

Speaker Name	Statement
Zoe Rice	None
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Nutrition & Food

Zoe Rice – Registered Dietitian



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Overview

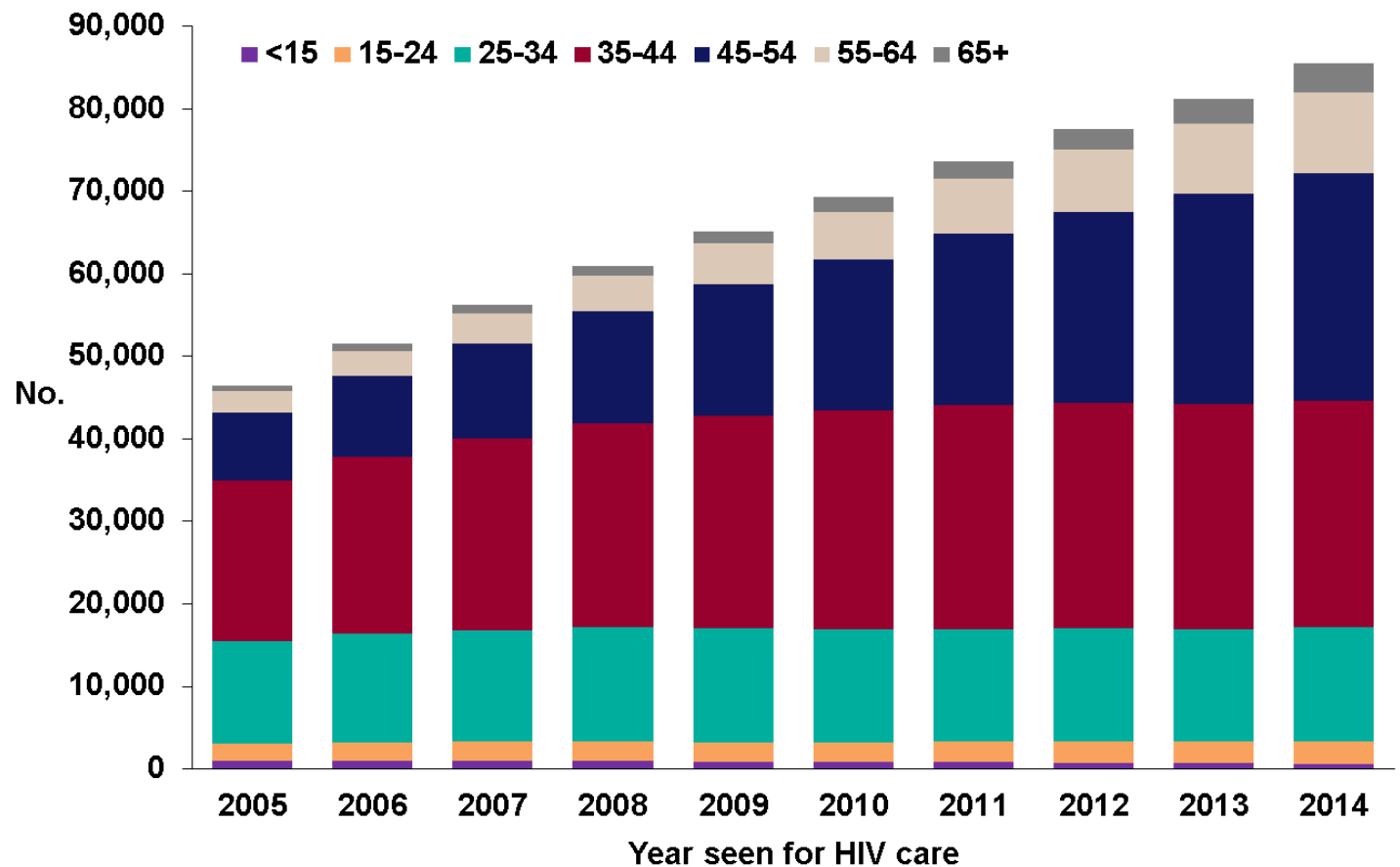
- 🍏 Ageing population
- 🍏 Principles of a healthy diet
- 🍏 Weight loss & underweight
- 🍏 Food first

