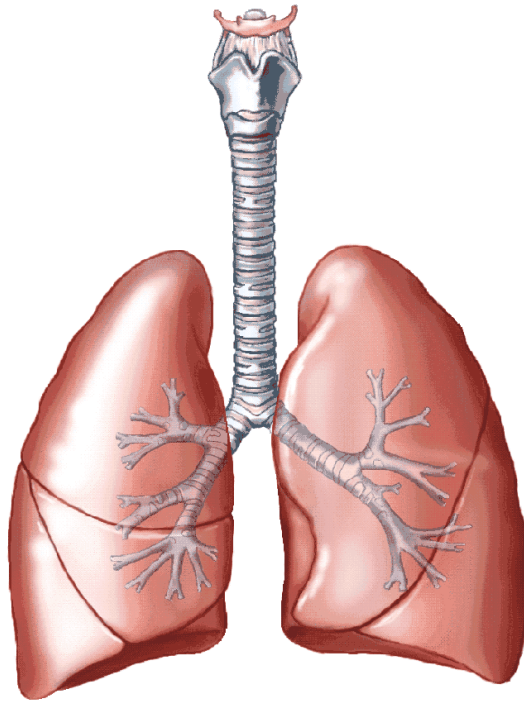


# Breathe a Little Easier with the Right Diet for You

While our bodies age and continue to change, our lungs are continuously changing too. Learn what you can do to keep your lungs as healthy as possible by choosing healthy foods!



**What does COPD stand for?**

Chronic  
Obstructive  
Pulmonary  
Disease

**What is COPD?**

COPD is a term used to describe progressive lung diseases characterized by breathlessness.

**What are the symptoms of COPD?**

Symptoms include: coughing, wheezing, sputum production, and tight chestness.

## NUTRITION AND COPD

# EXERCISE & HYDRATION

Exercise helps to reduce symptoms, such as shortness of breath.



Exercise cannot reverse COPD, but can help with progression.

Start slowly, and increase exercise as desired day-by-day.

Hydration is important to avoid thick, sticky mucus that may build up in the lungs.

### Exercise Ideas

Brisk walking

Light jog

Playing tennis

Swimming

Aerobics

Lifting weights

Drink at least 8 glasses of 8 oz water per day. Try adding cucumber, lemon, or fruit for flavor.

## NUTRITION AND COPD

# **Limit: SODIUM**

Excess sodium in your diet can cause fluid build-up, which may increase blood pressure and shortness of breath

Sodium restriction can help with decreasing fluid build-up.

**Try ways to decrease sodium in your diet:**

- Do not add salt at the table**
- Read nutrition labels; do not buy foods that are high in sodium (look for less than 300 mg/serving)**
- Pay close attention to certain foods that are typically high in sodium, such as deli meat, canned soups, salted snacks, frozen meals, condiments, and sauces**



### **TIPS TO LIMIT SODIUM:**

- Use lemon or herbs in place of salt**
- Eat fruits and vegetables in place of high salt snacks**
- Use only a small amount of condiments**
- Buy low-sodium products**

## NUTRITION AND COPD

# HIGH CALORIE/HIGH PROTEIN FOODS

### 1) Yogurt



### 2) Cheese



### 3) Whole or 2% milk



### 4) Eggs



### 5) Butter



Also try using sauces, dips, and dressings to your food to add more calories and protein.

### 6) Ice cream



### 7) Cottage cheese



COPD can make it difficult to breathe, causing you to expend more calories than the average person. This also makes it harder to consume adequate calories and protein

# Nutrition Facts for Calorie- and Protein-Rich Foods

Food	Serving Size	Calories	Grams of protein
Yogurt, low-fat	1 cup	154	13
Milk, whole	1 cup	146	8
Milk, 2%	1 cup	122	8
Cheddar cheese, diced	1 cup	532	33
Cottage cheese, 1%	1 cup	163	28
Vanilla ice cream	½ cup	137	2
Butter	1 tbsp	100	0g
Sour cream	½ cup	239	3
Salmon	3 ounces	175	19
Chicken breast, chopped	1 cup	231	43
Egg, extra large	1 egg	80	7

# **NUTRITION TIPS TO HELP YOUR BREATHING**

- Avoid carbonated beverages
- Avoid high fat, greasy foods
- Eat slowly
- Eat 5-6 small meals per day
- Sit upright when eating
- Drink liquids after a meal, not during the meal, to avoid getting full

**Did you know?  
Becoming overly full or consuming gas-producing foods may make it more difficult to breathe.**



# Pumpkin Oatmeal

## Ingredients:

- 1/2 cup **oats**
- 1 cup **water**
- 1/3 cup **pumpkin** (canned pumpkin)
- 1/2 cup **skim milk** (can substitute whole milk for added calories and protein)
- 1 tsp **vanilla**
- 1 dash **cinnamon**
- 1 dash **nutmeg**
- 1 tbs **raw walnuts and almonds** (crushed or slivered)
- 1 tsp **maple syrup or brown sugar**

Serves 1

## Directions:

1. Add oats and water to a 2 quart sauce pan
2. Bring to a boil, stirring occasionally
3. Turn down to simmer
4. Cook until creamy for about 8-10 minutes
5. Add pumpkin
6. Add milk
7. Add vanilla, nutmeg and cinnamon
8. Add nuts and or maple syrup

## Nutrition Facts:

**Kcal: 295**  
**Protein: 12 g**  
**Fiber: 8 g**  
**Sodium: 342 mg**  
**Total Fat: 8g**  
**Saturated Fat; 1g**



# Nutrition & COPD

O D G N I H T A E R B X J G D  
M X H C P L A R S Y Q S A R T  
E O N O I R N U I F S K I E E  
S N O F N L O H C B Y R O I Z  
E M I P O R Z T R Y F P E C A  
E S T K I O X E E I B U M E D  
H O A X T Z H W X I R L T C R  
C D R G I I U S E U N M Q R T  
R I D L R Z S A Y T P O U E B  
N U Y L T Q N L O Q J N C A Y  
X M H J U G U B G P N A R M R  
V G Y F N N X H U O S R X G P  
K V Z D G G H Q R C Q Y P V Z  
Z I M S J B D F T Q W N A E N  
A D T L A E M T A O Z J D V U

PULMONARY

PROTEIN

BREATHING

SODIUM

CHEESE

YOGURT

EXERCISE

HYDRATION

LUNGS

NUTRITION

HERBS

ICECREAM

OATMEAL



# Word Search Answer Key

O	D	G	N	I	H	T	A	E	R	B	X	J	G	D
M	X	H	C	P	L	A	R	S	Y	Q	S	A	R	T
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PULMONARY

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