www.fao.org/docrep/005/y4168e/y4168e06.htm>
- * <http://www.everydayhealth.com/hiv-aids/staying-healthy-with-hiv.aspx#01>