

TSEBO

WORLD AIDS DAY



Yours in nutrition, Annelize Zeelie



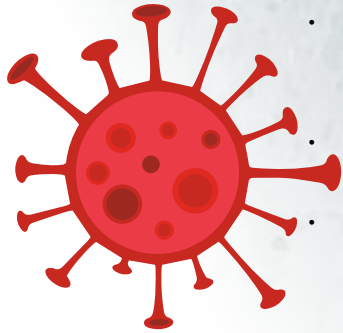
WORLD AIDS DAY

What is World AIDS Day?

Commemorated annually on 1 December and established in 1988, World AIDS Day was the first ever global health day. It is an opportunity for global communities to unite in the fight against HIV — to show support for people living with HIV, and to remember those who lost their battle against AIDS-related illnesses.



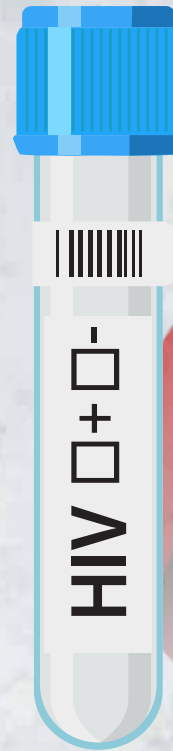
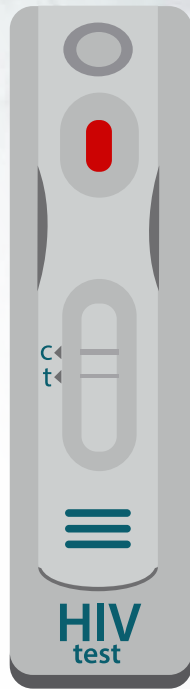
WHAT IS HIV?



- HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If not treated, it can develop into AIDS (acquired immunodeficiency syndrome).
- There is currently no effective cure. Once a person is infected with HIV, they have it for life.
- With effective medical care and a healthy lifestyle, HIV can be managed effectively as is the case with lifestyle diseases such as hypertension or diabetes.

HOW DO I KNOW IF I HAVE HIV?

The only way to know if you have HIV is by getting tested. Knowing your HIV status helps you make healthy decisions that will prevent you from possibly re-infecting yourself or transmitting HIV.



ARE THERE SYMPTOMS?

Some people get flu-like symptoms within 2 to 4 weeks following infection — known as acute HIV infection. These symptoms may last a few days or several weeks. Possible symptoms include:

- **Fever**
- **Chills**
- **Rash**
- **Night sweats**
- **Muscle aches**
- **Sore throat**
- **Fatigue**
- **Swollen lymph nodes and**
- **Mouth ulcers.**

Some people may not feel sick during acute HIV infection. The abovementioned symptoms, however, do not necessarily mean that you have contracted HIV. There are several other illnesses that can cause the same symptoms. Think you may have been exposed to HIV? Consult a health care provider if you start showing these symptoms.

WHAT ARE THE VARIOUS STAGES OF HIV?

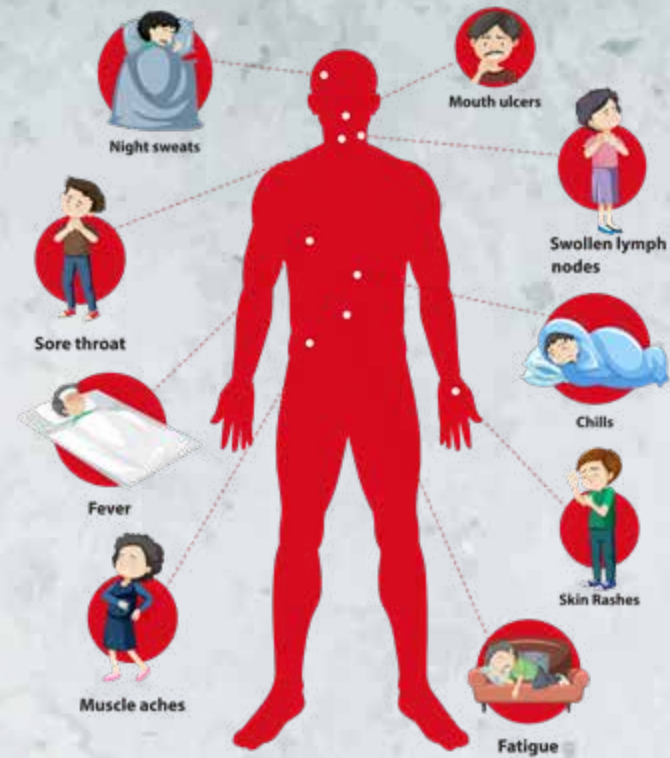
When people living with HIV do not receive treatment, they typically progress through three stages. HIV medication, however, can slow down or prevent the disease from progressing. With the advancements in treatment, progression to Stage 3 is less common today than it was in the early days of HIV.



