

The Role of Nutrition and Diet in HIV and AIDS

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Opinion

HIV is an infection that assaults the safe framework. On the off chance that an individual doesn't get treatment for HIV, they might foster AIDS. While the treatment for HIV is powerful, individuals with HIV or AIDS can profit from a sound eating regimen. A reasonable eating plan can likewise assist them with adapting to the indications of their condition and the prescription incidental effects.

Eating food sources plentiful in nutrients and minerals can be advantageous for individuals living with HIV or AIDS. Natural products, vegetables, and entire grains are acceptable wellsprings of supplements. Because of conceivable impeded invulnerability, a few people with HIV or AIDS ought to follow additional safeguards to try not to get foodborne contaminations. This incorporates measures like trying not to eat crude fish and half-cooked eggs.

Analyst talks about the significance of nourishment and sanitation for individuals living with HIV or AIDS. It additionally records the food sources to incorporate and keep away from and offers tips on the best way to oversee eating-related issues individuals with HIV or AIDS might have.

Importance of nutrition

Good nutrition is advantageous for everybody, except it is particularly significant for individuals living with HIV or AIDS, who have different wellbeing challenges. One of these can be disabled insusceptibility. As per the researchers, the safe arrangement of an individual with HIV might have to work more diligently to battle contaminations, which requires more energy. Therefore, they might have to eat more food. HIV and AIDS can likewise cause weight reduction. This is a typical issue for individuals whose HIV has progressed. This is on the grounds that the contamination can lessen hunger and make an individual too drained to even consider eating. Trouble eating those outcomes in weight reduction may likewise happen because of manifestations like sickness, spewing, the runs, and mouth injuries.

As indicated by the Academy of Nutrition and Dietetics (AND), eating a nutritious eating routine has different advantages for individuals with HIV or AIDS, including:

- Boosting resistance to infections and complications
- Decreasing side effects of medications
- Alleviating HIV symptoms
- Improving a person's quality of life

Importance of food safety and hygiene

The reduced immunity that HIV and AIDS can cause might make an individual more vulnerable to foodborne ailments. Microbes in food and water might cause diseases that last longer and are more genuine in an individual with debilitated insusceptibility. In this way, as well as eating nutritiously, anybody with disabled resistance might wish to avoid potential risk when cooking and eating.

The researcher offers the following recommendations:

- Wash the hands with cleanser and water prior and then afterward getting ready food and eating.
- Keep ledges and utensils clean.
- Rinse new foods grown from the ground with clean water.
- Avoid eating bundled food sources if the lapse date has passed.
- Instead of defrosting food at room temperature, defrost it in the microwave or cooler.
- Cook fish, poultry, and meat until all around done, which is 165–212°F (74–100°C). Utilize a meat thermometer to actually look at the temperature.
- Do not eat sushi or unpasteurized dairy items.
- Do not eat eggs that are not completely cooked, for example, those that are seared over simple or delicate bubbled.
- Avoid eating extras that are over 3 days old.

Water may likewise contain microscopic organisms, infections, and parasites. To try not to turn out to be sick from sullied water, an individual might wish to purchase a water channel to introduce in their home. An individual living with HIV or AIDS and hindered resistance may likewise think about utilizing just bubbled water for cooking and drinking.

In the event that an individual has HIV or AIDS and impeded insusceptibility, the right sustenance and diet can help their invulnerable framework battle contaminations. Certain eating practices can likewise assist with dealing with a variety of eating issues that individuals living with HIV or AIDS may insight, for example, queasiness and trouble gulping. A reasonable eating routine for individuals with HIV or AIDS includes organic products, vegetables, entire grains, lean meats, and low fat dairy food sources. It likewise restricts the admission of pungent and sweet food sources, alongside food varieties that are high in soaked and trans-fats.

How to cite this article: Joshi, Anjali. "The Role of Nutrition and Diet in HIV and AIDS." *J AIDS Clin Res* 12(2021): 862.

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Received 06 December 2021; **Accepted** 20 December 2021; **Published** 27 December 2021