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World Initiative for Soy in Human Health
Enhancing human well-being through soy

The American Dietetic Association and Dietitians of Canada recently released their position paper on the nutritional management of people with HIV infection.[1] The importance of food and nutrition security was emphasized for the general health as well as a number of specific therapies for people with chronic HIV infection. Following are some of the important features of this paper:

- Maintenance of adequate nutritional status is important to survival and preservation of body functions.[2] [3] [4]
- Protein intake is important to the maintenance and restoration of the body's important muscle and organ tissues.[5]
- Diets high in both calories and protein may be required to improve the body's response to the challenge of symptomatic HIV infection.[6]
- While micronutrients are important to health maintenance, it appears that a more generalized protein-energy malnutrition may play the primary role in malnutrition-related immune deficiency.[7] [8]
- Additional health challenges are now faced by persons surviving due to improved treatment strategies with chronic HIV infection including cardiovascular disease, insulin resistance and diabetes, osteoporosis, oxidative stress, and central obesity. Recommendations for soyfoods as a preferred way to meet protein needs may help to meet the goal to reduce risk factors for disease and treatment-associated complications.[9] [10] [11]

Nutritional management is an important feature of effective treatment of chronic HIV infection in any setting and will include maintenance and restoration of body stores, support for adherence to therapy, and decreased numbers of complications associated with disease and therapies. For more information on WISHH activities in HIV/AIDS, visit www.WISHH.org.

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[1] Position of the American Dietetic Asociation and Dietitians of Canada: Nutrition intervention in the care of persons with human immunodeficiency virus. *J Am Diet Assoc*. 2004;104(9):1425-1441. Available at: http://www.adajournal.org/scripts/om.dll/serve?action=get-media&id=as00028223040118 61&trueID=pdf_s00028223040118 61&location=jjada041049&type=pdf&name=x.pdf

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