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Public Health
England

Number of people seen for HIV care by age group: United Kingdom, 2005 - 2014



HIV & Nutrition



**Co-Morbidities
& conditions
associated with
ageing**



**Type 2
Diabetes**



**Cardiovascular
disease**



Cancer



Osteoporosis



Nutrition challenges

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First line advice



#Healthy Diet?



Fruit and vegetables



Carbohydrates – Wholegrains



Moderate fat – Replace saturated fat with unsaturated



Dairy & fortified alternatives

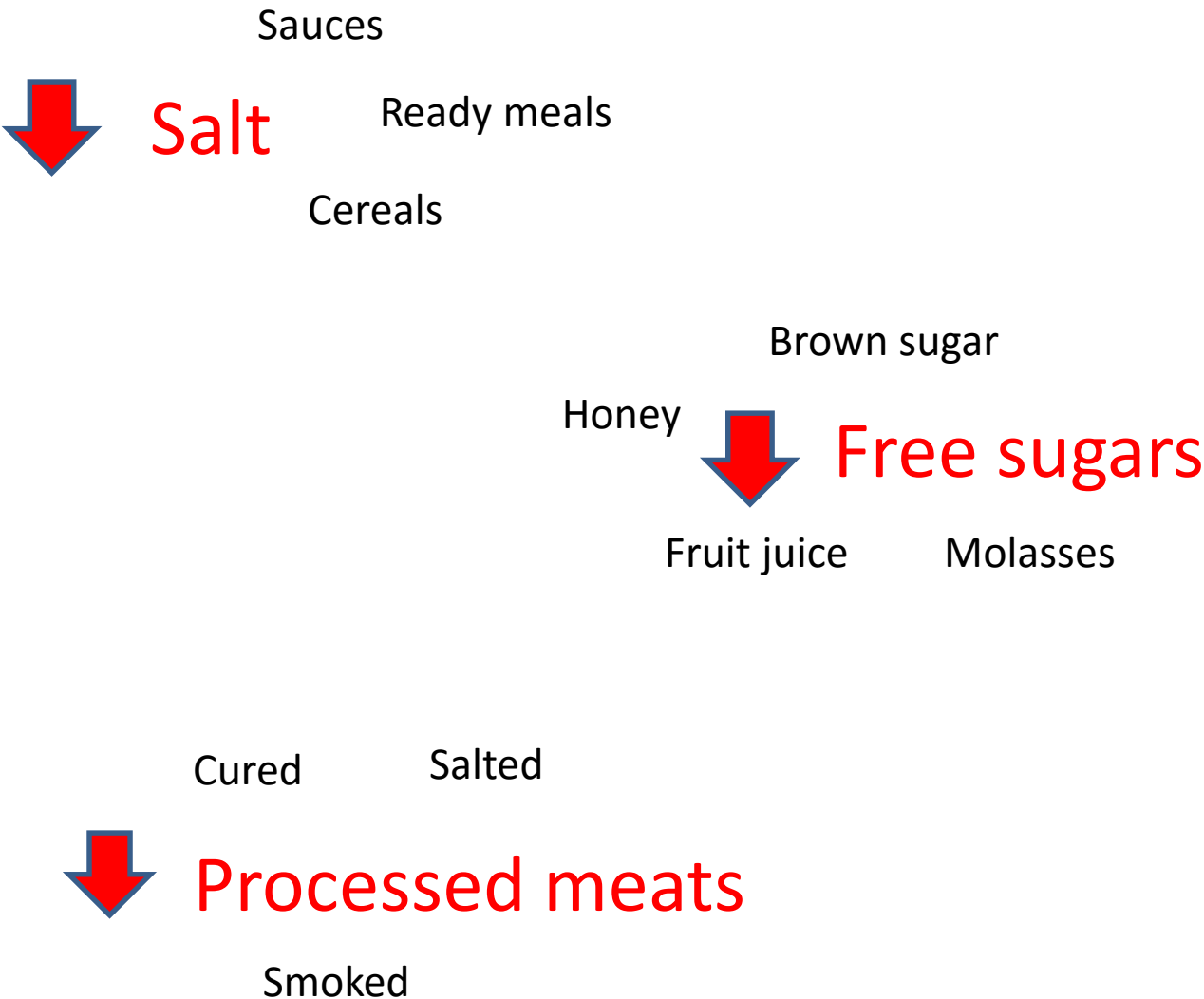


Protein – Lean sources

- Oily fish

- Plant based proteins – beans, pulses, lentils

#Healthy Diet?



HIV & Nutrition

**6/10 people living with HIV are
overweight or obese**

But!

