The first step in nutritional care is nutritional assessment. An initial nutritional assessment of the HIV-positive client can provide important baseline information on nutritional status as well as overall health status. This initial evaluation should occur as early as possible, once the client has been diagnosed as HIV-positive. This will allow the health care provider to begin to implement dietary interventions or strategies which may help to reduce or alleviate the nutritional complications associated with HIV-disease and thereby prevent or alter the effects of wasting. Body measurement of children is addressed in Section 6. More detailed information about body measurement is located in Section 8.

A complete nutritional assessment should include the following parameters:

**ANTHROPOMETRICS (Body Measurements)**

- **Height:** Wall-mounted devices, called stadiometers, are the most accurate way to measure height. If a stadiometer is not available, a height rod on some scales can be used, though it is less accurate.

- **Weight:** A variety of weight measures, as well as information about past weight are very helpful...
  
  - **Current weight**
  - **Weight history:** usual weight, highest and lowest adult weights and the circumstances to explain these weights
  - **Desired weight:** healthy weight goal determined at initial visit and revised as needed. Use weight history and healthy weight (pre-illness, able to easily maintain without starving or stuffing).

- **Waist, Hip and Neck Circumference Measures:** These measures are used to document changes and trends in body fat distribution. In general, a waist-hip ratio equal or less than 0.8 for women and 1 for men is desirable to maintain. Measurements greater than these can indicate obesity and a greater risk for obesity related diseases. At this time there is no standardized technique for measuring neck circumference.

- **Triceps Skinfold and Mid-Upper Arm Circumference:** These measurements are used to estimate body muscle and fat stores. It is important that the clinician taking this measurement has been trained and has developed the skills for accuracy.

- **Biochemical Measures:** Blood work should also include tests for the following: testosterone, fasting blood glucose, fasting cholesterol, fasting triglycerides, CD4, viral load, and Hemoglobin A1C (in diabetics).

- **Functional Measures:** The following measures assess changes in functional capacity over time. There are currently no normal ranges to use as a reference.
Introduction to Nutrition Assessment

**Assessment Parameters**

- **Hand Grip:** using a hand dynamometer, determine how much pressure the person can apply.
- **Sit to Stand:** using a stopwatch, determine how many times the person can stand up from sitting position, sit back down, stand up, etc. for 15 seconds.
- **Timed “Get up and Go”:** using a stopwatch, determine how long it takes a person to get off a chair and move in a given direction.

**BIOCHEMICAL**

Recommended baseline data include:
- Albumin, total iron binding capacity (TIBC), pre-albumin
- Fasting blood lipids, testosterone, fasting blood sugar
- Liver enzymes, renal panel
- Hemoglobin, serum iron, magnesium, folate
- Vitamin B-12, serum retinol (vitamin A)

What's Important:
- Useful indicators of current status and can warn of changes when at risk for wasting.
- Key indicators of visceral protein or specific nutrient status.
- Measurements of cholesterol, albumin, and serum retinol may be predictive of morbidity and mortality in HIV-infected individuals.
- Albumin, total iron binding capacity (TIBC), and pre-albumin are all excellent markers of nutritional status and good indicators of protein status and wasting.
- Triglyceride levels are elevated in HIV disease due to alterations in fat metabolism. Sudden additional rises in triglyceride levels may be an indicator of secondary infections and potential wasting.

**CLINICAL**

- Physical examination
- Current medications
- Current medical status
- Alternative therapies (acupuncture, herbal therapies, etc.)

What’s Important:
- Intervene as soon as possible to avoid wasting.
- Current medical condition impacts the overall health status and ability to eat.
- Multiple medications and dosage schedules may make adequate intake of food difficult.
- Side-effects of medications may alter desire or ability to eat.
- Current health status, including current opportunistic infections may impact food choices.
Introduction to Nutrition Assessment

**Dietary**

- Use screening tools to obtain baseline or current status of nutritional adequacy:
  - Quick Nutrition Screen (QNS)
  - Food Intake Record (FIR)
  - Nutrition Assessment Tool (NAT)
- Explore additional factors which will impact eating:
  - Diarrhea, nausea/vomiting
  - Mouth/throat lesions, thrush
  - Changes in taste and smell

**What’s Important:**

- **Appetite** — knowing what’s enough and deciding to eat enough, don’t always get you there. You also need to **want** to eat enough.
- Nutrition education is a critical aspect to nutrition evaluation.
- Early signs of infection may be a sudden loss of interest in food.
- Diarrhea, abdominal discomfort, and feelings of fullness/bloating will all impact eating and cause an individual to be less hungry, eat less food and eat less often.
- Taste and smell are vital parts of appetite. When secondary receptors are altered due to disease or medication, appetite is often affected.

**Economic/Social**

- Living conditions/support systems
- Financial resources/access to food
- Cultural practices/alternative therapies
- Mental health status — depression, fatigue, dementia

**What’s Important:**

- Assess the individual’s ability to access/utilize food — adequate resources and income.
- Assess current living situation — availability of resources: refrigerator, stove, oven, hot plate, etc.
- Assess support systems — family, friends, neighbors, care taker, etc. to assist with food purchasing, meal preparation, etc.
- Consider cultural practices or alternative therapies which may impact nutritional status.

