

COPD DIET TIPS

Food is the fuel that provides your body with the energy it needs to perform all activities. People with COPD use more energy breathing and therefore need more food (sometimes up to 10 times the calories).

Unfortunately, eating more food makes you have more trouble breathing because of the amount of food in your stomach. Losing too much weight will make you tired and weak and will make you more likely to get an infection.

Metabolism is the name of the process that converts the food you eat to the energy needed by every cell in your body. During metabolism, food and oxygen are changed to carbon dioxide (CO₂), energy and water. Some people with COPD have too much carbon dioxide in their blood and it is beneficial to try to reduce the amount of extra CO₂. Good news, foods that are higher in **fats** will give you the calories and energy you need without producing that much CO₂. Carbohydrates break down and produce more CO₂ therefore should be eaten in very small amounts.

Here are some tips for eating well with COPD

- Eat 6 smaller meals instead of 3 large meals
- Prepare all your meals for the day at one time.
- Organize your kitchen so that all your supplies and cooking utensils are close together so that you don't have to walk too far.
- Take your breathing medication before you get started, wear your oxygen and practice pursed lip breathing while you are preparing your meals.
- Monitor your weight by weighing yourself once or twice a week. If you take "fluid pills" then your doctor may want you to weigh yourself every day. Let your doctor know if you gain 2 pounds in one day or 5 pounds in one week.
- Try to drink 6 to 8 eight-ounce glasses of non caffeinated beverages each day to keep mucous thin and easy to cough up. **HOWEVER**, if you have heart problems and need to limit your fluid intake, ***please follow your doctor's instructions.***

Here are some sample meals that you may find useful.

High calorie recipes to promote weight gain

<p>Super Shake 1 cup whole milk 1 cup ice cream (1-2 scoops) 1 pkg Carnation Instant breakfast</p> <p>Pour all ingredients into a blender and mix well.</p> <p>Makes one serving. 550 calories per serving.</p>	<p>Chocolate Peanut Butter Shake ½ cup heavy whipping cream 3 tablespoons creamy peanut butter 3 tablespoons chocolate syrup 1 ½ cups chocolate ice cream</p> <p>Pour all ingredients into a blender and mix well.</p> <p>Makes one serving. 1090 calories/serving.</p>	<p>Super Pudding 2 cups whole milk 2 tablespoons veg. oil 1 pkg. instant pudding ¾ cup non fat, dry milk powder</p> <p>Blend milk and oil. Add pudding mix and mix well. Pour into dishes.</p> <p>Makes 4 ½ cup servings. 250 calories per serving.</p>	<p>Great Grape Slush 2 grape juice bars ½ cup grape juice or lemon-lime soda 2 tablespoons corn syrup 1 tablespoon corn oil</p> <p>Pour all ingredients into a blender and mix well.</p> <p>Makes one serving. 490 calories/serving.</p>
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Please do:

- **Give your lungs all the room they need to expand by eating 5 to 6 smaller meals a day.**
- Include high fiber food in your diet. Fiber helps to move food through the digestive tract, helps to control blood glucose levels and may reduce the level of cholesterol in the blood. Try to get 20 to 35 grams of fiber each day. An example of what to eat in one day to help you get enough fiber includes: 1 cup of all bran cereal, a sandwich with 2 slices of whole grain bread, 1 medium apple, and 1 cup of peas, dried beans or lentils.
- Eat more protein and fat instead of simple sugars and processed carbohydrates (white bread, white sugar, white rice) however, don't forget the complex carbohydrates such as whole wheat bread, brown rice, potatoes, barley, sprouted wheat, oatmeal
- Drink **WHOLE** milk, use butter, cheese and cream.
- Use herbs or no salt spices to flavor your food.
- If you use oxygen, wear it when you eat. Eating and digestion require energy and your body will need the oxygen.
- Use pursed lip breathing
- Try to eat your main meal early in the day especially if you find you get too tired to eat later in the day.
- Eat the highest calorie food first.
- Rest before eating so that you may enjoy your meal.
- Eat slowly and take small bites so that you can chew your food slowly. Don't rush through your meals.
- Rest for at least an hour after you eat. Blood and oxygen are sent to your digestive tract to help digest your food so your energy level will be lower and you may be more short of breath.
- Drink liquids at the end of the meal so that you don't fill up your stomach and not want to eat the higher calorie foods.
- Eat while sitting up to ease the pressure on your lungs.
- Have your family help with your meal preparation. Prepare extra portions and freeze them so that you can have a quick meal when you don't feel like cooking.

