

Nutrition Tips for COPD

COPD = Chronic Obstructive Pulmonary Disease

GENERAL TIPS:

A healthy diet helps to keep your lungs and body strong and it may help prevent illness

1. Eat food from all 4 food groups:

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives



2. Avoid foods that have little nutritional value such as chips, pop, candy, cookies, bacon, hotdogs, french fries, etc.

3. Eat small, frequent meals and snacks (5 - 6 meals/snacks)

4. Eat your main meal when you have the most energy

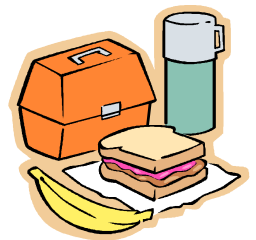
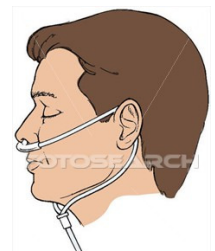
5. Drink beverages after meals, so you do not fill up on liquids

6. Limit salt intake (too much salt can cause you to retain fluid making it harder to breathe):

- Use herbs or no-salt spices like pepper, onion powder, basil, etc.
- Avoid adding salt to food when cooking and at the table
- When reading labels avoid foods with more than 300 mg of sodium (salt)



7. Use your oxygen while eating and after meals (helps to digest food)

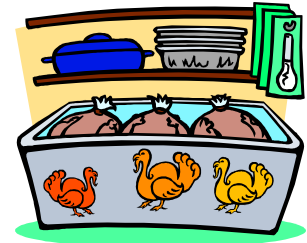


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TIPS TO SAVE TIME AND ENERGY:

- Make easy to prepare one-dish meals; make extra and freeze for later
- Use the oven or microwave if you find stove-top cooking tiring
- Plan and prepare ahead as much as possible
- Ask for help from family and friends



HEALTHY SNACKS:

- Crackers and cheese or peanut butter – (try “baked” crackers)
- Rice crackers
- Pretzels, plain popcorn
- Homemade Muffins
- Baked Bannock
- Yogurt
- Milk puddings
- Fruit smoothies – blend together milk, yogurt and fruit!
- Fruit – fresh, or canned – serve with a dip made from yogurt
- Vegetables and dip – try a low fat salad dressing
- Half a sandwich



FLUIDS:

- Enough fluid is needed to hydrate the body
- Fluid helps keep mucus thin and easy to cough up
- Try to drink 6 - 8 cups of non-caffeinated fluids such as water, milk, 100% juice, de-caffeinated tea, soup, etc.
- Alcohol can interact with medications, might slow your breathing and make it difficult to cough up mucus
- Talk to your doctor before drinking alcohol



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