**Follow-up assessments should be done bi-weekly to monthly, depending on the health status of the client with HIV. Dietary interventions should then be adjusted accordingly as symptoms improve or change.**

Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
Assessment Tools

Introduction to Nutrition Assessment

Nutrition Screening Assessment Package

The following assessment tools can be used to screen and assess nutritional status. There are four separate tools that can be used either together or individually to provide nutritional care to people with HIV.

**These are the assessment tools:**

1. **Quick Nutrition Screen (QNS):** This is the place to begin any assessment. These 27 questions are related to common nutrition issues that are important to anyone with HIV. The client can fill out the questionnaire with or without assistance. Each of the questions is supported by a short "nutritional screen note" which provides additional information supporting that question. These are designed to give basic support information about why this issue is important to the HIV-positive client's nutritional health. These one page "Notes" can also be copied to use as patient education handouts during counseling.

2. **Food Intake Record (FIR):** This form is used to collect a diet history. The client fills out what is eaten on a usual day. A space is provided for the client and the provider to evaluate what has been consumed (both food and drink) with a recommended guide for the food groups which is targeted specifically for the individual with HIV.

3. **Nutrition Assessment Tool (NAT):** This tool can be kept in the client medical record as a way to keep track of key issues that are related to the nutritional health of an individual. These are the minimum kinds of data that should be tracked at each visit. Some clinics will have additional clinical information that they may record on a regular basis. This form can be used as is or adapted to the clinic setting.

4. **Food Resources In Your Community:** This worksheet can be used to record the various kinds of community organizations or agencies where people can get food. It should be filled out, duplicated, and made available to all health care providers and client advocates.

5. **Nutrition Services Screening/Referral Form:** This form is to be used by healthcare providers in referring clients to a Dietitian or other Nutrition Professional (see Section 9-5).
Quick Nutrition Screen

For each statement below, circle the **YES** column for those that apply to you and the **NO** column for those that do not.

1. Without wanting to, I have lost 10 pounds or more in the last 6 months ......................... **Yes**  **No**
2. I have problems eating because of my current health status ............................................ **Yes**  **No**
3. I eat less than 3 times a day ............................................................................................................ **Yes**  **No**
4. I eat meat or other proteins like beef, poultry, peanut butter, dried beans, etc. less than 3 times a day ............................................................................................................ **Yes**  **No**
5. I eat bread, cereals, rice, pasta, etc. less than 4 times a day ................................................ **Yes**  **No**
6. I eat fruits or vegetables or drink juice less than 3 times a day ........................................... **Yes**  **No**
7. I drink/eat milk products like milk, cheese, yogurt etc. less than 2 times a day ............... **Yes**  **No**
8. I have 3 or more drinks of beer, liquor or wine almost every day ........................................ **Yes**  **No**
9. I don’t always have enough money to buy the food I need .................................................... **Yes**  **No**
10. I do not have any place to cook or to keep my foods cold ................................................... **Yes**  **No**
11. I do not take any vitamin and mineral supplements ............................................................ **Yes**  **No**
12. I often have one or more of the following: (circle all that apply)
   - diarrhea, nausea, heartburn, bloating, vomiting, no/poor appetite, feel too tired .......... **Yes**  **No**
13. I take one or more of the following medications: (circle all that apply)
   - AZT, ddl, ddC, d4T, 3TC, INH, antibiotics, pentamidine, Abacavir, Rescriptor,
     Viramune, Sustiva, protease inhibitors, Viriad, Trizavir, Amprehavir ................................. **Yes**  **No**
14. I smoke cigarettes, cigars, or chew tobacco every day ............................................................ **Yes**  **No**
15. I often don’t feel like eating, food shopping, or cooking ....................................................... **Yes**  **No**
16. I have problems when I eat or drink milk products (cramping) ........................................... **Yes**  **No**
17. I have problems with my stomach when I eat high fat foods ................................................ **Yes**  **No**
18. I have tooth, swallowing, or mouth problems (like thrush)
    that make it hard for me to eat ........................................................................................................ **Yes**  **No**
19. I have to watch what I eat because of a health problem like: (circle all that apply)
    - diabetes, high blood pressure, kidney or liver problems, cancer or high lipids ........... **Yes**  **No**
20. For women: I am pregnant or breast feeding ......................................................................... **Yes**  **No**

*Continued on next page....*
## Quick Nutrition Screen

### Additional Questions

21. At least one of the following are true:
   - I think the shape of my body is changing
   - My arms and legs are getting thinner and I can see my veins
   - My belly is getting bigger
   - My neck has a hump
   - I have lost my “rear” ................................................................. Yes  No

22. Without wanting to, I have gained extra weight ................................................................. Yes  No

23. Sometimes I feel too weak to do the things I want (cook, shop, clean-up, etc.)........ Yes  No

24. I’m not as interested in sex as I used to be ................................................................. Yes  No

25. For men: I have more difficulty getting an erection than I used to ......................... Yes  No

26. My mood is low more often these days ................................................................. Yes  No

27. I don’t feel able to change my diet to make it better ................................................................. Yes  No

Total number of **YES** answers:

You now have a Nutrition Score. *Share it with your health care provider.* If you have any “YES” answers, you may need more nutritional help. The more “YES” answers, the more concern there may be. Talk this over with your health care provider.

