Q ea Ξ Daily

Night						
Mid afternoon/ Evening						
Midday						
Mid morning						
Morning						
Any diet related symptoms						
Special instructions						
Medication being taken						
Date						

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any diseases/signs you may be suffering from on that day.

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Under the date column write date, month and year.

- for this 2. In the medication column write any drugs you are taking for thi period and on this day.
- In the special instructions column write reminders on diet related instructions for taking medicine.
- In the symptoms column write

This is to ensure that you plan to have

5. The next section is broken into six parts: Morning, Midmorning, Midday, Mid aftemoon/Evening and Night. Write the exact time you would expect to have a meal. Insert times that match your lifestyle. Then list or draw foods in the boxes indicating what food you will eat at the different times. 5. The next

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enough food with adequate variety to meet your nutritional requirements and to fit well with any medication you are taking.

A Repeat this procedure for every day of the week. This can be done late in the evening for the next day or early in the morning for the same day.

Nutrition for **PLWHA** A MEAL PLANNING TOOL

Good nutrition strengthens your body's ability to fight diseases, improves health and prolongs life.

YOU SHOULD KNOW:

• What to eat. • How to combine different food types. • Why to combine different foods (benefits).



Why combine a variety of foods?

Combining a variety of foods helps the body to get all the nutrients necessary for a healthy life.

Plan your meal to include at least one of the foods from the following groups:

• Energy giving foods

- Cereals, bananas, roots and tubers.
- Fats, oils and sugars in small quantities.
- **Body building foods** (Legumes and foods of animal origin)
- **Protective foods** (Vegetables and fruits)



Remember

- Eat more food to increase energy intake
- Eat at least three main meals plus snacks between meals.
- Have main meals that include foods from each group.
- Prepare, handle, serve and store all foods in a hygienic way.
- Drink at least four big cups (1.5 litres) of water throughout the day.

Food groups	Examples of food choices	Special preparation considerations			
Energy giving foods: Cereals, bananas, roots and tubers	Matooke, cassava, irish potatoes, maize, sweet potatoes, yams, chapati, posho, rice, bread, millets.	Avoid deep frying.			
Fats, oils and sugars- in small quantities	Ghee, cooking oil, cooking fat, butter, (siagi), margarine, sugar, and honey.				
Body building foods: Legumes and foods of animal origin	Beef, goat, milk, pork, chicken, fish, liver, nswa, kidney, beans, peas, yoghurt, simsim, kidney, groundnuts, soya beans, mukene, odii, nsenene.	 Cook all animal products until well cooked. Do not eat raw eggs. 			
Protective foods: Vegetables	<i>Nakati, dodo, jobyo</i> , carrots, <i>ntula</i> , tomatoes, <i>bbuga, ngobe</i> , cabbage sukuma wiki, pumpkin, pumpkin leaves, spinach, tomato.	 Avoid cutting before washing. Avoid cutting into very small pieces. Cook immediately after cutting. Cook for a short time. Avoid adding a lot of water. Eat immediately after cooking. 			
Protective foods: fruits	Banana, pawpaw, <i>matugunda</i> ,Water melon, mango, guava, passion fruit, pineapple, pawpaw, <i>ntutunu</i> , orange, jambula, tangerine (mangada), apple, pineapple, jackfruit, tomato, avocado.	 Wash properly before eating. Do not eat rotten fruits. 			
Water and beverages	Fruit Juice and water.	 Boil drinking water and water for making fruit juice. Keep drinking water in a clean covered container. 			

Snacks may include: Bread (slice or bun), cassava, popcorn, biscuits, kabalagala, an egg, groundnuts, muchomo, fruit.



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