

Good nutrition and maintaining a **healthy weight** are very **important when living with HIV**. There may be times when your weight fluctuates, meaning you become **over or underweight**.

Maintaining a healthy weight

Maintaining a healthy weight means being the right weight for your body size. When living with HIV, there are risks associated with being overweight and with being underweight.



What are the risks associated with being overweight?

If you are overweight and HIV-positive, you may be at greater risk from heart disease and other disorders such as type 2 diabetes.

It is important to try to achieve a healthy weight by making improvements to your diet and/or increasing the amount you exercise. If you think you need to lose weight, discuss this with your dietitian who can provide tailored advice.

What are the risks associated with being underweight?



Weight loss is one of the most common symptoms in untreated HIV and needs to be taken seriously. Being underweight can cause fatigue, reduce muscle mass, lower your body's ability to fight disease and delay recovery if you've been ill. It can also cause problems with your bones.

It is important to **seek early advice** from your doctor or dietitian if you think you are losing weight as diagnosing the underlying cause can be difficult.

Tips to help maintain a healthy body weight

- Find out what is a normal body weight for you
- Follow a healthy diet
- Take regular exercise
- Attend your regular check up appointments
- Ask for help early if you notice you've lost weight

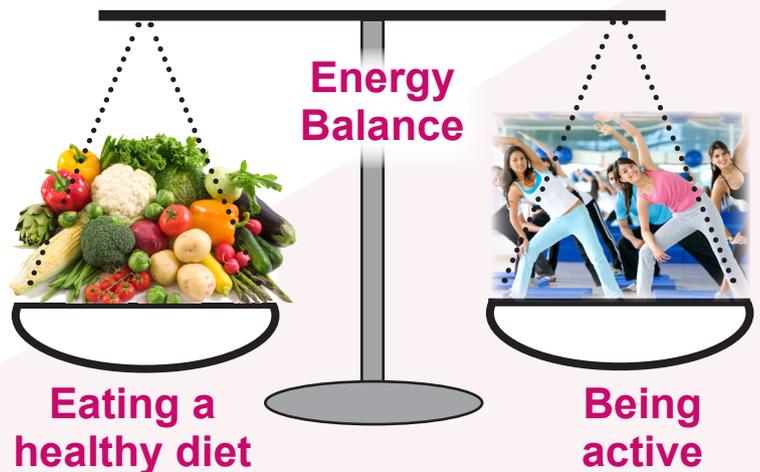
Common causes of weight loss

Loss of appetite	Changes in the way the body absorbs nutrients
The side-effects of some drugs can suppress appetite	HIV can change the efficiency of nutrient absorption in the gut, known as malabsorption
A bout of illness can cause you to lose your appetite	HIV may speed up the rate at which the body uses nutrients
	Infection in the gut may cause malabsorption and/or diarrhoea

Energy balance explained

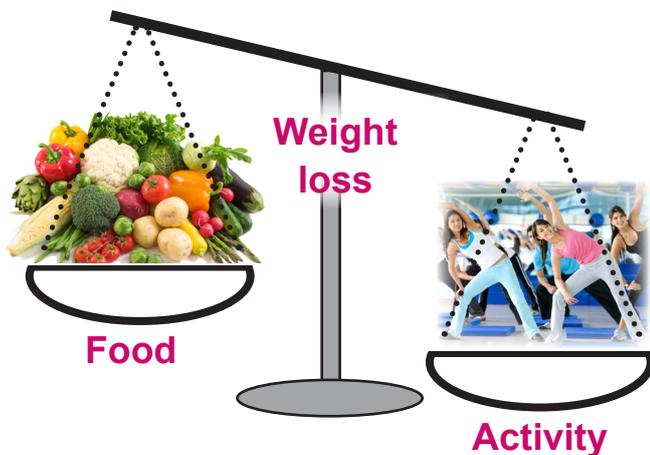
Being a healthy weight is all about energy balance. This means **eating the right amount** of food to satisfy your **energy needs**.

The food and drink we consume contains nutrients such as protein, carbohydrate and fat. These supply energy that the body uses as fuel.