STAGE
01

ACUTE HIV INFECTION

- Viral load — also known as the amount of HIV in the blood — is very high in the blood, therefore making the chances of transmission high.
- Some people get flu-like symptoms, which is the body's natural response to infection. Some people may not feel sick right away, or at all.
- If you have flu-like symptoms and think you may have been exposed to HIV, seek medical advice and ask for a test to diagnose acute infection.
- Only antigen/antibody tests or nucleic acid tests (NATs) can diagnose acute infection.



STAGE
02**CHRONIC HIV INFECTION**

- This stage is also known as asymptomatic HIV infection or clinical latency.
- HIV is still active, but reproduces at very low levels.
- People may not have any symptoms or get sick during this phase.
- Without taking HIV medicine, this period may last a decade or longer, but some people tend to progress faster.
- People can transmit HIV in this phase.
- At the end of this phase, the viral load increases and the CD4 cell count decreases. The person may have symptoms as the virus levels increase in the body, and the person moves into Stage 3.
- People on prescribed HIV medication may never move into Stage 3.

STAGE
03**ACQUIRED
IMMUNODEFICIENCY
SYNDROME (AIDS)**

- The most severe phase of HIV infection.
- People with AIDS have such badly damaged immune systems that they get an increasing number of severe illnesses known as opportunistic infections.
- People receive an AIDS diagnosis when their CD4 cell count drops below 200 cells/mm, or if they develop certain opportunistic infections.
- People with AIDS can have a high viral load.
- Without treatment, people with AIDS typically survive about three years.



WORLD AIDS DAY 2022

On 1 December WHO joins partners to mark World AIDS Day 2022, under the theme “Equalize”.

WHO is calling on global leaders and citizens to boldly recognize and address the inequalities which are holding back progress in ending AIDS; and equalize access to essential HIV services particularly for key populations – men who have sex with men, transgender people, people who use drugs, sex workers, prisoners and migrants – and their partners.

THE RED RIBBON

The red ribbon is the universal symbol of awareness and support for people living with HIV. Wearing a ribbon helps raise awareness on, and during the run up to World AIDS Day.



WHERE DID THE IDEA COME FROM?

In **1991**, a decade after the emergence of HIV, twelve artists gathered in a gallery in New York's East Village. They had met to discuss a new project for Visual AIDS, a New York HIV-awareness arts organisation. It was there that they came up with what has now become one of the most recognised symbols of the decade — the red ribbon, worn to signify awareness and support for people living with HIV.

At the time, HIV was highly stigmatised, and the challenges of communities living with HIV remained largely hidden. The artists wanted to create a visual expression of compassion for people living with HIV. They took inspiration from the yellow ribbons tied on trees to show support for the US military fighting in the Gulf War. Additionally, they decided that the elegant loop of the ribbon shape was easy to make and replicate.

They avoided traditional colours such as pink and rainbow stripes, usually associated with the gay community, because the aim was to convey the message that anyone could contract HIV. They chose red for its boldness, and for its symbolic associations with passion, the heart and love.

Photo Credit: Courtesy of The Elizabeth Taylor Archive



HOW DID THE RED RIBBON BECOME SO WELL KNOWN?

In the early days, the artists made the ribbons themselves and distributed them around New York art galleries and theatres. Initially, they would include some text to explain the ribbon's significance. As the ribbon became more famous, this was no longer needed. Within weeks, the red ribbon could be spotted in high-profile places such as the red carpet of the Oscars.

