Objective: To highlight the influence of nutrition in the progress of HIV/AIDs and the role and importance of good nutrition in the management of the disease.

Study selection. The subject was selected because it is now widely recognized that nutritional scare and support is an essential component of the healthcare plan and management of people living with HIV/AIDS. The subject is especially relevant since few studies have been conducted locally and on the effects of nutritional status on the progression of HIV/AIDS.

Data sources and data analysis: A review of current literature selected from local and international scientific journals and books on the subject of nutrition and HIV/AIDS.

Data extraction and synthesis: Data were developed from the reviewed information and extracted from the contribution of different authors who are interested in nutritional management of people living with HIV/AIDS. It was then analysed and synthesized into the current article.

Conclusion: On the basis of the reviewed information, it is recommended that individuals with HIV/AIDS be given nutrition counseling and support to enable them achieve an adequate nutrient and energy intake for as long as possible. This would enhance the quality of their lives and minimize disease symptoms.