Please do **NOT**:

- Use too much salt. Salt causes your body to retain fluid which could make breathing more difficult. Avoid foods with more than 300 mg/serving of sodium (salt)
- Eat foods that cause bloating or gas. The abdominal bloating will make it more difficult to breathe.
- Overeat. The extra volume will make it more difficult to breathe.
- Drink too much coffee or tea.
- Eat high sugar snacks and foods.
- Eat foods with little to no nutritional value such as potato chips, candy bars, colas and other snack foods.
- Drink too much (or any) alcohol. Alcoholic beverages do not have much nutritional value and might suppress your breathing and react with your medications.

Calorie Boosters	
Food Item	Suggested Use
Egg yolk or whole egg	Before cooking, add egg yolk or whole egg to foods such as meat loaf, rice pudding or macaroni and cheese
Non- fat powdered milk or undiluted evaporated milk	Add to beverages or to these foods: <ul style="list-style-type: none"> • Creamed soups • Yogurt • Scrambled eggs • Casseroles • Pudding • Mashed potatoes • Custard • Gravies • Hot cereal • Sauces
Cream Cheese or shredded, melted, sliced, cubed or grated cheese	Add to sandwiches, snacks, casseroles, crackers, eggs, soups, toast, pasta, potatoes, rice or vegetables or serve as a snack.
Vegetable oils (canola,olive, peanut) mayonnaise, butter, margarine or sour cream	Add margarine or mayonnaise to sandwiches; add any of these items to bread, casseroles, soups, eggs, cooked cereals, pasta, potatoes, rice, vegetables, pudding.
Peanut butter	Spread on bread, crackers, apples, bananas, or celery. Or add to cereal, custard, cookies or milk shakes.
Nut dust (grind any type of nuts in a blender or food processor)	Add to puddings, gravy, mashed potatoes, casseroles, salads, yogurt, cereals.
Miscellaneous foods (limit to one serving per day)	Add: sugar, jelly, jam, preserves, honey, corn syrup, maple syrup. To: hot cereal, fruit, sweet potatoes, winter squash, cold cereal, fruit salad.

Some High Calorie Snacks



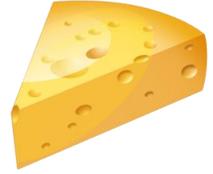
Regular Ice cream



Nachos and cheese



Dried Fruit



Cheeses



Yogurt
Try adding granola or
fruit



Pudding made with
whole milk



Popcorn
Add butter and
parmesan cheese



Eggs



Sandwiches
Use whole wheat bread,
mayonnaise and cheese



Cereal with
half and half



Whole grain bagels
with peanut butter
or cream cheese



Peanut butter
and bananas on
whole grain
toast



Peanut butter on
anything you want



Fruit Smoothies



Nuts



Custards

GOOD NEWS, ABSOLUTELY NONE OF THIS IS SUGAR FREE OR LOW FAT

Breakfast

Breakfast is the most important meal of the day so don't skip it. Try to get at least 20% of your daily calories from this meal. Take a good quality multi vitamin. Do a little research about vitamins and talk to a nutritionist at a health food store.

Sample breakfast menus:

These are suggestions. Make sure these foods will not conflict with the medication you are taking or that you are not allergic to them.

<ul style="list-style-type: none">• ½ cup tomato juice• 1 cup hot or cold cereal with ½ cup whole milk and either fresh or dried fruit• ½ cup whole milk• 1 cup decaffeinated coffee or tea	<ul style="list-style-type: none">• ½ cup grape juice• 1 slice French toast with butter, marmalade, jam or maple syrup• 2 slices crisp bacon or a sausage patty• ½ cup whole milk• 1 cup decaffeinated coffee or tea
<ul style="list-style-type: none">• ½ cup orange juice• 1 each poached egg placed on a whole wheat English muffin half• ½ cup stewed prunes or apricots• ½ cup whole milk• 1 cup decaffeinated coffee or tea	<ul style="list-style-type: none">• 1 cup apple juice• 1 each large egg, scrambled with diced onion and shredded cheese• 3 oz breakfast ham• 1 slice whole grain bread, toasted with peanut butter and jam• ½ c whole milk• 1 cup decaffeinated coffee or tea

This may be more food than you can eat at one time. Set some aside and use it for your mid morning snack.