The media took notice and, within a short period, the symbol became universally recognised. At the Freddie Mercury Tribute Concert, held at London's Wembley Stadium on Easter Sunday 1992, more than 100 000 red ribbons were distributed among the audience, with performers such as George Michael also wearing one.

The red ribbon continues to be a powerful force in the efforts to increase public awareness of HIV. It has inspired other charities to utilise the symbol, such as the pink breast cancer awareness ribbon.



WHY IS GOOD NUTRITION IMPORTANT FOR PEOPLE LIVING WITH HIV?

Good nutrition is about finding and maintaining a healthy eating plan. Good nutrition supports overall health and helps maintain the immune system. It also helps people living with HIV maintain a healthy weight, and their bodies absorb HIV medication with ease.

HIV attacks and destroys the immune system, which makes it harder for the body to fight off infections. People living with HIV are encouraged to take an HIV treatment regimen daily. The medicines strengthen the immune system, but a healthy diet also plays a huge role in this regard.

WHAT CONSTITUTES A HEALTHY DIET FOR PEOPLE LIVING WITH HIV?

In general, the basics of a healthy diet are the same for everyone, including people living with HIV.

EAT MORE COMPLEX CARBOHYDRATES

- Bread
- Pasta
- Rice
- Cereal
- Potatoes

Simple carbohydrates are easily digested but can cause blood sugar levels to rise sharply. These include sugar (as found in sweets, soft drinks), white rice and white flour. They also occur naturally in fruits and milk. It is recommended that people with diabetes limit the amount of simple carbohydrates in their diet.

Complex carbohydrates, also called starches, take longer for our bodies to digest, and often contain more fibre and other nutrients than simple carbohydrates. Complex carbohydrates include whole grains, beans (legumes), starchy vegetables such as corn and potatoes as well as brown rice. Because they take longer to digest, complex carbohydrates do not cause blood sugar to rise as sharply as simple carbohydrates do, and are therefore recommended for people with diabetes.



EAT MORE PROTEIN TO FIGHT MUSCLE LOSS

Proteins, along with physical activity, help the body build and maintain muscles. During times of infection, protein stored in muscles can get burned to provide energy for the body. This can lead to loss of muscle, also called muscle wasting.

It is important to eat at least three servings of protein daily. A good estimate of a 'serving' is the amount of food that is approximately the size of your fist. Foods high in protein include:

- Lean meats, including beef, chicken, and pork
- Fish
- Cottage cheese and yoghurt
- Eggs
- Beans, chickpeas, soybeans, and nuts

Some animal sources of protein can be high in saturated fats and should be used in moderation — especially for those with elevated cholesterol, or at risk for heart disease.

FIBRE, WATER, FRUITS, AND VEGETABLES FOR GUT HEALTH

The body needs a healthy gut to get the nutrients it needs from foods, supplements and medications. Foods high in fibre can help keep your bowel movements regular and support gut health. These include:

- Oats
- Whole grain bread
- Lentils
- Chickpeas
- Beans
- Fruits and vegetables
- Prunes and apricots



About two litres of water daily, juices, fresh fruits and vegetables can help with digestion, prevent constipation and eliminate waste products. Drinking more water helps reduce the side effects of medications.

Animal fat, especially dairy, can exacerbate diarrhoea. Those who struggle with diarrhoea may need to cut back on animal fat, fried foods and sugary foods. It is important to note that juices often contain a lot of sugar. The sugar is sometimes natural — from the fruit — and sometimes it is added to the juice e.g. cane sugar, corn syrup. Either way, juices tend to have more sugar and less fibre than fresh fruit. As a result, juices can worsen diarrhoea. It is important for people who have diabetes or pre-diabetes to limit the amount of juice they drink or avoid it all together.

