

# NUTRITION UPDATE

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## NUTRITIONAL GUIDELINES FOR PATIENTS OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

COPD is a protracted lung disease that blocks airflow to and from the lungs. The symptoms may include increased breathlessness, tightness of chest, wheezing and frequent coughing. It is caused by cigarette smoke, dust particles, fumes from burning fuel and harmful pollutants in the workplace.

### WHY DO COPD PATIENTS LOSE WEIGHT?

A patient suffering from COPD requires an extra 430-470 calorie intake daily to maintain their lung function. In case of an inadequate energy supply, the body may break up its fat and muscle deposits to fulfill energy requirements, which may lead to the patient getting stuck in a weight loss cycle causing weakness, lethargy and a further loss of appetite.

A healthy daily diet for a COPD patient is critically important for maintaining proper body functions and fighting infections of the chest.

### WHAT IS A GOOD DIET FOR COPD PATIENT?

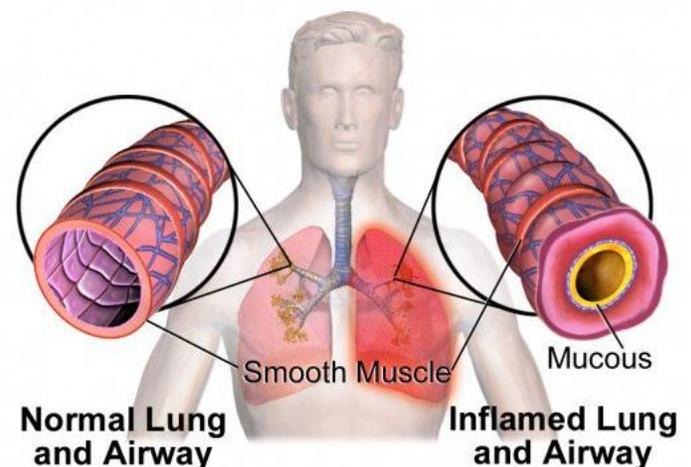
An ideal meal will consist of portions from all food groups to ensure that the different nutrients required in a meal are present in adequate quantities. Eating sufficient amounts of fish, mutton, dairy products, grains, eggs, fruits and vegetables will provide the required proteins, vitamin C, antioxidant and fibre in diet. Healthy fats in the form of oil can be added to the daily intake as long as there are no underlying cholesterol or heart problems.

### HOW TO SAFELY ADD EXTRA CALORIES IN FOOD

- Include a dense energy source like a teaspoon of butter, mayonnaise or olive oil in hot or cold foods.
- Add extra cream or yogurt to a dessert, smoothie or milk drink.

### TIPS FOR HEALTHY EATING FOR COPD PATIENTS

- Eat your main course early to obtain sufficient energy to start the day.
- Drink water or sugar free fluids before a meal.
- Try eating 6-7 small meals a day, instead of 3 large ones.
- Choose foods that are easy to prepare and that you can grab and go.
- Have a bowl of soup with all the food groups, instead of taking solid food.
- Avoid fried, greasy or heavily spiced food as they may cause bloating, leading to shortness of breath.
- Limit your salt and caffeine intake.
- Do not watch TV while eating as this may distract you and cause you to overeat.
- Be active for at least 30 minutes every day.



References:

<http://www.uhcs.org/PatientEducation/FoodNutrition/general/Nutrition%20guidelines%20for%20COPD%20handout.pdf>

<https://www.copdfoundation.org/Learn-More/For-Patients-Caregivers/Healthy-Living.aspx>

<https://hubpages.com/health/-What-is-Chronic-Obstructive-Pulmonary-Disease-COPD>