You may also substitute an "instant breakfast" drink. Since they only have about 335 calories and you will need more, you can increase the amount of calories by using half and half instead of whole milk, adding ice cream and some frozen fruit and a tablespoon of canola oil. If you chose to have this for breakfast, you will need to get lots of extra fruits, vegetables and grains into your other meals and snacks.

Lunch

This can be the most difficult meal of the day to plan. Your spouse may be away at work and you just don't feel like eating by yourself. Make this meal the easiest of the day. Use leftovers, have a salad or some raw vegetables or fruit and dip. Some crackers with cheese or peanut butter or maybe celery or apples with peanut butter might be a good idea. Make a little more for your afternoon snack.

<ul style="list-style-type: none">• ½ cup fruit juice• 1 cup canned tomatoes with onions, basil and lime or mild vinegar• 1 slice whole grain bread with butter• ½ cup fresh fruit with a generous chunk of sharp cheese	<ul style="list-style-type: none">• 1 cup hearty soup with fresh spinach, cabbage or chard added• 3 each celery ribs stuffed with cheese spread or cream cheese• ½ cup canned or fresh fruit• 1 cup decaffeinated beverage
<ul style="list-style-type: none">• 1 each tuna salad sandwich with Dijon mustard on whole grain bread• 3 oz garden salad with honey vinaigrette dressing• 1 cup iced decaf tea or lemonade	<ul style="list-style-type: none">• 1 cup Waldorf salad on lettuce with raisins and currants• 3 oz deli sandwich of assorted meats and cheeses on whole grain bread• 1cup decaf beverage
<ul style="list-style-type: none">• 1 cup canned tomato soup with basil oregano and onion• 3 oz fresh veggie plate with dressing/dips• 1 cup decaf beverage	<ul style="list-style-type: none">• 1 cup steamed brown rice with 1 cup beans, onion and sweet peppers• 3 oz garden salad with ranch dressing• 2 oz whole grain crackers• 1 cup decaf beverage

DON'T FORGET YOUR SNACK!

Dinner

By the end of the day, you may not feel like eating a large meal and that's ok. You can save whatever is not eaten for leftovers.

<ul style="list-style-type: none">• 1 each small salmon steak, baked or poached• 1 each medium boiled new potato with butter, shredded cheese and parsley• ½ cu frozen peas, blanched• 3 oz garden salad• 1 each slice of whole grain bread or roll	<ul style="list-style-type: none">• 1 cup chili con carne with beans and shredded cheese• 1 each generous chunk or cornbread• 4 oz spinach salad with mushrooms, onion and ranch dressing
<ul style="list-style-type: none">• 4 oz chicken breast, grilled, baked or pan fried, glazed with marmalade• 4 oz whole canned tomatoes with onion slices, green pepper and vinegar• 2 oz veggie relishes with dip	<ul style="list-style-type: none">• 1 ½ cup hearty soup• 4 oz spinach salad with bacon, mushrooms, pumpkin seeds or pecans and dressing• 1 each generous chunk of cornbread
<ul style="list-style-type: none">• 4 oz hearty pasta salad with chicken, sausage or fish• 1 slice Italian bread with butter, garlic and parmesan cheese• 3 oz fresh fruit	<ul style="list-style-type: none">• 4 oz pasta with your favorite tomato sauce and parmesan cheese• 2 each slices of garlic bread• 3 oz garden salad with dressing

Try to eat another snack before going to bed.

All of these suggestions have been gleaned from a very interesting article found on the internet called "An SOB* in the Kitchen". The website is: <http://www.copd-international.com/COPDAdvocate/kitchen.html>. The website is loaded with recipes and advice from someone who has COPD.

*Short of Breath