



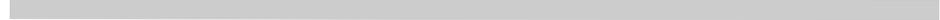
You may be given relevant dietary leaflets to support the verbal information that the dietitian discusses with you.

After the initial appointment we will recommend a next appointment date.

If you would like to make an appointment to see the dietitian please contact:

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_.



# Take Control of Your Health!



*“Let food be your  
medicine and medicine be  
your food.”  
Hippocrates*

## What We Can Do For You

Dietitians are experts in nutrition. They can assess your diet and see if you are meeting your nutritional needs. What a dietitian can do for you:

- 1) Advise on a nutritionally balanced diet early on in the course of HIV can:
  - Keep a healthy weight and good muscle stores
  - Optimise nutritional status
  - Encourage a positive approach to eating
  - Support your body's natural defences
  - Avoid nutrient deficiencies
- 2) Provide support and advice on specific issues:
  - Vitamin and mineral supplements, including safe and toxic levels
  - Information and/or modification of alternative diets
  - Ways to adapt diets if traditional/ethnic foods are unavailable or expensive



'High risk' sources of food poisoning

- Provide healthy eating advice on a budget
- 3) Provide advice on food and water safety, specifically relating to:
    - Correct storage, cooking, handling and re-heating of food
    - Water safety to reduce the risk of cryptosporidiosis
  - 4) Provide advice and information on specialist / therapeutic diets including

the following:

- **Diabetes** / raised blood glucose
  - **Liver disease**
  - **Weight loss or weight gain**
  - **Bone health and vitamin D deficiency**
  - **Bowel problems** (constipation or diarrhoea)
  - **Food intolerance/allergies**
  - **Heart health** ( if you have raised cholesterol/triglycerides)
- 5) Offer information and support with diet and anti-retroviral regimes:
    - The role of diet and specific anti-retrovirals e.g. efavirenz, ritonavir
    - Nutritional support to counteract any side effects
  - 6) Provide advice and support for those with lipodystrophy and high cholesterol, and/or bone disease (e.g. osteoporosis):
    - Discussion and measurement of body shape changes
    - The role of diet and exercise
    - Provide referrals to the appropriate gym or exercise programme
  - 7) To provide information on coping with the side effects of HIV or its treatment such as diarrhoea, constipation, nausea, vomiting, taste changes, weight gain or weight loss.



If you make an appointment with the dietitian, we may ask you a number of questions (including current food intake) in a relaxed manner to get a picture of your present lifestyle and diet. This enables us to tailor advice specifically to your needs.

You will be weighed and the dietitian may use a tape measure to measure your waist and arms and skin fold calipers (which look like large tweezers) to measure your body fat. By having this information we can monitor your nutritional status.