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Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
Without wanting to, I have lost 10 pounds or more in the last 6 months.

Sometimes dropping a few pounds seems like a good idea. This is not the case when you have HIV. One of the first symptoms that something may be wrong for people with HIV is loss of weight. In fact it is a good idea to have a few pounds of extra weight rather than to be too thin. If you have lost any weight be sure to talk to your health care provider about it. If there is an HIV-knowledgeable Registered Dietitian / or other Nutrition Professional, ask to see them. You cannot afford to wait too long when it comes to unwanted weight loss.

See handouts:
- Healthy Weight 3-3
- Using Caloric Supplements 3-11
- High Calorie Meal Plan 4-3
- High Protein Meal Plan 4-5
I have problems eating because of my current health status.

Not feeling well for whatever reason often causes us to not want to eat. If you have been sick lately you may not feel like eating at all. A recent opportunistic infection, the flu or even a cold might be a reason for not eating. Feeling depressed might also be a reason for not eating. Other problems might be related to the medicines you are currently taking.

There are many health-related problems that can affect an individual’s ability to eat. It is really important that you try to find out why you are not eating. There is information and help available for almost any problem you might be having. Talk this over with your health care provider and get some help. Eating is one of the most important things you can do to stay well and feel better. Don’t wait until you have lost weight to get help with any eating problem you might have.

**Common Reasons For Eating Problems**
- **Loss of Appetite** (sometimes called “anorexia”) 4-31, 4-32
- **Feeling Full Too Fast**
- **Sore Mouth, Throat** (Thrush) 4-34, 4-35
- **Nausea, Vomiting** 4-36, 4-37
- **Diarrhea and/or Constipation** (many people become afraid to eat when they have the runs or can’t go to the bathroom) 4-39, 4-33
- **Difficulty Swallowing** (sometimes called “dysphagia”)
- **Dry Mouth**
- **Taste Changes** (such as bitter or metallic)
- **Fatigue** (feeling too tired)
- **Fever, Night Sweats**
- **Weight Loss**
- **Bloating, Gas, Heartburn or other digestive problems**
- **Depression**
- **Dehydration**
Quick Nutrition Screen

Question 3

More information about your YES answers.

I eat less than 3 times a day.

People who eat at least three times a day are more likely to get the calories and nutrients they need to maintain good health. Most people cannot eat enough at any one sitting to meet nutrient needs for the whole day. Because HIV causes your body to need additional nutrients, eating more frequently is even more important. An added benefit with more frequent meals is maintenance of muscle mass. (See Health Assurance: Exercise page 3-5)

It can be a real challenge to get the 50 plus nutrients (calories, protein, vitamins & minerals) needed for good health when you eat infrequently. The following are common reasons why people do not eat at least three times a day. Look at the following list of reasons why people do not eat often enough. If any of them apply to you, you can get additional information:

- Stomach empties slowly
- Feel full too fast
- Fats delay stomach emptying
- Poor appetite
- Poor food access or lack of adequate money
- Medications
- Hectic or stressed schedule
- Any of problems listed under question #2

Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
Quick Nutrition Screen

More information about your YES answers.

I eat meat and other proteins like beef, poultry, peanut butter, cooked dried beans etc. less than 3 times a day.

This is the big protein issue. It is very important that you get enough protein in your diet in order to keep all of the muscle mass that you can. The foods listed in this question are the major protein sources. If you do not eat these foods at least three times a day it is possible that you may not get all of the protein that you need. The most important issue here is that you are getting an adequate amount of protein daily to meet your body’s needs for maintenance and growth. Here are a few ways to determine if you are getting the protein that you need.

Write down the foods you eat every day. You can use the food record form, or write it down on a piece of paper. Then compare your intake with the recommended intake.

You may need at least 3-4 servings of protein foods. Look at the "Food Guide Pyramid" (Section 8) to get an idea of foods that have protein and how much is a serving size.

Have your health care provider review your food intake record.

Ask if there is an HIV-knowledgeable Registered Dietitian or other Nutrition Professional available to talk to you.

If you are a vegan, that is, you eat only plant foods, you will need to take extra care to make sure you get enough protein every day. See Pages 4-19 through 4-30 for more information.