You are in energy balance when you eat sufficient food to enable your body to carry out its daily activities and your body maintains a normal weight.

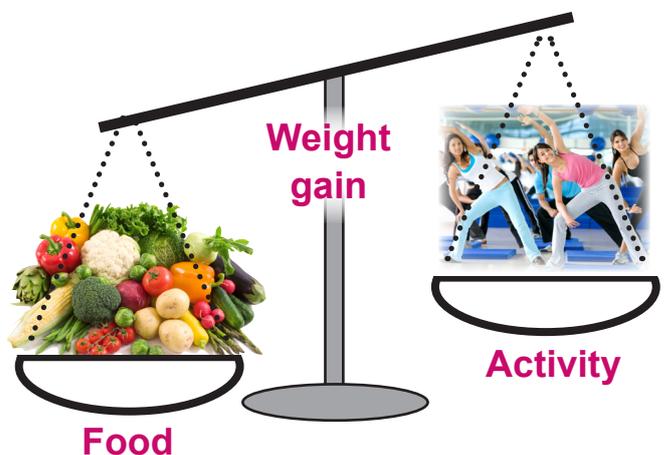
Negative Energy Balance



When the **supply of food does not match what your body needs for activity**, your body is 'out of balance'. Over time this can lead to weight loss or negative energy balance. When living with HIV, this can cause fatigue, loss of muscle mass, lower immunity and a greater risk of illness. If you notice you are losing weight, seek advice from your dietitian.

Positive Energy Balance

When your **intake of food and drink exceeds your body's need**, positive energy balance is achieved and your body will store the excess energy consumed. Over time this can lead to weight gain and obesity. If you think you need to lose weight, ask your dietitian about reducing your food intake and increasing physical activity.



The eatwell plate

Use the Eatwell Plate to help you get the balance right. It shows how much of what you eat should come from each food group

Turn over to see our guide to African Caribbean examples of the Eatwell Food Groups

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods



Meat, fish, eggs, beans and other non-dairy sources of protein

Food and drink high in fat and/or sugar

Milk and dairy foods

©Crown copyright 2007

Reproduced under the terms of the Click-Use Licence.

Our guide to African Caribbean examples of the Eatwell Food Groups

Fruit and vegetables



Yams, rice, sorghum, fufu, and other starchy foods



Meat, fish, eggs, beans and other non-dairy sources of protein



Milk and dairy foods



Food and drink high in fat and/or sugar



How do I know if my weight is in the 'healthy' range?

The NHS uses a method of working out 'ideal' or healthy body weight using height and weight. This is known as **body mass index (BMI)**.

