The research examined the extent to which a group of women living with HIV/AIDS in Harare, Zimbabwe understood what their nutritional requirements were in relation to their health status and how they attempted to meet these requirements with regard to access and utilization of food. The study investigated what knowledge the women had about their nutritional status, what their sources of information were, how they fulfilled their nutritional requirements, inconsistencies in their nutritional requirements, and lastly explored the strategies they use to access food. The results showed that the women had little understanding of what their nutritional needs were because the information they received from their sources did not adequately translate into the types of foods that made up the typical diet of these women. The knowledge gap and the challenge of accessing food meant that food security was compromised. Traditional foods were considered to be the best because they were ‘natural’, cheap, and readily available. Urban gardens played a major role in providing them with food and nutrients. The study shows that the way food security is defined by the FAO (1996) is not how these women typically define food security, believing this to mean going to bed on a full stomach at all times. Semi-structured interviews were used in order to qualitatively investigate the ability of HIV positive women who are taking antiretroviral drugs (ARVs) to meet the nutritional requirements that are consistent with their treatment and care plans. Their ages ranged from 18-50 years.