Good Sources of Protein

<table>
<thead>
<tr>
<th>Chicken</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>Milk Products</td>
</tr>
<tr>
<td>Fish</td>
<td>(like yogurt &amp; cheese)</td>
</tr>
<tr>
<td>Beef</td>
<td>Beans</td>
</tr>
<tr>
<td>Pork</td>
<td>Soy</td>
</tr>
<tr>
<td></td>
<td>Soy Milk</td>
</tr>
<tr>
<td></td>
<td>Tofu &amp; Other Soy Products</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td>Nuts</td>
</tr>
<tr>
<td></td>
<td>Seeds</td>
</tr>
<tr>
<td></td>
<td>Nut &amp; Seed Butter</td>
</tr>
</tbody>
</table>

Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
I eat bread, cereals, rice, pasta, etc. less than 4 times a day.

We are talking primary energy for the body here. One of the most important nutrients is carbohydrate. It is important to eat some carbohydrate food every time you eat. If you do not eat these energy providing foods at least 4 times a day, you may not be getting the carbohydrates that your body needs. Carbohydrates are important in order to use other nutrients like protein, vitamins and minerals to the best advantage. In addition to energy, most of the carbohydrate foods have some protein and fiber, as well as vitamins and minerals. Here are a few ways to determine if you are getting the carbohydrates that you need.

Write down the foods you eat every day. You can use the food record form, or write it down on a piece of paper. Then compare your intake with the recommended intake.

You need at least 8 servings of carbohydrate foods.

Eat good sources of fiber daily. Fiber helps you have regular bowel movements, can help lower cholesterol and triglycerides and may help keep blood sugars under good control.

Have your health care provider take a look at your food intake record.

Ask if there is an HIV-knowledgeable Registered Dietitian or other Nutrition Professional available to talk to you.

Good Sources of Fiber

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Whole Grain Cereals</th>
<th>Oatmeal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Whole Wheat Cereals</td>
<td>Whole Grains &amp;</td>
</tr>
<tr>
<td>Whole Grain Breads</td>
<td>Cooked Beans</td>
<td>Legumes</td>
</tr>
</tbody>
</table>
Quick Nutrition Screen

More information about your YES answers.

I eat fruits or vegetables, or drink juice less than 3 times a day.

Eat your fruits and veggies! Mom has been telling you this for years. Fruits and vegetables are the best way to get most of the vitamins and minerals that you need. If you do not eat fruits or vegetables at least three times a day, you will probably not get the vitamins and minerals that your body needs. Ideally, aim for at least 5 servings of fruits and vegetables combined everyday. Eating fruits and vegetables with other foods, like the protein foods and the energy foods, helps your body to use all of the nutrients it is getting to the best advantage. If diarrhea is a problem, this recommendation may need modification. See an HIV-knowledgeable Registered Dietitian or other Nutrition Professional for guidance.

Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
Milk is an important source of many of the nutrients that you need, including calcium, protein, riboflavin, vitamin A, and vitamin D. Everybody needs calcium on a daily basis, but getting enough calcium can be very difficult if you are not consuming milk and other dairy products. All women, especially pregnant women, need at least 4 servings of milk or dairy products everyday.

If you cannot drink milk or eat cheese or other products made from milk, ask for some information about how to get calcium from other foods. Remember, these foods can also be good protein sources. If you are not including milk or dairy products in your diet, be sure you are getting adequate protein from other sources. You might also check to see if you have a problem called lactose intolerance which means that your body does not digest milk right. Try lactose-reduced or lactose-free milk and dairy products or lactose digesting enzymes. Ask your health care provider about them.

### Some Plant-Based Sources of Calcium

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Calcium/serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinto Beans</td>
<td>1/2 cup</td>
<td>45 milligrams</td>
</tr>
<tr>
<td>Turnip Greens</td>
<td>1/2 cup</td>
<td>99 milligrams</td>
</tr>
<tr>
<td>Tofu (with calcium sulfite)</td>
<td>1/2 cup</td>
<td>258 milligrams</td>
</tr>
<tr>
<td>Orange juice (fortified with calcium)</td>
<td>6 ounces</td>
<td>260 milligrams</td>
</tr>
</tbody>
</table>

Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
Quick Nutrition Screen

More information about your YES answers.

I have 3 or more drinks of beer, wine, or liquor almost every day.

Too much alcohol changes the way your body works. For example, alcohol increases the need for some vitamins and minerals to help the liver get rid of toxins from the alcohol. At the same time it depletes nutrients you have already stored in your body. Alcohol also irritates and damages the digestive tract and interferes with the absorption of food that you eat. Further, people who have 3 or more drinks may replace meals with alcohol, while not taking in any additional nutrients.

Alcohol also has been shown to be immune-suppressive and may lower CD4 counts.

Alcohol and the liver:

- Alcohol, medications and drugs make the liver work harder.
- Many anti-HIV medications should not be taken with alcohol.
- Alcohol intake should definitely be avoided if you have high triglycerides, hepatitis, or inflammation of the liver caused by the virus.

If you are concerned that you may be drinking too much, check with your health care provider.
I don’t always have enough money to buy the food I need.

