



Nutrition Tips for Anyone with Lung Disease

- Rest just before eating.
- Eat slowly; take smaller bites of food.
- Sit upright while eating.
- Take a break in between bites and practice deep breathing exercises.
- Eat more food early in the morning if you're usually too tired to eat later in the day.
- Avoid foods that cause gas or bloating. They tend to make breathing more difficult.
 - Some examples of foods that may cause gas include: beans, lentils, cabbage, broccoli, cauliflower, bok choy, brussel sprouts, bran, dairy products containing lactose, fructose (found in some fruits and used as a sweetener in certain products), sorbitol (a sugar substitute), and carbonated beverages
- Eat 4 to 6 small meals a day. This enables your diaphragm to move freely and lets your lungs fill with air and empty out more easily.
- If drinking liquids with meals makes you feel too full to eat, limit liquids with meals or drink after meals.
- Consider adding a nutritional supplement at nighttime to avoid feeling full during the day.



Discuss with your healthcare provider your concerns and challenges in eating enough calories. Topics to address may include:

- How many daily calories you need to maintain a healthy body weight
- Any concerns about your current weight
- Current challenges preparing and cooking your meals
- If you experience difficulty breathing or discomfort while eating
- Any other special dietary needs

To make foods easier to chew:

- Cook vegetables until they are soft.
- Cook foods in liquid such as broth, water or juice until soft.
- Mince or grind meats.
- Dip breads in liquid.
- Eat pasta, mashed potatoes, thick soups, creamed soups, and casseroles.
- Try fruit smoothies or milk shakes (there are non-dairy options).

For more information, contact
1-800-LUNGUSA | [Lung.org](https://www.lung.org)