INCLUDE FOODS THAT REDUCE INFLAMMATION

The immune system of a person living with HIV is always 'turned on' or activated because it is constantly trying to get rid of the virus. An activated immune system produces inflammation. Ongoing inflammation appears to be related to many conditions, including heart disease and cancer. The good news is that several foods can help reduce inflammation. These include:

- Green leafy vegetables like chard, kale and spinach
- Bok choy (Chinese cabbage)
- Broccoli
- Beetroot
- Celery
- Fish such as mackerel, salmon, sardines and tuna
- Fruits such as blueberries, cherries, pineapple and strawberries
- Nuts such as almonds and walnuts
- Oils such as olive oil and coconut oil
- Seeds such as chia seeds and flax seeds
- Spices such as turmeric and ginger
- Tomatoes



SUPPLEMENTS

People living with HIV need more vitamins to build and repair tissue. It may not always be possible to get all the micronutrients — vitamins and minerals — from the foods that we eat. Not getting enough micronutrients can lead to conditions such as anaemia.

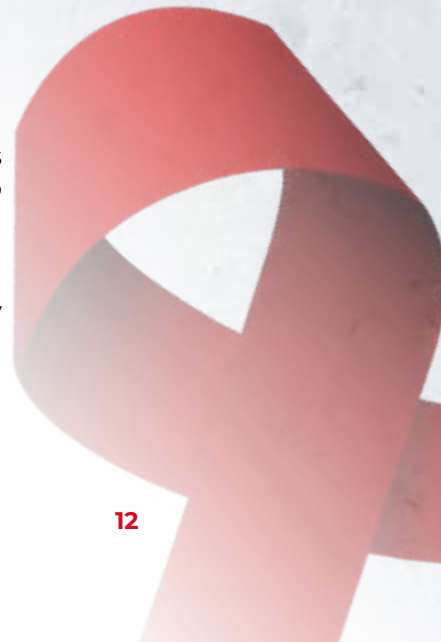
While supplements are not a replacement for a well-balanced diet, they can help the body receive the additional micronutrients it needs. Many people living with HIV take a general multivitamin, and some take additional supplements for specific micronutrients such as calcium pills for women who do not get enough of it from their diet. Several studies have shown that taking a general multivitamin can have several health benefits for people living with HIV.

However, due to drug interactions, it is important for people living with HIV to discuss any supplements that they plan to take with their healthcare provider. If possible, consult a registered dietician for a nutritional evaluation. They can help determine what combination of dietary changes and supplementation can correct any micronutrient shortages in people living with HIV.

CAN HIV OR HIV MEDICATION CAUSE NUTRITION-RELATED PROBLEMS?

HIV and HIV medication can sometimes cause nutrition-related problems. For example, some HIV-related infections make it hard to eat or swallow. Side effects from HIV medication such as loss of appetite, nausea or diarrhoea can make it almost impossible to stick to an HIV regimen. If you are living with HIV and struggle with nutrition-related problems, consult your health care provider.

To avoid further nutrition-related problems, people living with HIV must also pay attention to food safety.



PROTEIN PANCAKES

Serves 2 (3 pancakes per serving)

INGREDIENTS

2 large Eggs (lightly beaten)
 2 scoops Vanilla whey protein powder
 1 tsp Baking powder
 1/3 cup Low fat milk, plus more if needed
 1 tsp Vanilla extract
 Cooking spray
 Slivered almonds and blackberries for garnish, optional
 Honey, for serving

METHOD

1. Add the eggs to a bowl with the protein powder, baking powder, almond milk, and vanilla extract. Stir until well combined.
2. Spray a non-stick skillet with cooking spray and heat over medium.
3. Pour batter into the skillet. The pancakes in this recipe call for about 1/3 cup of batter. Cook for 2 minutes or until bubbles begin to form on the surface of each pancake.
4. Carefully flip and cook for another 2 minutes or until golden brown. Continue with the remaining batter.
5. Plate pancakes. Garnish your breakfast with slivered almonds and blackberries for added crunch and sweetness.
6. Serve and enjoy.

NUTRITION FACTS (PER SERVING)

- Calories 215
- Total Fat 7.2 g
- Saturated Fat 2.6 g
- Polyunsaturated Fat 1.1 g
- Monounsaturated Fat 2.0 g
- Cholesterol 256.0 mg
- Sodium 492.6 mg
- Potassium 98.6 mg
- Total Carbohydrate 5.5 g
- Dietary Fibre 0.2 g
- Sugars 2.5 g
- Protein 26.5 g

BROCCOLI SALAD WITH PASTA

Serves 1

INGREDIENTS

100g Pasta
 150g Feta cheese
 300g Broccoli
 100g Natural yoghurt
 100g Canned corn
 Salt, pepper, basil

METHOD

1. Boil broccoli and pasta in salted water and strain them.
2. Cut the feta cheese into cubes
3. Mix yoghurt with spices.
4. Then mix everything.

