

HIV/AIDS Patients Essay

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1. Two Nutritional Groups

Person suffering with HIV/AIDS

Having a healthy, balanced diet containing all 5 food groups in the correct amount as well as keeping to an exercise programme will improve the quality and increase the quantity of an HIV positive patient's life by:

- maintaining a healthy body weight
- replacing lost Vitamins and Minerals
- helping the body to fight infection
- extending the period from getting HIV to developing AIDS
- keeping active, taking care of themselves, their family and allowing them to carry on working

HIV/AIDS patients have increased nutritional needs as the immune system is working very hard to fight off infections. This means patients have to eat more to meet these extra energy needs. Often patients eat too little because: the illness and medications suppress their appetite, symptoms such as nausea make it difficult to eat and often there is not enough money to buy food. This leads to weight loss. To prevent this, HIV/AIDS patients should:

- Eat more Carbohydrates such as rice and potatoes to give them Energy

- Eat more Protein such as meat and fish to help them build and repair muscle tissue
 - Eat more Fats and Oils such as mayonnaise and avocado for Energy and Protection
 - Eat more Dairy products like milk and cheese as these help maintain strong bones and this is particularly essential as the white blood cells are produced in the bones
 - Eat as many Fruits and Vegetables as possible to get all required Vitamins and Minerals
- ** Tip is to add sweet products such as sugar and honey to food to make it more appealing when patients are not so hungry
- Vitamins and Minerals are absolutely essential to HIV/AIDS patients as they help keep the immune system as strong as possible by fighting infections to...

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...nts such as beefs tongue, pork belly or duck breasts with minimal [fat](#) added and then allowing it to sit in a waterbath of controlled temperature for a specified period of time. There is high precision and accuracy, portions are easily controllable and natural juices are retained in the food. One disadvantage is no Maillard reaction occurs so no browning is added.

5. Stewing

Stewing is a method whereby food is cut into pieces and cooked in minimal liquid and once ready is served all together. There is none or very little wastage of nutrients and meat juices. Cheaper meats can be used and tenderised and it is very economical as it can be done in bulk and requires very little attention. Cultural popular stews include Osso Bucco, Matelote, Waterzooi, Boeuf Bourguignon and Chilli Con Carne.

Works Cited

<http://culinaryarts.about.com/od/cookingmethods/a/dryheatmoist.htm>

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