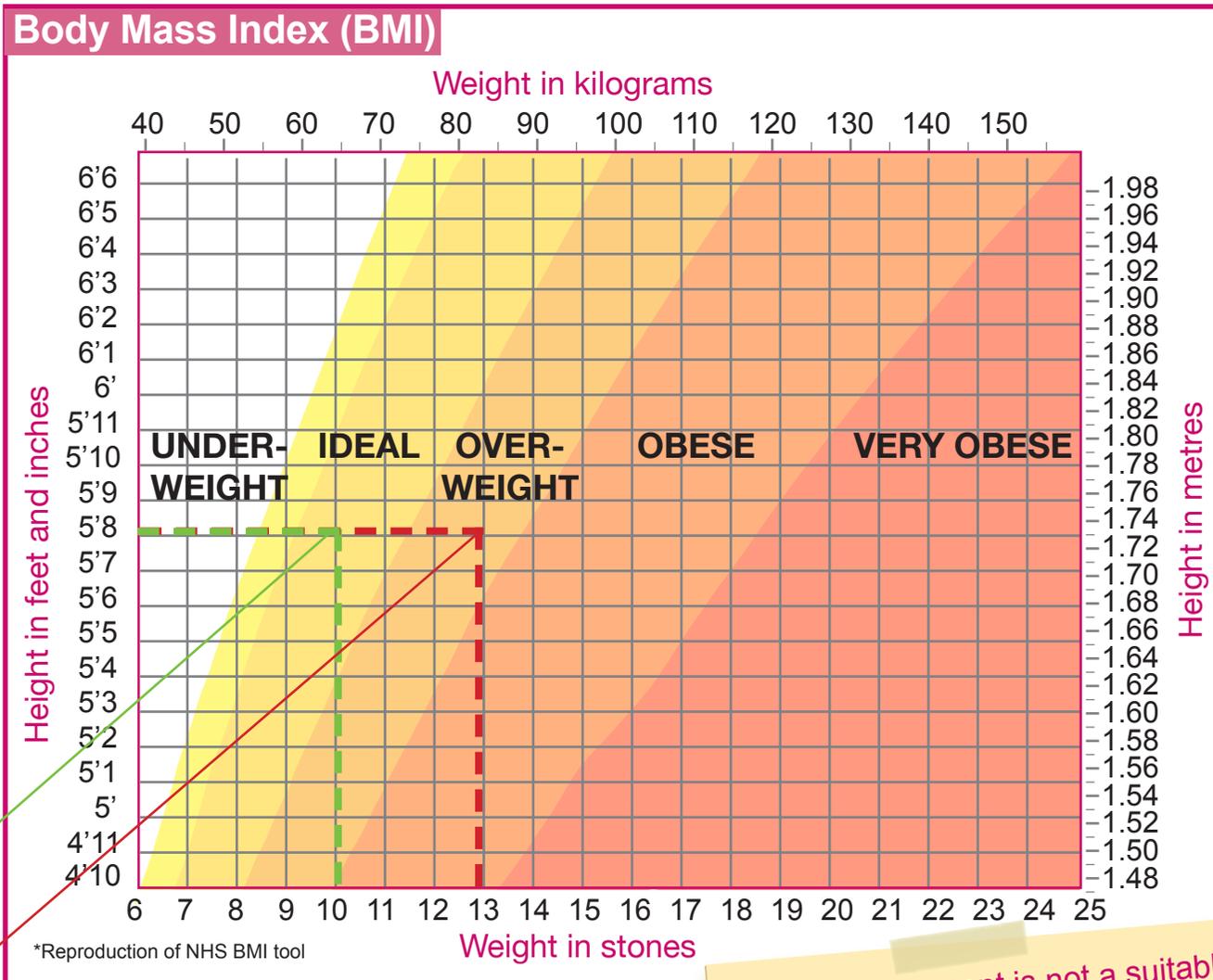
When living with HIV, it is very important to maintain a 'healthy' weight. This chart can help you work out if your weight is 'healthy'.

- 1 Find your height (in feet and inches on the left or metres on the right) and draw a horizontal line across the chart.
- 2 Find your weight (in kilograms across the top or stones across the bottom) and draw a vertical line across the chart.
- 3 The shaded area where the two lines meet is your BMI.

Examples:

5'8" tall and 10 stone in weight.
This person is in the 'healthy' range.

5'8" tall and 13 stone in weight.
This person is in the 'overweight' range.



For more information on calculating your weight, visit: www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx

! BMI measurement is not a suitable tool for everybody. Results for very muscular people, athletes, pregnant women and the elderly may not be accurate.

Ten steps to help you gain weight

If you have recently lost weight, try these tips to help you return to a normal healthy weight.



4) Indulge in 'a little of what you fancy'

Including treats that are rich in calories is a great short-term solution to help regain your appetite.

5) Pack in the protein

Protein-rich foods such as meat, fish, eggs, pulses and nuts help to rebuild muscle mass. Eat at least two to three portions a day.

6) Attack with snacks

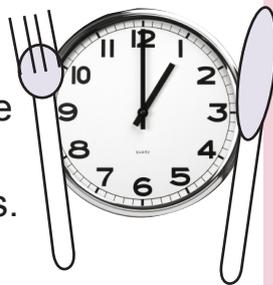
Snack on 'energy-dense' foods between meals. Nuts, seeds and dried fruit make portable snacks or at home try mashed avocado or peanut butter on toast.

