

WHAT IS COPD?

Chronic Obstructive Pulmonary Disease (COPD) is the collective term for all respiratory diseases of long-term effect, and can result from a history of lung distension due to smoking or air pollution (emphysema), allergy-induced breathing difficulties (asthma), and inflammation of the airways (bronchitis). Good Nutrition is essential, and more so when associated with pulmonary disease.

Helps us to breath easier by keeping the diaphragm and other breathing muscles strong .

Good Nutrition will also make it easier for your body to fight off infection. It will keep your bones stronger.

NUTRITIONAL NEEDS

- Fluid - Drink at least 8 cups of caffeine free fluid daily. Fluid keeps mucus thin and keeps your body hydrated. Also, oxygen use can be drying to the mucus membranes.
- Protein and Calcium - For repairing and building cells. Include high biological value proteins such as milk milk products,egg.
- Fat - consumption in preference to carbohydrate to reduce carbon dioxide production yet still provide adequate energy to meet requirements
- Adequate calories - important even if you are trying to lose weight.
- Potassium - Important for blood pressure control, muscle contraction and nerve impulse transmission. Susceptible to depletion as a result of certain diuretic medications. Found in fruits, vegetables, dairy and meat.
- Caffeine - Avoid beverages containg caffeine. It causes the body to lose water and it increases the diuretic effect of medications .

TIPS TO MAKE EATING WELL EASIER

- Eat three small meals and three snacks- this will prevent you from becoming too full. Too much food at once distends the stomach and crowds the diaphragm
- Bigger meal earlier in the day



- Avoid lying down after meals
- Cook when feeling most energetic- make extra portions and freeze leftovers for easy frozen dinners
- Avoid gas forming vegetables such as apples, raw asparagus beans(pintos, kidney, black, navy) broccoli, cabbage cauliflower, corn, melons , onions, raw, peas, peppers, radishes, turnips and limit carbonated beverages if prone to gas.
- Keep fruit juice and water readily available in the refrigerator
- Rest before eating
- Choose foods that are easy to prepare
- Choose softer foods that are easier to chew if you become short of breath while eating
- Eat a variety of foods to ensure that you are getting adequate vitamins and minerals

DIETITIAN
SANGEETA PUNJABI