



## Nutritional Guidelines When Living with Lung Disease

### Choose Complex Carbohydrates Includes

whole-grain bread, pasta, fresh fruits, vegetables

**To lose weight:** Choose fresh fruits and veggies over bread and pasta for the majority of your complex carbohydrates.

**To gain weight:** Eat a variety of whole-grain carbohydrates, fresh fruits and vegetables.



### Choose Eat 20 to 30 grams of fiber each day

### Includes

Bread, pasta, nuts, seeds, fruits, vegetables



### Choose A good source of protein at least twice a day

### Includes

Milk, eggs, cheese, meat, fish, poultry, nuts and dried beans or peas

**To lose weight:** Choose low-fat sources of protein such as lean meats and low-fat dairy products.

**To gain weight:** Choose protein with higher fat content, such as whole milk, whole milk cheese and yogurt.



### Choose Mono- and poly- unsaturated fats Includes

These are fats that are often liquid at room temperature and come from plant sources, such as canola, safflower and corn oils

**To lose weight:** Limit your intake of these fats.

**To gain weight:** Add these types of fats into your meals.



### Limit Simple carbohydrates

### Includes

Table sugar, candy, cake and regular soft drinks

### Limit

Foods that contain **trans and saturated fats**

### Includes

Butter, lard, fat and skin from meat, hydrogenated vegetable oils, shortening, fried foods, cookies, crackers and pastries

Note: These are general nutritional guidelines for people living with COPD. Each person's needs are different, so talk to your healthcare provider before making changes to your diet.