

Healthy Eating and Lung Health



Why is healthy eating important?

- Help to manage weight at different stages of lung disease
- Food gives energy to help make breathing easier
- You use more energy to breathe compared to a person without COPD or other chronic lung disease



How has healthy eating helped you?

- Get essential vitamins and minerals, meet your nutrition needs
- Increase your energy to do your daily activities
- Enhances your well being

What is healthy eating?

- Focuses on quality and quantity
- Follows Canada's Food Guide



Canada's Food Guide

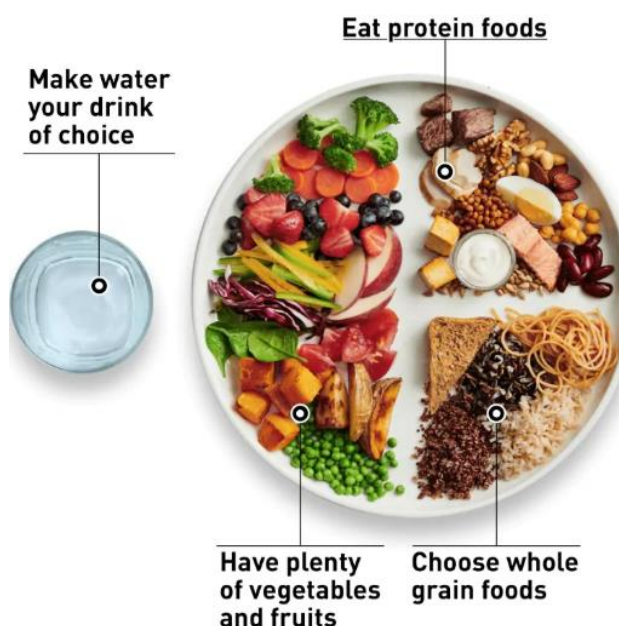
Try to eat food from each food group each day:

From the Healthy Plate Guideline:

- Approximately half should be fruits or vegetables
- One quarter should be meat or alternatives
- One quarter should be grain products

Water is the best drink of choice. Try to replace juices with water, and limit alcoholic beverages

If you can, choose high protein foods and whole grains while eating plenty of fruits and vegetables



Healthy protein foods

- Lean meat, poultry, fish,
- Yogurt
- Cheese
- Nuts
- Nut butters
- Milk
- Soy beverages



Add fruits, vegetables, and grains to make a balanced meal/snack.

Maintaining strength

How?

- Eat protein foods at every meal
- Exercise regularly

Building and maintaining strength is important to:

- Prevent weakness and fatigue
- Keep respiratory muscles strong
- Strengthen bones, ligaments, and tendons



Why is hydration important?

- Helps to keep your mucous thin so it may be coughed out more easily
- Reduces constipation
- Drink 8 cups (2L) of liquid per day
 - Water is the drink of choice.
 - Can include Milk, tea, soup and other liquids



What stops you from eating well?

- Breathlessness
- Bloating
- Poor appetite
- Difficulty preparing meals
- Difficulty grocery shopping



Tips to avoid breathlessness

- Take your time, eat small bites, and chew slowly
- Eat small frequent meals
- Eat while sitting up
- Use your oxygen while eating
- Use your rescue inhaler before meals if needed
- Eat softer foods that are easier to swallow
- Drink water to clear mucus and reduce coughing

Tips to reduce bloating

- Limit carbonated beverages
- Limit foods that give you gas
- Avoid using straws
- Avoid chewing gum
- Limit talking while eating
- Let hot drinks cool rather than sipping while hot
- Increase your physical activity

Tips for poor appetite

- Eat foods that you like
- Keep foods visible and within reach
- Use colourful place settings
- Eat with others as often as you can
- Eat small, frequent meals
- Prioritize high-calorie, nutrient-dense foods first
 - Nuts, cheese, yogurt, nut butters, eggs, etc.

Planning to eat healthy

- Plan a menu for the week
- Make grocery list from the menu
- Choose quick, easy-to-prepare recipes
- Choose ready-made meals or side dishes

Tips for grocery shopping

- Online grocery ordering with pick-up/delivery
- Use a scooter at the store if available
- Request assistance from staff for
 - Items on the shelf
 - Carrying groceries to your car
- Take your time unloading groceries at home

Tips for meal preparation

- Cook extra and freeze some for another time
- Keep utensils in close reach
- Get a family member or friend to help you
- Use a local food delivery service
- Prepare meals when you have the most energy
- Time saving equipment – food chopper, crock pot, pressure cooker, electric can opener, hand blender

When to consult a dietitian?

- If fatigue is impacting your ability to eat well
 - If you have lost or gained weight rapidly
 - If you have a decrease of appetite
 - If you quit smoking and are worried about changes
 - If you have been on oral corticosteroids for a while
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- Visit www.ahs.ca/nutrition

Did you know...

Health Link has dietitians who can answer your nutrition questions?



Call 8-1-1.
Ask to talk to a dietitian

For more dietitian support, contact Nutrition Services:
403-309-2810

Additional Information

- Canadian Lung Association - www.lung.ca
- Canada's Food Guide - canada.ca/food_guide
- Unlock Food - www.unlockfood.ca
- Myhealth- myhealth.alberta.ca
- Healthy Eating Starts Here - healthy.eatingstartshere.ca



Summary

Healthy eating can help you:

- Breathe easier,
- Build and maintain muscle mass.



Use the Canada's Food Guide to help guide your meals

Review the tips to manage common barriers to eating well

If you need assistance, talk to your health care provider