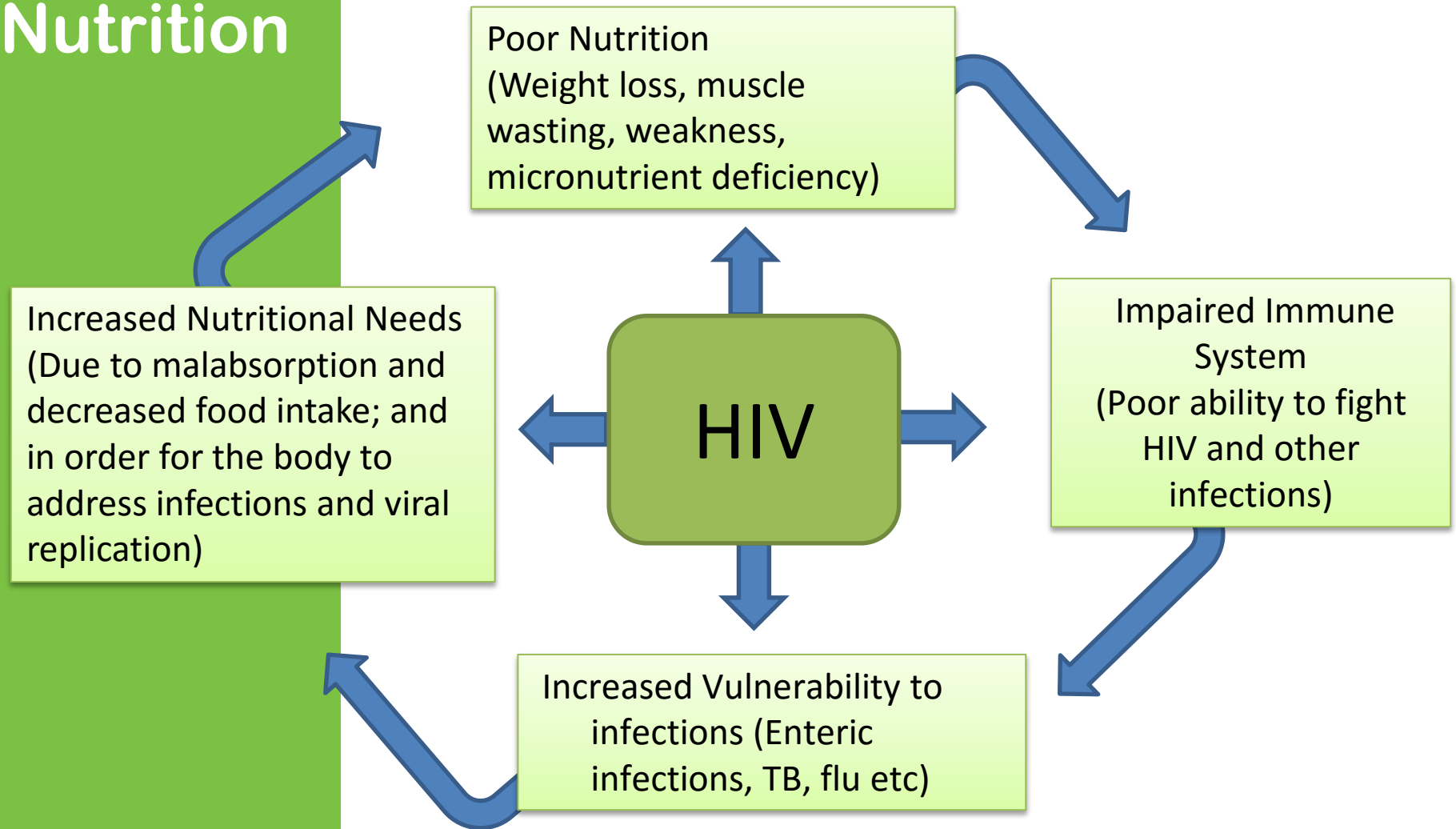
Still frequent referrals for

-Weight loss

-Underweight BMI 18.5kg/m²

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HIV & Nutrition



Adapted from FANTA 2003

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HIV & Nutrition

Weight loss?  Wasting? –Various definitions

ESPEN 2006: >10% Weight loss, with fever and/or diarrhoea of unknown origin, although some wasting may occur in the absence of these symptoms.

ESPEN 2006: Nutritional therapy is indicated when significant weight loss (>5% in 3 months) or a significant loss of body cell mass (BCM) (>5% in 3 months) has occurred.

Nutritional therapy should be considered when the BMI is <18.5 kg/m²

Aetiology of weight loss



Reduced Energy Intake – Multifactorial

Oral symptoms – taste changes, ulcers, candida

Mental health problems, isolation, depression

Access to food – physical, financial

Ability to prepare food, memory problems



Increased Energy Requirements

Opportunistic infection

Metabolic disturbance





Testosterone deficiency



Malabsorption

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Nutrition intervention:

-  **Nutritional counselling**
-  **Oral nutritional supplements**
-  **Tube feeding**
-  **Parenteral nutrition**



Nutritional counselling

Food first - basic principles

Small frequent meals and snacks, aim to eat every 2-3 hours

Fortifying the diet to make a small amount of food or drink more nourishing

