**Nutrition and HIV Care**

- Know your HIV status.
- To know your HIV status you must take a test.
- If you are HIV-infected, consult your health care provider on your care and treatment, and on how best to feed your baby.

**Other Important Tips**

- Rest more during the last 3 months of pregnancy and the first months after delivery.
- To prevent malaria, sleep under an insecticide-treated mosquito net.
- Take anti-malarial tablets as prescribed.
- Take de-worming tablets to treat worms and help prevent anaemia.
- Do not use alcohol, narcotics or tobacco products.

- If you are HIV-infected, you need extra food to give you extra energy.
- Protect yourself and your baby from HIV and other sexually transmitted infections during pregnancy and while you are breastfeeding by practicing safe sex.
- Use condoms consistently and correctly. Consult a family planning counsellor.

---

This brochure was adapted and updated for UNICEF New York from material developed by University Research Co., LLC in Tanzania, Kenya, Malawi, and recently in Uganda under the NuLife Program: USAID Cooperative Agreement 717-A-00-08-00006-00. February 2010.
Practice Good Nutrition

What do you need to know?

- During your pregnancy, eat 3 meals each day plus one extra small meal or “snack” (food taken in between main meals).
- During breastfeeding, eat 3 meals each day plus two extra small meals or “snacks”.
- Eat different types of local available foods each day.
- No special food is required to produce breast milk.
- Adolescent mothers need more food, extra care and more rest.

Plan a 4 - Star Diet ★★★★

**Staples**: grains such as maize, wheat, rice, millet and sorghum, and roots and tubers such as cassava and potatoes
1 star ★

**Legumes** such as beans, lentils, peas, groundnuts, and seeds such as sesame
2 stars ★★

**Vitamin A-rich fruits and vegetables** such as mango, papaya, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potato and pumpkin and **other fruits and vegetables** such as banana, pineapple, avocado, watermelon, tomatoes, eggplant and cabbage
3 stars ★★★

**Animal-source foods** including foods such as meat, chicken, fish, liver and eggs and dairy products
4 stars ★★★★

Oil and fat such as oil seeds, margarine, ghee and butter improve the absorption of some vitamins and provide extra energy.

Protect Your Health

Pregnant and breastfeeding women need to:

- Attend antenatal care at least 4 times during pregnancy starting as early as possible.
- Drink whenever you are thirsty.
- Avoid taking tea or coffee with meals and limit the amount of coffee you drink during pregnancy.

What supplements do you need?

- You need iron and folic acid tablets during pregnancy and for at least 3 months after your baby’s birth.
- Take iron tablets with meals to increase absorption.
- Always use iodised salt to prevent learning disabilities, delayed development, and poor physical growth in the baby; and goitre in the mother.
- Take vitamin A supplements immediately after birth or within 6 weeks after delivery to ensure that your baby receives the vitamin A in your breast milk.