1) Stay well stocked up

Make sure you always have food at home. Buy products with a long shelf life, such as tinned or frozen foods, for days when you can't get out of the house.

2) Eat regular meals

Eat at regular times to ensure you are getting enough energy and protein-rich foods.



3) Get cooking

If you are able to cook, try the recipes in this pack, which introduce simple ways to fortify your foods to increase your calorie intake and encourage weight gain.

7) Think drinks

Nourishing drinks are easy to swallow and a source of energy and protein. Try milky drinks such as hot chocolate, ice cream-based milkshakes or smoothies made with fruit and yogurt.

8) Get moving again

If you have been ill, you may have lost muscle mass as well as fat, which can reduce your strength. Some hospitals have HIV physiotherapists to offer advice on exercise.

! If you are struggling to afford food then seek advice from your local council, HIV treatment centre or contact us at The Food Chain.

9) Record what you eat

Use our food diary, (on the reverse) as a record to show to your dietitian at your next appointment.

10) Seek advice

Your dietitian may advise short-term use of high-calorie drinks or other products to boost your energy intake.

A Seven-Day Food Diary

eating positively

Keep track of your progress! Use this diary to record all the food and drink you consume in one week. It is also useful information to discuss with your dietitian.

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY:				
TUESDAY:				
WEDNESDAY:				
THURSDAY:				
FRIDAY:				
SATURDAY:				
SUNDAY:				

Ten steps to help you lose weight

Making **small changes** to diet and activity levels over time is the best route to **long-term weight loss**.



4) Get moving

To lose weight through physical activity, you need to aim for 45-60 minutes of moderate activity every day. A brisk walk for 40 minutes will burn around 177 kcal.

5) Drink less alcohol

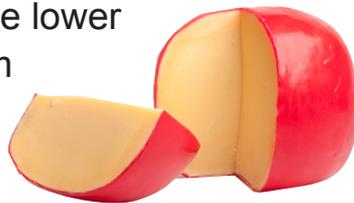
Alcoholic drinks are high in calories. A large glass of wine contains about 170 kcals and a pint of lager 167 kcals. Try alternating with a glass of water or mix wine with sparkling water and beer with diet lemonade.

1) Portion caution

Restaurants and food companies often sell over-sized portions. Our portion guide, included in this information pack, offers guidance on healthy portion sizes.

2) Reduce your fat intake

Swap full-fat milk for semi-skimmed or skimmed. Remove visible fat from meat and the skin from chicken. Choose half-fat cheeses or those lower in fat such as Edam and mozzarella.



3) Get cooking

Check out the recipes included in this pack — delicious home-cooked meal ideas that have been calorie and fat-reduced to help support weight loss.

6) Use the Eatwell Plate guidelines, choosing:

- Plenty of starchy foods such as bread, rice and potatoes
- Plenty of fruit and vegetables
- Some dairy products
- Some meat, fish, eggs, beans and other non-dairy protein
- Only a small amount of food and drink high in fat and/or sugar

7) Look at the label

Understanding what is in your food helps you make healthier choices. Always check fat and sugar content. For more information visit: <http://www.nhs.uk/livewell/loseweight/pages/readingfoodlabels.aspx>

8) Eating out

Don't be afraid to ask the chef to adapt your dish, for example, by grilling meat or fish instead of frying it. Ask for sauces and dressings 'on the side' so you can control how much to add.

9) Record what you eat

Use our food diary (see reverse) as a record to show your dietitian.

10) Eat less, move more . . .

. . . and remember, before trying to lose weight, take advice from your dietitian.

A Seven-Day Food Diary

eating positively

Keep track of your progress! Use this diary to record all the food and drink you consume in one week. It is also useful information to discuss with your dietitian.

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY:				
TUESDAY:				
WEDNESDAY:				
THURSDAY:				
FRIDAY:				
SATURDAY:				
SUNDAY:				

Portion size pyramid

Using target portion sizes can help you control your weight and stay healthy.

(This guide recommends approximate portion sizes for an adult.)