NUTRITION FACTS (PER SERVING)

- Kcal: 489 kcal
- Protein: 32.91 g
- Fats: 14.51 g
- Carbohydrates: 65.4 g
- Fibre: 14.47 g
- Na: 1369.94 mg
- K: 1324.09 mg
- Ca: 525.66 mg
- P: 509.31 mg
- Mg: 99.59 mg
- Fe: 3.47 mg
- Zn: 2.96 mg
- Vit A: 577.75 ug
- Vit E: 4.44 mg
- Vit B1: 0.26 mg
- Vit B2: 0.62 mg
- Vit B6: 0.6 mg
- Vit B12: 0.83 ug
- Vit C: 249.71 mg

CHIA PUDDING WITH PEAR

Serves 1

INGREDIENTS

30g	Chia seeds
200g	Natural yoghurt
20g	Peanut butter
10g	Coconut flakes
200g	Pears (1 large piece)
10 ml	Lemon juice

METHOD

1. Mix chia seeds with yoghurt and set aside in the fridge for about 45 minutes.
2. Blend pears with mousse and lemon juice.
3. Place peanut butter on the bottom of the glass. Add a layer of chia yoghurt, then pear mousse and chia yogurt again.
4. Sprinkle with coconut and chopped pear.
5. Put in the fridge to cool.

NUTRITION FACTS (PER SERVING)

- Kcal: 555 kcal
- Protein: 20.25 g
- Fats: 31.41 g
- Carbohydrates: 45.61 g
- Fibre: 16.98 g
- Na: 132.00 mg
- K: 615.00 mg
- Ca: 256.40 mg
- P: 369.30 mg
- Mg: 169.40 mg
- Fe: 4.13 mg
- Zn: 1.45 mg
- Vit A: 4.20 µg
- Vit E: 1.13 mg
- Vit B1: 0.04 mg
- Vit B2: 0.08 mg
- Vit B6: 0.10 mg
- Vit C: 12.03 mg

CHICKEN LETTUCE WRAPS

Serves 2

INGREDIENTS

2 Green onion (thinly sliced)
6tsp Julienne or matchstick carrots
6 tsp Asian peanut sauce
170g Grilled chicken (finely chopped)
6 large Lettuce leaves (butter lettuce)

METHOD

1. Mix green onion, carrots, peanut sauce and chicken together in a bowl
2. Divide the mixture evenly amongst six lettuce leaves

NUTRITION FACTS (PER SERVING)

- Kcal: 65 kcal
- Protein: 9 g
- Fats: 2.5 g
- Carbohydrates: 2 g
- Fibre: 0 g
- Na: 95.00 mg
- K: 130.00 mg
- P: 65.0 mg

MOROCCAN CHICKPEA, BUTTERNUT AND MAROG STEW

Serves 4

INGREDIENTS

4	Tomatoes (halved)
5 tbsp	Olive oil
250g	Butternut squash (peeled and chopped into large chunks)
1 tbsp	Thyme leaves
1 clove	Garlic (crushed)
1	Onion (sliced)
2 x 400g	cans Chickpeas (drained)
1	Bay leaf
1 tbsp	Ground cumin
1 tsp	Ground cinnamon
½ tsp	Turmeric
1 tbsp	Harissa
1L	Vegetable stock
100g	Feta (crumbled)
1	Lemon (zested and cut into wedges)
2 tsp	Fennel seeds
1 tsp	Ground coriander
200g	Spinach, kale or marog (shredded)
	Handful fresh coriander leaves, to serve

