

Nutrition for COPD

(Chronic Obstructive Pulmonary Disease)



Chronic Obstructive Pulmonary Disease (COPD) is a disease that damages the lungs. People with COPD must work harder and use more energy to breathe. Due to the body working harder and symptoms of COPD, such as shortness of breath, a person with COPD may have a hard time eating enough food to meet their nutrition goals. Inadequate nutrition can make breathing harder and can lead to feeling tired and un-wanted weight loss.

The following tips may help you make better food choices to manage COPD. Remember to talk to a dietitian to discuss your individual needs.

General tips to manage COPD symptoms

- Eat small meals and snacks every 2-3 hours.
- Try to rest 30 minutes before meals to save energy.
- Sit up straight while eating to open your lungs and help you breathe better.
- Keep a water bottle with you at all times and drink throughout the day.
- Remember to avoid smoking.
- Strengthen your lungs with aerobic exercises like: walking, jump rope, biking, or swimming. With starting any new activity, it is best to consult with your physician first.

If you want to maintain or gain weight

- Choose whole foods instead of foods labeled light, low calorie or low fat.
- Drink high-calorie beverages like full-fat milk and protein shakes.
- Eat more high-calorie and high-protein foods such as nuts, peanut butter, almond butter or sunflower seed butter, cheese, fish, chicken, tofu.
- Use more oil or sauces when cooking and preparing meals.

If you want to lose weight

- Increase your activity level to aim for at least 30 minutes of exercise 5x/week. Consult with a physician before starting any physical activity.
- Gradual weight loss is recommended, with a healthy weight loss of 1-2 pounds/week.
- Avoid extreme diets such as keto or intermittent fasting.
- It is best to have 6 small meals instead of 3 big ones. This will help you manage hunger and cravings.



Foods to choose

Grains

- Bread, tortillas, crackers, pasta, rice, quinoa, cereal, oatmeal, grits

Protein

- Beef, pork, chicken, turkey, fish, tuna, salmon, sardines, nuts and nut butters, eggs, beans, peas, lentils, tofu

Dairy

- Milkshakes, whole milk, powdered milk, cheese, full fat yogurt, Greek yogurt, sour cream, cream cheese

Fruits and vegetables

- All fresh, frozen or canned

Fats and oil

- Vegetable oils (canola, olive, avocado etc.), butter or margarine, salad dressing



<h2>Sample menu for COPD</h2>	Breakfast	2 egg omelet made with: - 3/4 cup bell pepper, chopped - 1 tablespoon onion, chopped - 1/4 cup tomato, chopped 2 slices whole wheat toast 1 tablespoon butter 1/2 cup orange juice fortified with calcium
	Lunch	3 ounces tuna, canned 2 tablespoons mayonnaise 7 whole wheat crackers 1/2 cup canned pear halves
	Afternoon Snack	Smoothie made with 1 banana 1/2 cup frozen strawberries 2 tablespoons peanut butter 1/2 cup whole milk yogurt 1/2 cup whole milk
	Evening Meal	3 ounces ground beef patty 1 hamburger bun Lettuce, tomato, onion 1 tablespoon ketchup 1 baked potato wedges 2 tablespoons mayonnaise 1 tablespoon cheddar cheese
	Evening Snack	1 cup yogurt 1/2 cup strawberries

References: <https://www.copdfoundation.org/Learn-More/I-am-a-Person-with-COPD/Nutrition-for-Someone-with-COPD.aspx>
https://www.nutritioncaremanual.org/client_ed.cfm

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