Make sure that your health care provider knows that you do not have enough money to purchase food. Most communities have organizations and programs to help provide food and money in the short-term (emergency) and long-term. Here are some ideas:

**Emergency Food Pantries/ Food Banks**
A food bank or emergency food pantry provides a limited supply of food to people in need. Some will give food vouchers which can be used to buy food at a grocery store. A written referral from a social worker or health care provider to show need is often required. Emergency food pantries/food banks are often run by churches and other community service agencies. Some major food banks include:
- Project Angel Food (Los Angeles)
- Project Open Hand (San Francisco)
- God's Love We Deliver (New York)
- MANNA (Philadelphia)
- Meals On Wheels (Nationally)

**Food Stamps**
Food stamps are vouchers that can be used to buy food at most grocery stores. They are issued monthly and given free to those who qualify. To see if you qualify call the nearest Department of Social Services or Human Services office in the county where you live.

**Soup Kitchens**
Some communities have soup kitchens which provide hot or ready-to-eat meals on a walk-in basis to people in need. Soup kitchens are found in some churches and community centers.

**Women, Infants and Children (WIC)**
A supplemental food and nutrition program for women (pregnant or post-partum), infants and children. To see if you qualify, ask your health care provider for a referral.
Not having a place to cook or store food can present a real problem to your health unless you are eating out, or staying with someone. Be sure your health care provider knows your situation. Many communities have places people can go for help with food and shelter. In the meantime there are some foods that do not need to be cooked or stored at any particular temperature. Ask for information about ideas of how to eat these kinds of foods.

**Foods that don’t require stove, oven, or refrigeration**

- Peanut butter/jelly sandwiches  
  *(jelly needs refrigeration after opening)*
- Raisins, dates, figs, other dried fruits
- Canned fruit in heavy syrup, applesauce  
  *(refrigerate if left over)*
- Peanuts, cashews, almonds, and other nuts
- Pumpkin and sunflower seeds
- Crackers: saltines, ritz, graham crackers
- Rice cakes, pretzels, bread sticks, bagels
- Trail mix, granola bars, angel food cake
- Single servings of canned tuna, chicken, ham, sardines or other canned meat products  
  *(refrigerate after opening)*
- Bananas, apples, pears, oranges
- Commercial breakfast bars and supplement bars
- Dry ready-to-eat cereals
- Liquid supplements like Ensure, Boost, Lipisorb, Nutren  
  *(refrigerate if leftover - should not be stored for more than 24 hours after opening or mixing - needs to be consumed quickly)*
- Evaporated milk, condensed milk, or boxed soy milk  
  *(refrigerate if leftover - should not be stored for more than 24 hours after opening or mixing - needs to be consumed quickly)*
- Single servings of canned fruits and juices
- Beef, chicken or turkey jerky

**Requires stove/hot plate/microwave but no refrigeration (unless leftover)**

- Canned creamed corn, spaghetti, stews, chili
- Canned soups  *(cream, bean)*
- Canned beans or peas and rice
- Canned yams  *(can add butter and sugar)*
- Instant grits, oatmeal, cream of wheat
- Boxed macaroni and cheese mix
- Hot cocoa mix  *(can add marshmallows)*
- Popcorn  *(use butter or margarine to flavor)*
- Baked potatoes  *(use microwave or oven)*
- Mashed potatoes  *(add non-fat dried milk and butter or margarine)*

**Requires refrigeration but no stove/hot plate/microwave**

- Juices - V-8, orange, apple, cranberry, grape, etc.  
  *(after opening)*
- Many fresh fruits
- Some fresh vegetables  *(carrots, etc.)*
- Nectars - apricot, pear, etc.  *(after opening)*
- Carnation Instant Breakfast  *(after mixing)*
- Cottage cheese  *(add flavor with fruit)*
- Yogurt
- Instant puddings
- Cheese with crackers or bread
- Sandwiches with cold cuts and cheese

Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
I do not take any vitamin and/or mineral supplements.

All people with HIV disease have increased needs for vitamins and minerals. You will probably need to take a multi-vitamin/mineral supplement daily in the morning and evening. Research also has shown that you can become deficient in certain vitamins and minerals, such as vitamin B-12, folate, vitamin B-6, zinc and selenium. Growing evidence indicates that beta-carotene, vitamin E and vitamin C may be important too.

Not taking at least one vitamin and mineral supplement daily can put you at additional nutritional risk. Remember to space out your multi-vitamin/mineral supplement by taking one each morning and evening. If you take all of your supplements at once, the body only uses what it needs. This is especially true for water-soluble vitamins. (B-vitamins, Vitamin C) with the end result being very expensive vitamin-rich urine!

Some clinicians routinely recommend a daily B-complex supplement along with the multiple vitamin-mineral supplement with antioxidants and without iron. Check your supplement's label.

Check with your provider for a referral to a local resource, which will supply supplements for free or at a low price. These resources may be your clinic, your pharmacy, a buyers club, AIDS Drug Assistance Program (ADAP), Medicaid, or a community service organization.
Quick Nutrition Screen

More information about your YES answers.

