

Sample 1-Day Diet

Breakfast

- 1 scrambled egg
- 1 small hash brown patty

Morning Snack

- 1 can Ensure high protein shake

Lunch

- 1 cup chili
- 1 piece cornbread

Afternoon Snack

- 1 can Ensure

Dinner

- 1 cup pasta with alfredo sauce and parmesan cheese

Evening Snack

- 1 cup applesauce

Nutrition:

1760 calories

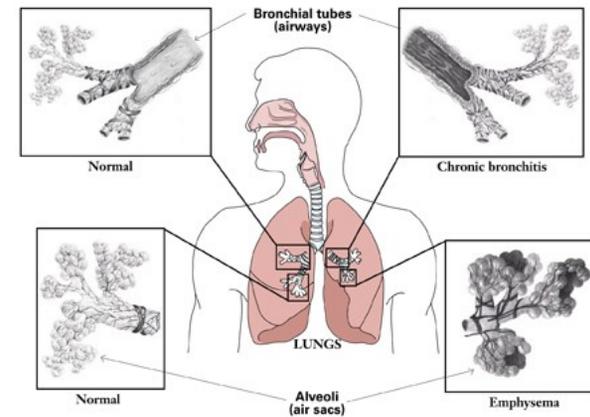
82 grams protein



For More Information about
COPD and Eating Tips:

copdfoundation.org
eatright.org
choosemyplate.gov

Chronic Obstructive Pulmonary Disease (COPD)

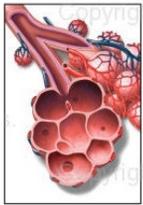


Managing with Nutrition

What is COPD?

COPD is a disease characterized by airflow obstruction. That is commonly caused by smoking. The two types are emphysema and chronic bronchitis.

Normal bronchiole and alveoli

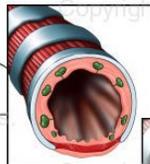


Emphysema



Emphysema occurs when the air sacs enlarge and cannot expel air as easily.

Chronic Bronchitis involves inflammation and excess mucus production in the bronchi, leading to smaller airways and difficult breathing.



Normal bronchus



Inflamed bronchus

Overcoming Feeding Difficulties

- Small Appetite
 - * Eat small, frequent meals
 - * Eat whenever you're hungry
 - * Eat nutrient dense foods
 - * Eat high calorie foods
- Fatigue
 - * Eat easy-to-prepare foods
 - * Prepare foods ahead of time and when you have energy
 - * Rest before meals
 - * Eat soon after waking up
 - * Keep a mini fridge by your bed
- Short Breath
 - * Breathe deeply while chewing
 - * Eat slowly, take small bites
 - * Sit upright while eating
 - * Eat soft foods that are easy to chew and swallow
- Distended/Bloated Stomach
 - * Drink between meals
 - * Avoid gas forming foods like carbonated bev-

Nutrition Tips

- Energy
 - * Since you may have trouble eating, it's important to eat high calorie and nutrient dense foods. This will give you more energy and keep your body healthy.
 - * Ideas:
 - Drink 2% or whole milk
 - Cook with healthy oils
 - Don't choose low-fat options
 - Choose whole-grains
 - Incorporate more fruits and vegetables
- Protein
 - * This will help maintain lung function and muscle strength to improve breathing.
 - * Ideas:
 - Add cubed chicken to salads or pastas
 - Top toast with peanut butter
 - Snack on yogurt or string cheese
 - Hard boil eggs for later consumption

