

Nutrition and HIV

- It is important for all pregnant and breastfeeding mothers to test and know their HIV status.
- If you are HIV-Positive you should talk with your health care professional for care, treatment and information on how best to feed your baby.
- Pregnant, lactating and HIV positive woman need extra food to give them extra energy. It is important to eat different kinds of healthy food.
- Protect yourself and your baby from HIV and other sexually transmitted infections during pregnancy and breastfeeding by practicing safe sex.
- Consult a health care professional/counselor for guidance throughout pregnancy and after birth.



Eating well during pregnancy and breastfeeding



Eat a variety of foods

Pregnant and breastfeeding women need healthy meals that are made with different kinds of foods. It is important to eat different foods everyday for you health and the health of your baby.

Eating healthy meals helps you:

- Gain at least 1 kg. of weight each month during pregnancy.
- Prevent anemia and other nutritional deficiencies.
- Improve physical and mental development of your baby.
- Prepare your body for breastfeeding since energy and nutrients are higher than during pregnancy.
- Lower the chance of having a low birth weight baby, early delivery, and still birth.

Eat a Balanced Diet

A pregnant or breastfeeding mother should eat at least three (3) balanced meals plus snacks everyday. The foods should be selected from the following groups:

Cereals, Tubers and Roots such as, Maize, Sorghum, Wheat and Potatoes.



Legumes and Animal products: Such as Beans, Peas, Lentils, Peanuts, Meat, Eggs, Milk, Cheese Fish, Yoghurt, Chicken.



Fruits and vegetables: such as dark green Leafy vegetables, indigenous vegetables, Carrots, Tomatoes, Pumpkin, Beetroot, Egg plant, Lettuce, Cucumbers. Peaches, Apples, Apricots, Bananas, Pears, Grapes, Oranges, Strawberries, Prickling Pear.



Fats and Oils such as Vegetable oil, Margarine, Pumpkin seeds, Peanut butter and mayonaise. Add some oil or fat to vegetables can help the body use the vitamins in the vegetables.



Some important tips

- Eat plenty of fruits and vegetables.
- Include water in between meals at least 8 glasses everyday.
- Avoid Tea or Coffee with meals because they interfere with absorption of iron and may contribute to anemia.
- Eat foods rich in iron such as Spinach, Liver and Meat.
- Do not use alcohol, narcotics or tobacco products. Have enough rest especially during the last 3 months of pregnancy and the first months of delivery.
- Visit the Ante-Natal clinic as soon as you suspect you are pregnant and throughout the pregnancy period to monitor your health and the growth of your baby.
- It is better to wait for at least two years before the next pregnancy. This allows recovery from the stress of pregnancy and breastfeeding.
- Always follow recommendations from your health care provider.



Preparing healthy foods

- All vegetables and fruits should be fresh before preparation and should be washed before eating. Cook meat, fish, eggs thoroughly to avoid food poisoning.
- Vegetable should be cut, cooked and eaten within a short time to preserve nutrients.
- Always wash hands with clean water before handling, preparing and eating food.