Food / drinks high in fat and/or sugar

- Limit processed foods and confectionery to the occasional treat
- Use fats and sugars sparingly

- 80g meat or fish (size of pack of cards)
- 1 small handful nuts and seeds
- 5 heaped tbsp peas, beans or lentils

Vegetables

- 1 small bowl mixed salad
- 3 heaped tbsp veg

Starchy foods e.g. bread, rice, potatoes, pasta

- 3-4 tbsp wholegrain breakfast cereal
- 40g slice of bread
- 2-3 heaped tbsp cooked rice or pasta
- 2 medium potatoes or one small sweet potato

Fluid intake

8 glasses per day, e.g. water

Milk and dairy products

- 150ml pot low-fat yogurt
- 30g cheese (match box sized piece)
- 200-300ml glass semi-skimmed milk

Fruit

- 1 medium or 2 small pieces
- 1 heaped tbsp dried fruit

Amounts will vary according to levels of physical activity, gender and age so use this information as a guide.

Macaroni cheese

Adding spinach increases your vegetable intake

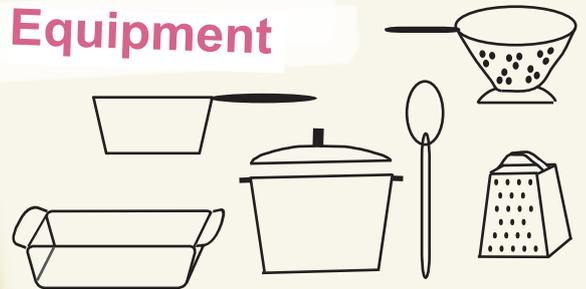
Ingredients

	To gain weight	To lose weight
Macaroni pasta	450g	450g
Rapeseed oil or vegetable oil	4 tbsp	2 tbsp
Plain flour	50g	50g
Milk	800ml full-fat	800ml skimmed
Extra mature half-fat Cheddar cheese	100g	50g
Washed spinach	1 small bag	1 small bag
Wholemeal breadcrumbs	50g	50g
Sliced tomatoes	2	2



£0.89*
per portion

Equipment



Method

Servings: 6

- 1) Pre-heat the oven to 190°C, Gas 5.
- 2) Cook the macaroni according to pack instructions. This should take about 10 minutes. Drain and run under the tap, stirring to stop the pasta sticking together.
- 3) Heat the oil in a saucepan, then add the flour and cook, stirring constantly, for 1 minute on a low heat. Slowly add the milk, stirring to prevent lumps forming. Simmer for 3-4 minutes, stirring until the sauce thickens, then stir in the cheese and allow to melt off the heat.
- 4) Mix the cheese sauce and macaroni together and stir in the spinach. Transfer to a large ovenproof dish. Top with breadcrumbs and slices of tomato and bake for 15-20 minutes until golden.

*Approx March 2011

Preparation time:

10-15 mins. Cooking time: 15-20 mins

Storage: Refrigerate for up to 2 days. Freeze for up to 3 months.

Nutrition

Weight Loss	LOW FAT	6.6g per serving
	LOW SATURATES	1.4g per serving
	LOW SUGARS	8.0g per serving
	LOW SALT	0.2g per serving
Weight Gain	MED FAT	17.3g per serving
	MED SATURATES	5.7g per serving
	LOW SUGARS	8.2g per serving
	LOW SALT	0.2g per serving

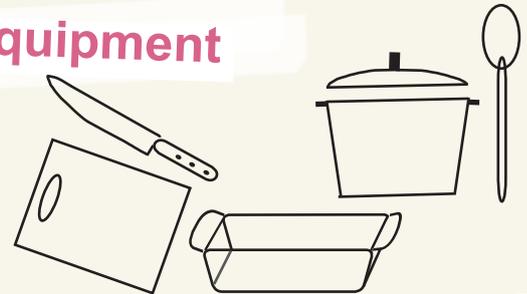
Shepherdess Pie

Ingredients	To gain weight	To lose weight
Sweet potatoes	1kg	1kg
Rapeseed oil	4 tbsp	1 tsp
Onion, chopped	1	1
Garlic, crushed	1 clove	1 clove
Butternut squash, peeled and chopped	350 g	350 g
Carrots, peeled and sliced	2	2
Low-salt stock	450 ml	450 ml
Kidney beans, rinsed	410g can	410g can
Green lentils, rinsed	410g can	410g can
Milk	3 tbsp full fat	3 tbsp skimmed
Cheddar cheese, grated	100g	50g half fat
Ground black pepper		