METHOD

1. Heat oven to 200°C. Place the tomatoes on a baking sheet lined with baking parchment, drizzle over 2 tablespoon olive oil, season and roast in the oven for 20 mins or until soft. Set aside.
2. Meanwhile, pour 2 tablespoon oil into a large saucepan and add the squash, thyme, garlic and onion. Season generously and cook on a low heat for 15 minutes or until the vegetables begin to soften (but not brown).
3. Add the tomatoes, chickpeas, bay, ground spices and harissa. Season to taste and pour in the stock. Bring to the boil, then reduce the heat and simmer for 30 to 35 minutes until the liquid has reduced.
4. Put the feta in a small bowl and add the remaining olive oil and the lemon zest. Mix well and set aside.
5. Toast the fennel seeds in a frying pan for 1 minute, then lightly crush with a pestle and mortar, or in a bowl with the back of a rolling pin.
6. Add the ground coriander and marog to the stew and cook for 2 minutes. Put the stew in a bowl and top with a scoop of feta, a sprinkling of coriander leaves and fennel seeds, and some seasoning. Serve with lemon wedges on the side.

VEGGIE PACKED MUFFINS

Serves 4

INGREDIENTS

1 cup	Flour, whole wheat
1 cup	Flour, cake flour
3/4 tsp	Baking powder
1/2 tsp	Salt
1/4 tsp	Nutmeg
1/4 tsp	Cinnamon
4 tsp	Butter (unsalted)
1/2 cup	Sugar
2 large	Eggs
1 tsp	Vanilla extract
1/2 cup	Broccoli (chopped)
1 medium	Baby marrow
1/2 medium	Apple
1 medium	Banana
1/8 cup	Apple juice
1/4 cup	Canned apple (puréed)
1 1/2 medium	Carrot
1/4 cup	Yoghurt (plain)

METHOD

1. Preheat the oven to 180°C. Place cupcake liners into muffin pan and set aside.
2. In a medium bowl, mix flours, baking soda, salt, nutmeg and cinnamon and set aside.
3. Soften butter and steam broccoli.
4. In a mixer or another bowl, combine the sugar, butter, eggs and vanilla. Beat well.
5. In a food processor, combine steamed broccoli, zucchini, apple, banana, apple juice, and applesauce. Purée until smooth.
6. Shred carrots. If you don't want to use shredded carrots, you can purée them with the rest of the fruits and veggies in the food processor.
7. Add the fruit and veggie puree, carrots (if applicable), and yoghurt into the wet ingredients and beat until mixed.
8. Add dry ingredients to the wet ingredients and mix until just combined.
9. Fill the prepared muffin pan about 2/3 full with batter.
10. Bake for 20-25 minutes or until tops are slightly brown and a toothpick inserted in the centre comes out clean and muffins bounce back when touched.
11. Allow to cool for 5-10 minutes before serving. If desired, add some yoghurt and fruit on the side for extra energy.

NUTRITION FACTS (PER SERVING)

- **CALORIES: 177KCAL**
- **CARBOHYDRATES: 30G**
 - **PROTEIN: 4G**
 - **FAT: 5G**
- **SATURATED FAT: 3G**
- **CHOLESTEROL: 42MG**
 - **SODIUM: 201MG**
 - **FIBRE: 2G**
 - **SUGAR: 12G**



CARROT CAKE COCONUT PROTEIN BALLS

Serves 2

INGREDIENTS

1 cup	Sunflower seeds
3/4 cup	Rollled oats
6	Pitted dates
1	Carrot, shredded
1/2 tsp	Cinnamon
1/4 tsp	Nutmeg
1/8 tsp	Ground ginger
4 tbsp	Peanut Butter
1/3 cup	Unsweetened shredded coconut

METHOD

1. Combine the sunflower seeds, oats, dates, peanut butter and spices in a food processor or blender until a chunky dough forms.
2. Add the shredded carrots until thoroughly mixed.
3. Add the shredded coconut to a separate bowl.
4. Take a spoonful of dough and roll into individual bite-sized balls (about the size of a R5 coin), then roll in the shredded coconut and place on a plate or baking dish.
5. Place the balls in the refrigerator for 30-45 minutes before serving.

