



# HEALTH FOR LIFE

## Healthy Eating For People With Lung Disease

A healthy, varied diet is the key to good nutrition! All foods are comprised of carbohydrates, fat, protein, vitamins and minerals.

- Proteins come from meats, chicken, fish, dairy products, whole wheat products and beans.
- Carbohydrates are “starchy” foods including grains, cereals, breads, pasta and rice.
- Fats are the most concentrated source of calories!
  - ▶ 9 calories per gram of fat
  - ▶ 4 calories per gram of protein
  - ▶ 4 calories per gram of carbohydrate
- Vitamins and minerals are found widespread in foods. Daily recommended intake is easily met by a healthy diet with adequate calories. If you are having a problem not getting enough calories in, a multi vitamin/mineral supplement may be a good choice for you to supplement your diet with.

### What Are Some Special Nutrients We Should Pay Attention To?

#### Sodium

You should watch your intake of high sodium foods if you are taking steroids, have high blood pressure, or heart problems. Try for a goal of no more than 4000 mg a day.

#### Foods High in Sodium

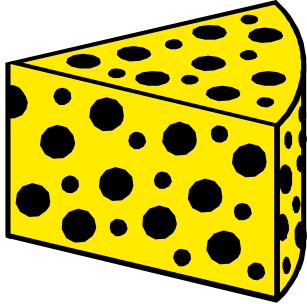
- ☞ **Table salt** is the most common source of sodium in our diet. Salt is a combination of sodium and chloride. One teaspoon of salt has 2000 milligrams of sodium.
- ☞ **Processed foods** have large amounts of sodium. These include frozen dinners, luncheon meats, and many canned items. Soups, vegetables, pork & beans, and tomato products are a few examples. Many people do not know that processed foods like ready-to-eat cereals, breads and baked goods also can be high in sodium.
- ☞ Sodium occurs **naturally** in foods. Unsalted, unprocessed foods usually have a low sodium content. Most foods in your diet should come from this group.

## Calcium

If you are taking steroids you should try to have 4 servings of calcium rich foods a day.

### Good Sources of Calcium

Food	Serving Size	Calcium Content (MG)
Milk	1 cup	300
Yogurt, fruit flavored	1 cup	300
Frozen yogurt	½ cup	50
Cottage cheese	½ cup	70
Colby; cheddar, jack cheeses	1 ounce	200
American cheese	1 ounce	175
Swiss cheese	1 ounce	270
Non-fat dry milk powder	1 T	70
Clams	3.5 ounces	100
Sardines, canned with bones	½ cup	325
Shrimp	3.5 ounces	60
Oranges	1 medium	55
Calcium fortified orange juice	6 ounces	240

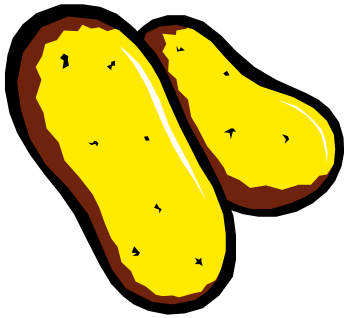


## Potassium

Some diuretics, such as Lasix, pull potassium from the body. If your doctor tells you your potassium level is too low, eat high potassium foods.

### Good Sources of Potassium


Food	Serving Size
Milk	1 cup
Yogurt	1 cup
Winter squash	½ cup
Tomato juice	6 ounces
Stewed tomatoes	½ cup
Apricots	one large
Cantaloupe, honeydew	3-4
Banana	1 medium
Grapefruit	1
Oranges	2
Dried prunes	4
Fresh carrots	2
Baked potato	1 medium
French fries	10-15
Raisins	5T
Spinach, cooked	½ cup
Orange, grapefruit juice	8 ounces
Dates	8



## Fiber

Fiber is found mostly in whole wheat, oat and bran products, fruits and vegetables, and beans. Fiber aids in the elimination process and should be incorporated into your daily meal pattern. The only problem with some high fiber foods is the excess gas they may produce. This can lead to a bloated feeling and shortness of breath. Identify the foods which cause you the most trouble and try to avoid them!

### Common Gas-Producing Foods

Apples (Raw)	Melons
Asparagus	Onions (Raw)
Beans (Pinto, Kidney, Black, Navy)	Peas (Split, Blackeye)
Broccoli	Peppers
Brussels Sprouts	Pimientos
Cabbage	Radishes
Carbonated Drinks	Rutabagas
Cauliflower	
Corn	
Cucumbers	
Turnips	

### What Are Some Common Problems With Lung Disease?

- How much you eat at a time can also affect breathing. Eating a large meal can leave you feeling too full and short of breath. Eating 3 smaller meals and 3 snacks each day will make the stomach less full. This leaves more room for your lungs to expand when you breathe. Another way to avoid that “too full” feeling is to eat less of the foods that cause gas. If the foods on the gas-producing list bother you, eat less of them.

- **Unintentional Weight Loss**

People with COPD can burn 10 times the amount of calories during breathing than someone without COPD! Weight loss is a very common problem that can be stopped with the right information.

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- ▶ For people losing weight, an extra 250-500 calories a day is necessary.
  - ▶ Tips to increase weight:
    - ☞ Eat 3 small meals and 3 small snacks during the day
    - ☞ Concentrate on eating calorie dense foods
    - ☞ Avoid drinking lots of fluids with your meals
    - ☞ Take a nutritional supplement
  - **Unintentional Weight Gain or Excess Weight**

Weight gain can be due to many factors. Lack of physical activity, poor diet, and medication can all contribute to increased body weight.

    - ▶ Tips for weight loss:
      - ☞ Follow the guidelines set by the Food Guide Pyramid
      - ☞ Consume a diet low in saturated fat and sugar
      - ☞ Exercise as tolerated and advised to burn off calories
      - ☞ Eat three small meals and three snacks a day

In conclusion, try different ways of doing things until they work for you! Most importantly, eat a healthy, varied diet and enjoy yourself!

- ▶ Upon request all patient education handouts are available in other formats for people with hearing, vision, and language problems, call (614) 293-3191. For more information, call (614) 293-3707.