

## Nutrient Requirements for PLWHA

Recommendations, care, and counseling for people living with HIV/AIDS (PLWHA) will depend on their individual nutrition status as well as the extent of the disease.

### Macronutrients

#### Energy

Increase by 10% to maintain body weight in asymptomatic HIV-infected adults and growth in asymptomatic children

Increase by 20-30% in symptomatic HIV-infected individuals and individuals with AIDS

Increase by 50-100% in children experiencing weight loss

#### Protein

Insufficient data to support increased requirements: 12-15% of total energy intake as normal

#### Fat

No evidence for changes: 25-35% of total energy intake as normal

### Micronutrients

The role of micronutrient deficiencies in HIV/AIDS prevention and treatment needs more attention. In all individuals including PLWHA, consuming healthy diets to achieve recommended healthy levels of nutrients is recommended. PLWHA especially need sufficient levels of nutrients due to increased strain on their bodies. Supplementation, fortification, and diet diversity are specific ways to achieve adequate levels of micronutrients to correct for decreased food intake due to poor appetite and illness.

*\*Studies are underway regarding the role of micronutrients in the prevention and treatment of HIV infection.*



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**For more information about**

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