

Good nutrition is an important part of staying healthy when you have been diagnosed with a chronic lung disease. Follow these quick tips for better breathing through nutrition.

My Nutrition Questions

Why does good nutrition matter when I have COPD?



Quick Tips

- Supports lung function and immune health
- Helps maintain energy and respiratory muscle strength
- Decreases risk of flare ups
- Can help you breathe easier

What foods should I eat and why?



- Fruits & Vegetables: Antioxidants to reduce inflammation
- Lean proteins like chicken, fish, eggs, tofu, chickpeas, beans, lentils: Help repair body tissues
- Healthy fats like nuts, olive oil: Support calorie intake
- Whole grains like oats, quinoa: Give lasting energy

What foods should I avoid and why?



- Processed meats (bacon, sausage): Increase inflammation
- Salt: Causes fluid retention
- Carbonated drinks: Can cause bloating
- Fried and greasy foods: Harder to digest

What do I need to know about hydration?



- Aim for 6-8 glasses of water per day (unless you are following other advice from your healthcare provider)
- Helps thin mucus for easier breathing
- Avoid drinking fluids one hour before or one hour after meals to decrease feeling bloated
- Limit sugary and caffeinated drinks

What should I do if I have no appetite or feel too tired to eat?



- Eat small, frequent meals
- If you are eating a larger meal, eat it earlier in the day
- Rest before eating if you are tired or short of breath
- Make easy-to-prepare meals and if possible, ask for help with meals from a support person

What else do you recommend?



- Talk to your healthcare provider about what a healthy diet looks like for you
- Share if you have difficulties eating
- Learn what to do if you have nausea
- Ask if supplements are right for you
- Consult a registered dietitian for a personalized plan
- Keep a food diary to track what feels best for you when you eat

Fill out this section to help take control of your nutrition journey.

I avoid these foods that make me feel bloated: _____

I can do these things to help me feel less nauseous: _____

I don't think I eat enough [circle all that apply] proteins, vegetables, fruits, healthy fats, grains, other _____

I can talk to my healthcare provider or registered dietitian to learn how to add these foods into my diet.