



## Nutrition for COPD

### MU Patient Education Series

The symptoms that accompany chronic obstructive pulmonary disease (COPD) – coughing, shortness of breath and fatigue, can make eating a challenge. If you have this condition, it is critical that you are still getting the proper nutrients from food. Even if you are not aware that you are working harder at breathing, a person with COPD requires more calories per day. Below is a list of strategies to help you keep eating:

- If you feel hungry, eat
- Choose a food from each food group at each meal
- Drink lots of fluids throughout the day
- Eat foods high in calories
  - Deli meats
  - Cheese
  - Cottage cheese
  - Yogurt
  - Oils and butter
  - Ice cream
  - Cream-based soups
  - Thick salad dressings
  - Muffins, bagels, chips
- Drink beverages high in calories and nutrients
  - Protein shakes
  - Soups
  - Popsicles
  - Milk shakes
  - Whole milk
  - Ice cream
- Eat foods with lots of fiber
  - Prunes
  - Whole grains
  - Fruits and vegetables with skin
  - Grapes



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- Eat foods with lots of protein
  - Meat
  - Chicken
  - Beans
  - Nuts
  - Eggs
  - Dairy
- If available, take vitamin and food supplements
- Ask friends and family for help preparing and cooking meals
- Eat slowly
- Chew everything well
- Have a variety of food and color on your plate

#### Foods to Avoid:

- Foods with no nutritional value
- Light, low-calorie foods
- Coffee
- Plain soup broth
- Foods with more than 300 mg of sodium per serving

#### **DISCLAIMER:**

***Medline does not practice medicine, and no information presented on this website is medical advice or intended as a substitute for the advice of a physician. All information on this website concerning medical conditions is from publicly available sources.***