Aim for 6-8 cups/glasses of fluid a day and make these as nourishing as possible

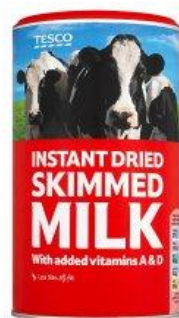
First line advice



**X4 tablespoons
skimmed milk powder**

365kcal + 200kcal = 565 kcal

18g protein + 20g protein = 38g protein



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First line advice

Fat is a concentrated energy source

Mono-unsaturated fats



Large avocado
350kcal



1 tablespoon
125kcal



Small handful
(25g)
150kcal

Expensive?



1 tablespoon = 125kcal

First line advice

Nourishing Snack ideas



95kcal
8g protein
(one boiled egg)



200kcal
13g protein
(200ml - fortified)



210kcal
7g protein
(1/2 banana, peanut butter on toast)



315kcal
22g protein
(One tin of sardines in olive oil)

Food Safety

200kcal
5g protein
(30g portion)



240kcal
4.2g protein
(1/2 avocado on toast)



240kcal
14.3g protein
(1/2 can bean soup + 1/2 can butter beans)



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Nutrition Intervention



Still losing weight?



Increase in complexity?



Co-morbidities?

Refer to a dietitian

Individualised nutritional support

Long term lifestyle change support

Identifying and treating possible nutritional deficiencies

Summary



Ageing population

Healthy eating applies – lifestyle changes not fads



Weight loss/ Underweight

Food first approach where appropriate



Refer to a dietitian

Any Questions?