

## A HEALTHY WEIGHT



Keeping to a balanced diet and exercising regularly will help you to maintain a healthy weight. Putting on weight can increase the risk of suffering diabetes, heart problems, or cancer. Maintaining a healthy weight helps to reduce this risk, particularly if you are an older person.

### 01

There are generally two reasons why people put on too much weight:



Eating too much (particularly food containing a lot of sugar or fat)



Not doing enough physical exercise

Some people may also put on weight after starting antiretroviral treatment or after changing their medication regime. Weight gain after initiating antiretroviral therapy may be because of a general improvement in health. It could, however, also be related to the use of certain antiretroviral drugs.

Weight gain can increase the risk of diabetes, heart problems, or cancer. Maintaining a healthy weight helps to reduce this risk, particularly if you are an older person.

### 02

#### BASIC ADVICE FOR LOSING WEIGHT

People with HIV can generally follow the same weight loss advice as everyone else.

**1. Draw up a weight loss plan:** Having a plan will help you to lose weight at a safe rate each week.

**2. Limit calorie intake:** The plan should limit the number of calories consumed per day. An HIV expert and nutritionist can help you to calculate your maximum daily calories.

**3. Do physical exercise:** Exercising can help you to burn calories and to lose weight. It is a good idea to set goals or objectives that can be increased each week. People who wish to lose weight should do from 45 to 60 minutes of physical exercise each day.

### 03

#### MAIN POINTS

- There are several reasons why people with HIV put on weight. The causes include the use of certain antiretroviral drugs.
- Most people with HIV should eat fewer high-fat or -sugar foods and start doing physical exercise in their daily lives.
- The general guidelines for losing weight also apply to people with HIV. A nutrition and HIV expert can give you advice more specific to you.

**Note:** The information on this sheet is not intended to replace advice from a health professional. Health decisions should always be taken after consulting health professionals.

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ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

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