£0.75*
per portion

Equipment



Method

Servings: 6

- 1) Preheat the oven to 200°C, Gas 6.
- 2) Halve the sweet potatoes, place on a baking sheet and roast for 30 minutes until completely tender.
- 3) Heat the oil in a saucepan and add the onion and garlic, cook for 3 minutes (for weight loss, cook the ingredients in 1tsp oil and 2 tbsp water). Stir in the squash and carrots, cook for a further 2 minutes. Add the stock, beans and lentils, season with pepper and bring to the boil. Cover and simmer for 20 minutes.
- 4) Scoop the roasted sweet potato out of the skins and mash with the milk. Transfer the filling to a pie dish and top with the sweet potato. Sprinkle with the cheese and bake for 12-15 minutes until golden.

*Approx March 2011

Preparation time:

15 mins.

Cooking time: 45 mins

Storage:

Refrigerate for up to 2 days. Freeze for up to 3 months.

Nutrition

Weight Loss	Weight Gain
LOW FAT 5.4g per serving	MED FAT 16.8g per serving
LOW SATURATES 1.1g per serving	LOW SATURATES 5.3g per serving
MED SUGARS 25.5g per serving	MED SUGARS 25.5g per serving
LOW SALT 0.6g per serving	LOW SALT 0.7g per serving

Chicken Peanut Stew

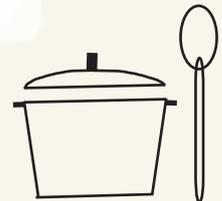
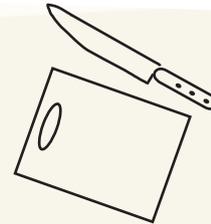
A traditional African dish made healthy!

Ingredients	To gain weight	To lose weight
Rapeseed oil	1 tbsp	1 tbsp
Chicken legs	6 with skin left on	6 with skin removed
Onion, chopped	1	1
Potato, peeled and diced	1 large	1 large
Garlic, crushed	2 cloves	2 cloves
Ground cumin	1 tsp	1 tsp
Red chilli flakes	1 tsp	1 tsp
Peanut butter	50g	30g
Chickpeas, drained and rinsed	400g can	400g can
To serve	fufu or brown basmati rice	green salad



£0.66*
per portion

Equipment



Method

Servings: 6

- 1) Heat oil in a large pan, add the chicken and quickly brown it all over. Remove chicken from pan.
- 2) Reduce the heat to medium, add onion and potatoes to the pan and sauté for 2 to 3 minutes. Add the garlic and spices and cook for a further minute.
- 3) Stir in 240ml water and return the chicken to the pan with any cooking juices that have leaked out. Cover and simmer, stirring occasionally, for 10 to 15 minutes.
- 4) Stir in the peanut butter and chickpeas and simmer for 10 more minutes, or until the chicken is cooked through. Serve with your chosen accompaniment.

*Approx March 2011

Preparation time:

10-15 mins. Cooking time: 30-40 mins

Storage:

Refrigerate for up to 2 days. Freeze for up to 3 months.

Nutrition

Weight Loss	Level	Nutrient	Amount
Weight Loss	MED	FAT	11g per serving
	LOW	SATURATES	2.5g per serving
	LOW	SUGARS	2.5g per serving
Weight Gain	LOW	SALT	0.6g per serving
	HIGH	FAT	25g per serving
	MED	SATURATES	5.9g per serving
	LOW	SUGARS	2.8g per serving
Weight Gain	LOW	SALT	0.5g per serving