



Nutrition and HIV/AIDS

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

A balanced diet and a good nutritional status represent fundamental aspects of the management of HIV-infected subjects. Overweight and malnutrition can exert a detrimental role on patients’ immunity and general health; moreover evidence suggests that a good nutritional status is associated with higher quality of life in HIV-infected individuals. Nutritional needs are altered during HIV infection due to metabolism alterations and a lack of macro- and micronutrients is frequently observed in this population. Despite all this, few specific indications have been developed and the goal of a good nutritional status is often unmet in HIV-infected patients.

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