I often have one or more of the following: diarrhea, nausea, heartburn, bloating, vomiting, no/poor appetite, or feel too tired.

This is the stuff that keeps us from eating, and are common symptoms for people with HIV/AIDS. Any one of them can keep you from eating and getting the food and nutrients that you need. A combination of any of these problems is common and can cause real problems with nutritional health.

The following is a list of handouts that you can get on each of these topics. Ask for them. They may help you figure out how to feel better, and be able to eat more comfortably.

Handouts are available on:

- Diarrhea
- Nausea
- Heartburn
- Bloating
- Vomiting
- No/poor appetite
- Fatigue (feeling too tired)
Any of these medicines can make you feel sick and not want to eat. Some of the common side effects of these medicines are dry mouth, diarrhea, nausea, and vomiting. In addition, some of these medicines may change the way food tastes. If you are taking any of these or other medications and have any of these problems, talk with your health care provider about it. There are some tips available for coping with these symptoms. Ask for more information about any one of these issues. Ask for the chart on the nutritional side effects of some medicines used for HIV. See if any of the medicines you are taking might be making you feel sick.

**Medicines that might make you nauseous:**
- Zidovudine (AZT, Retrovir)
- Didanosine (ddl, Videx)
- Zalcitabine (ddC, Hivid)
- Stavudine (d4T, Zerit)
- Lamivudine (3TC, Epivir)
- Delavirdine (DLV, Rescriptor)
- Nevirapine (Viramune)
- Sustiva
- Sulfadiazine
- Pyrimethamine
- Acyclovir
- Ganciclovir (DHPG)
- Nystatin
- Amphotericin B
- Clotrimazole lozenges

**Medicines that might give you the “runs”:**
- Didanosine
- Zalcitabine
- Stavudine
- Lamivudine
- Sulfadiazine sodium
- Pyrimethamine
- Ampicillin (other antibiotics)
- Nystatin
- Ketoconazole
- Acyclovir
- Viracept
- Invirase
Quick Nutrition Screen

More information about your YES answers.

I smoke cigarettes, cigars, or chew tobacco every day.

Tobacco can be a problem for the immune system. If you use tobacco, think about cutting back or quitting. Smoking alters the lung's ability to fight off infection. Smokers often get bronchitis, pneumonia, and sinusitis. Smoking damages the respiratory system and makes it less able to fight infection. Smokers are also more likely to get a respiratory infection than nonsmokers because smoking decreases the T-helper cells and increases the T-suppressor cells. This alters the helper-suppressor CD4/CD8 ratio in the lungs which further reduces the ability of the lungs to fight off infection. This change may also occur in the blood. Heavy use of marijuana can also produce these changes. The lungs usually can prevent the deposit of damaging materials on their tissues. However, smoke inhaled directly into the lungs causes damage to this process. Smoking also decreases the availability of vitamins B-6, B-12, C, and folic acid. You can get more information about this and find out ways to stop smoking by asking your health care provider or case manager.

More reasons to cut out smoking:
Smoking cuts down on your appetite and how much food you eat. Your caloric and nutrient intake may suffer.
For some people, smoking triggers an increase in the amounts of coffee and alcohol you drink.
Smoking harms your taste buds and changes the taste and smell of foods and drinks.
Smoking greatly increases the risk of heart disease, which has become a new potential complicaton with metabolic changes (increased blood cholesterol, triglycerides, and blood glucose) from combination drug therapies.
I often don’t feel like eating, food shopping or cooking.

Feeling sick is a big problem. Sometimes not feeling like doing the food shopping or cooking can also lead to not eating. This can be a nasty little circle that ends in getting sick or sicker. If you are physically unable to shop or cook for yourself get some help, try home-delivered meals, or have a friend shop and/or cook for you. Not feeling like doing these tasks is not the same as not being able to do them for some physical reason. If you feel like you do not care and do not want to do anything you may be suffering from depression. Very few people with HIV escape depression. If depression persists you will need to get help. Do not wait... tell your health care provider or even a friend how you feel and get help now.
The dairy dilemma. Problems in this case are often bloating, gas, cramping and diarrhea. This is a common problem for people whose gut is out of whack. The most common reason for this problem is something called lactose intolerance. This means that the body is not able to digest and absorb lactose — the sugar found in milk and many dairy products. There are many people who cannot digest milk at all. Sometimes you can eat hard cheese or yogurt. There are a couple of products available (such as Lact-Aid® and Dairy Ease®) that can be added to milk or taken just before drinking milk that help with this. Many grocery stores carry these products, you do not need a prescription to buy them. Check them out. In addition, Ener-g Foods, Inc. (1-800-331-5222) has many different kinds of milk substitutes including a non-fat dry, lactose-free milk product. They may be right for you.
I have problems with my stomach when I eat high fat foods.