NUTRITION FACTS (PER SERVING)

- CALORIES: 100
- FAT: 5G
- TRANS FAT: 1.5G
- CHOLESTEROL: 0MG
- SODIUM: 5MG
- CARBOHYDRATES: 10G
- FIBRE: 2G
- SUGARS: 5G
- PROTEIN: 3G



PEANUT BUTTER SEED & NUT BARS

Makes 16

INGREDIENTS

2 cups	Raw nuts (such as almonds, walnuts, pistachios, pecans, and/or blanched hazelnuts)
½ cup	Raw pumpkin seeds
3 tbsp	Extra-virgin olive oil, plus more for pan
2 cups	Old-fashioned oats (divided)
1¼ cups	Dried fruit (such as tart cherries, raisins, currants, dates, apricots, and/or blueberries)
¾ cup	Natural peanut butter (unsalted or low-salt)
½ cup	plus 2 tbsp Honey
2 tsp	Kosher salt
2 tsp	Vanilla extract
1 large	Egg white

NUTRITION FACTS (PER BAR)

- CALORIES 154
- PROTEIN 5 G
- CARBOHYDRATES 11 G
- FAT 11 G
- FIBRE 2 G
- SODIUM 67 MG.

METHOD

1. Preheat the oven to 180°C. Spread nuts and pumpkin seeds in a baking pan and roast until darkened in colour and toasty smelling, 10–12 minutes. Transfer nuts and seeds to a food processor and let the mixture sit until cool enough to handle.
2. Reduce oven temperature to 150°C. Lightly oil pan and line with parchment paper, leaving overhang on both long sides. Lightly oil parchment.
3. Add 1 cup oats to the nut mixture in the food processor and pulse until nuts are broken down to a sandy mixture, and no whole oats remain. Transfer to a large bowl.
4. Pulse any dried fruit larger than a raisin in a food processor, no need to wipe out, until finely chopped, about the size of chocolate chips. Transfer to bowl with nut mixture. Add remaining 1 cup oats and stir to combine, breaking up any fruit that is stuck together. Add 3 tablespoon oil and stir to coat. Add peanut butter, but do not stir it in.
5. Bring honey, salt and vanilla to a boil in a medium saucepan (honey will bubble up) over medium heat. Reduce heat to medium-low and simmer, stirring occasionally for about 3 minutes, until honey is foaming vigorously and smells like caramel.
6. Immediately pour honey syrup over peanut butter in a reserved bowl — it will melt the peanut butter. Stir to combine, making sure to aggressively break up any clumps of nut butter.
7. Stir egg white with a fork or whisk in a small bowl to liquefy. Add to oats mixture and stir until egg white is no longer visible.
8. Transfer oats mixture to the prepared pan and press firmly into an even layer. Be sure to really compact the mixture into the pan — it helps to use the bottom of a heavy glass or metal measuring cup.
9. Bake granola bars, for about 30–35 minutes, until deep golden brown and no longer sticky or wet. Allow to cool for 5 minutes, then lightly score into 16 long rectangles (1 cut lengthwise and 8 cuts crosswise will make bars that are about 6½x1"). Leave the bars to cool completely in the pan, then use parchment to hoist bars out onto a cutting board. Using a sharp chef's knife, cut along marks to separate bars.
10. Bars can be made 1 week ahead. Store in an airtight container at room temperature.

CHOCOLATE CHEESECAKE CUPS

Serves 6

INGREDIENTS

30g	Semi sweet baking chocolate, plus 3g shavings
110g	Philly low fat cream cheese (softened room temperature)
1/4 cup	Sugar
1/4 cup	Light sour cream
1	Large egg (room temperature)

METHOD

1. Preheat the oven to 180°C. Line a mini muffin pan with mini muffin liners.
2. Melt 30g chocolate in the microwave in 30-second increments, stirring in between until chocolate has melted.
3. In a bowl, using a hand mixer, beat the cream cheese and sugar, then add the sour cream and beat until smooth.
4. With a spoon, fold in the egg and the melted chocolate and stir until smooth.
5. Spoon 2 tablespoons in each cup. Bake for 50 minutes, then turn the oven off and let the cheesecakes sit in the oven for 30 minutes longer. Remove from the oven and let cool completely before serving — 2 hours or overnight in the fridge.
6. Shave the remaining chocolate and sprinkle over the top before serving.

NUTRITION FACTS (PER SERVING)

- CALORIES: 65 KCAL
- CARBOHYDRATES: 6G
- PROTEIN: 1.5G
- FAT: 4G



For recipe-related queries, please contact Tsebo Catering Solution.

TSEBO

