

Feeding sick people

FACT

A sick person needs to eat well because a good diet:

- helps to fight the illness
- strengthens the body
- helps to prevent weight loss.

ACT

A diet for a sick person ideally contains:

- ❖ small, frequent meals with a variety of foods
- ❖ plenty to drink every 1-2 hours (at least 8 cups per day), e.g. boiled water, fresh fruit juice, coconut water, sodas, soup or watery porridge
- ❖ plenty of fresh vegetables and fruits: they help you to recover
- ❖ plenty of animal foods (e.g. meat, offal, poultry fish, eggs, milk) and/or legumes (e.g. beans, lentils, peas): they repair your body and fight the illness.
- ❖ extra fat-rich foods (e.g. avocado, oil or oilseeds) or sugar added to the meals.

Helping a sick person to eat more:

- ❖ Encourage the person to eat more at each meal.
- ❖ Feed the person sitting up; feed a child on your lap.
- ❖ Keep water and food nearby if a person has to stay in bed.
- ❖ Offer soft foods (e.g. mashed bananas, soup) or sweet foods.
- ❖ Never force sick children to eat, as they may choke or vomit.
- ❖ If a breastfed child is sick, breastfeed more often.

OTHER IMPORTANT TIPS

TAKE NOTE! People with diarrhoea or vomiting need to drink extra liquids frequently.

REMEMBER! Wash your hands before and after feeding sick people.