A common problem for people with HIV is a stomach that is sensitive to foods. Often the problem is related to fat. Fat in food is harder to digest than other nutrients. It may take longer for food to leave the stomach for people with HIV. Sometimes the lining of the intestine gets messed up and causes food not to be absorbed as well. If this is a problem for you ask for more information about how to deal with this problem. There are foods that you can eat that are good for you and have less fat in them.

Avoid fried foods
Eat broiled, baked, or boiled foods
Use fats and oils sparingly

Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
I have tooth, swallowing, or mouth problems (like thrush) that make it hard for me to eat.

Ouch, it hurts to eat. This is a common problem that may be the reason that you do not eat as much as you should.

Sometimes bad gums and teeth are the problem. Be sure to see a dentist, and get better dental care. Some of the common symptoms of HIV happen in the mouth. Candidiasis (thrush) is a very common condition that people get. It can be treated with medicine. While you have these problems with your mouth you still need to eat. Ask for more information about this. There are lots of tips that might help.

### Tips For Dealing With Tooth, Swallowing, or Mouth Problems

- Gargle with warm water and baking soda several times per day. Do not swallow.
- Use a cotton swab instead of a toothbrush if gums are sensitive and/or if brushing is painful.
- Use commercial alcohol-free mouthwash that has been diluted with water.
- Use a straw to drink liquids.
- Eat foods at moderate temperatures.
- Eat low acid foods.
I have to watch what I eat because of a health problem like: diabetes, high blood pressure, kidney or liver problems.

If you have any one of these illnesses you already need special nutrition help. If you have HIV as well, it could make the problems worse. Be sure that you tell your health care provider if you have any of these health problems.

Ask if there is a Registered Dietitian / or other Nutrition Professional available to talk to you. If not, call 1-800-366-1655 and ask for an HIV-knowledgeable Registered Dietitian/Nutritionist in your area.
I am pregnant or breastfeeding.

There are special nutrition considerations for women with HIV. Be sure to read about these; ask your health care provider for information. Basically, pregnant women and nursing mothers need more calories and other nutrients just for pregnancy and breastfeeding. If you are pregnant and also have HIV, be sure to request a visit with an HIV-knowledgeable Registered Dietitian or other Nutrition Professional. If you can not find one you can call 1-800-366-1655 and ask for help in finding someone to talk to about your diet.

Breastfeeding takes even more calories than pregnancy, and is not recommended if you are HIV-positive. Further, there is a risk of HIV transmission via breastmilk. In the U.S. where we have good sanitation, clean water and the ability to properly prepare formula, it is recommended that you bottle feed with formula. You can request additional information that is available in this manual that goes with this assessment. It is our recommendation that you bottlefeed if you are HIV-positive.
Quick Nutrition Screen

More information about your YES answers.

I think the shape of my body is changing.
My arms and legs are getting thinner & I can see my veins.
My belly is getting bigger.
My neck has a lump.
I have lost my "rear".

These body shape changes are possible side effects of the HIV virus and/or the medications to help fight the virus.
Tell your doctor about any changes you notice and start tracking your weight, and the size of your waist and clothing.
Eating a healthy diet and getting regular aerobic and resistance exercise are ways to help your body be in the best possible shape.
There are studies under way that may come up with a treatment for these body changes.
Without wanting to, I have gained extra weight.

Make sure that your diet is healthy and you are getting regular exercise. Talk with your health care provider about the extra weight you are gaining. A Registered Dietitian or other Nutrition Professional can assist you to develop a healthy meal plan and ways to improve your exercise habits that can help shed the extra pounds safely.
Sometimes I feel too weak to do the things I want (cook, shop, clean the house).

It is important to listen to your body. Rest when you are tired.
Try to eat enough food for extra energy.
Tell your health care provider about your lack of energy.
There may be a medical reason.
Let others help you. There are also community resources.

Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
Quick Nutrition Screen

More information about your YES answers.

I'm not as interested in sex as I used to be.

Sex is important part of each person's life. If your interest in sex has dropped off lately, it may be due to low levels of sex hormones and this can be treated. It also may be due to depression.

Talk with your health care provider to find out what is the best action for you.
Having problems getting and keeping an erection may be due to a number of factors. It may be due to low levels of male hormone (testosterone) or a variety of other causes.

Talk with your health care provider to figure out the underlying reasons and the best action to take for you.

For men: I have more difficulty getting an erection than I used to.
**Quick Nutrition Screen**

More information about your YES answers.

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**My mood is low more often these days.**

Everyone has bad days. Each person deals with stress and sad things differently. If your bad days are every day, it may be due to depression or a side effect of your medications.

Talking with your health care provider can help find the right treatment for you. It is important to get help.

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Keep learning all you can about good nutrition and health. After all it is your life...enjoy every minute of it.
I don’t feel able to change my diet to make it better.

There may be so many things going on in your life that your diet is not the first thing you are thinking of. Try to make a list of things you can change or control and those you cannot. Talk to a Registered Dietitian or other Nutrition Professional who can help you come up with an eating plan that works for you. Consider a support group or individual therapy to examine specific changes you might need to make and how. Remember that eating should be enjoyable, not a chore, but you need to eat.
### Food Intake Record

Write down what you usually eat. To make it easier, remember what you ate yesterday. Be sure to include usual amounts. Estimate when you usually eat.

