

AIDS and nutrition in patients

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ABSTRACT

Introduction: AIDS is a viral infection that particularly affects the nutritional status of patients by complicating the absorption of nutrients and their metabolism.

Purpose: The purpose of this retrospective study is to highlight the contribution of nutrition to the wellness of people with HIV in all stages of the disease.

Review Methods: The methodology used to select the information used in this study includes review studies and research in leading databases such as PUBMED, MEDLINE, and IATROTEK. The selection criterion of the articles was the Greek and English language.

Results: The real goal of the nutritional assessment of patients with AIDS is to improve their ability to consume a sufficient quantity and variety of foods in order to meet their nutritional needs. The evaluation of dietary intake assesses the adequacy of food and nutrients consumed. It includes assessing the dietary patterns, frequency of meals, and the factors that affect food choice.

Conclusions: Maintaining a good nutritional status has a significant impact on the functioning of the immune system and the overall health of people living with HIV / AIDS.

Key words: AIDS, nutrition, immune system infection, immunosuppressant

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