#### Now let's make some quick recommendations. How do you measure up:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Serving Size</th>
<th>Estimated Servings*</th>
<th>Your Servings</th>
<th>Difference + / -</th>
</tr>
</thead>
</table>
| Bread, Cereal, Rice, Pasta | 1 slice bread  
1/2 bagel, english muffin  
1 ounce ready-to-eat cereal  
1/2 cup cooked rice, pasta, noodles  
1/2 cup cooked cereal  
2-4 crackers  
1 ounce pretzels | 8 or More |               |                 |
| Vegetables and Fruits | 1 cup raw leafy veg. (lettuce, spinach)  
1/2 cup vegetables (cooked)  
3/4 cup vegetable juice  
1 medium fruit  
1/2 cup berries or cut-up fruit  
1/2 cup cooked or canned fruit  
3/4 cup fruit juice | 5 or More |               |                 |
| Milk, Yogurt, Cheese | 1 cup milk, yogurt  
2 ounces processed cheese  
1 1/2 ounces natural cheese | 3 or More |               |                 |
| Meat, Poultry, Fish, Eggs, Dried Beans, Nuts, Peanut Butter | 2-3 ounces cooked lean meat, fish, or skinless poultry  
1 cup dried beans, cooked  
2 Tbsp. peanut butter | 3-5 |               |                 |

* Exact number to be determined by you and your nutritionist
# Nutrition Assessment Tool

**Name**

**Date Of Birth**

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight in Pounds</th>
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<tbody>
<tr>
<td>Ft.</td>
<td>In.</td>
</tr>
<tr>
<td>Usual Adult</td>
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<tr>
<td>6 Months Ago</td>
<td></td>
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<tr>
<td>One Year Ago</td>
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</table>

**Record Information for Every Visit**

<table>
<thead>
<tr>
<th>Date of Visit</th>
<th>Weight</th>
<th>CD4 or Viral Load</th>
<th>Hematocrit/Hemoglobin</th>
<th>Albumin</th>
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</table>

**Do you have problems with any of the following? Check at every visit for changes:**

<table>
<thead>
<tr>
<th>Date of Visit</th>
<th>Chewing and/or swallowing</th>
<th>Nausea/vomiting</th>
<th>Gas/bloating</th>
<th>Diarrhea</th>
<th>Constipation</th>
<th>Heartburn/indigestion</th>
<th>Food dislikes</th>
<th>Taste perceptions/changes</th>
<th>Dry mouth</th>
<th>Mouth sores</th>
<th>Persiant gum infections</th>
<th>Appetite changes</th>
<th>Fatigue</th>
<th>Fever &gt; 100°/night sweats</th>
<th>Allergies to Food</th>
<th>Depression</th>
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**The following is a list of things you might have or do that could effect your nutritional health**

**DO YOU**

<table>
<thead>
<tr>
<th>Date of Visit</th>
<th>Follow a special diet</th>
<th>Take food supplements</th>
<th>Take vitamins and minerals</th>
<th>Use other kinds of therapies</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>macrobiotic, vegetarian, immune booster</td>
<td>Ensure, Boost, Advera, Nutren</td>
<td>(Look at bottles or labels)</td>
<td>massage, acupuncture, herbal therapy</td>
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<tr>
<td></td>
<td>Yes No</td>
<td>Yes No</td>
<td>Yes No</td>
<td>Yes No</td>
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<td>Yes No</td>
<td>Yes No</td>
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<td>Yes No</td>
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<td></td>
<td>Yes No</td>
<td>Yes No</td>
<td>Yes No</td>
<td>Yes No</td>
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**Check the situation that best describes your living conditions:**

- I live in a:  
  - Private home/condo ❑  
  - Apartment ❑  
  - Congregate facility ❑  
  - Shelter ❑  
  - Have no place to live ❑

- I live:  
  - Alone ❑  
  - With family/partner ❑  
  - Partner and children ❑  
  - Other adults ❑  
  - With friends ❑  
  - In an institution ❑
Sometimes getting access to food is a problem. Most communities have some type of food help available. Listed below are the kinds of agencies that can help. Fill in the information for your community or area.

### Food Stamps

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Contact Person</th>
<th>Telephone</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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Notes:

### Food Banks / Food Pantries

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Contact Person</th>
<th>Telephone</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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### Soup Kitchens

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<th>Agency Name</th>
<th>Contact Person</th>
<th>Telephone</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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### Home Delivered Meals

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<th>Agency Name</th>
<th>Contact Person</th>
<th>Telephone</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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Notes:

### WIC Program

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<tr>
<th>Agency Name</th>
<th>Contact Person</th>
<th>Telephone</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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Notes:

### Churches, Salvation Army, Local Charitable Institutions

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<tr>
<th>Agency Name</th>
<th>Contact Person</th>
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