

## NUTRITION TIPS

### Chronic Obstructive Pulmonary Disorder (COPD)

With symptoms of COPD – difficulty breathing, fatigue, shortness of breath – it's often hard to find the energy to eat. However, it's important to get adequate calories as your caloric needs are often increased with COPD.

# 3 Foods That are Major Sources of Energy

**Protein** is needed to keep muscles strong, especially the ones used for breathing. Eating meals high in protein will help to prevent loss of muscle tone. Increase your protein by eating at least 3 servings per day.

**Carbohydrates.** The lungs of a person with respiratory disease have trouble taking in oxygen and eliminating carbon dioxide (CO<sub>2</sub>). Carbohydrates produce the most amount of CO<sub>2</sub> when metabolized and should be limited in your total intake of all foods.

**Fat** produces the least amount of carbon dioxide (CO<sub>2</sub>) after metabolism and, surprisingly, should make up a large portion of your daily food intake. More fat can be eaten if gaining weight is important. Less fat should be included if your goal is to lose weight. Unsaturated fats are the best type to use, as they are healthier for the heart than saturated fats. Examples of unsaturated fats include vegetable oil, low-fat cheeses, and nuts.



#### Tips to Maintain Nutritional Status with COPD

- ✓ Add extra sauces and gravies to meals
- ✓ Choose whole-fat dairy products
- ✓ Add cream cheese, butter, and nut-butters to foods
- ✓ Drink high-calorie, high-nutrient beverages: milkshakes, Ensure, Carnation Instant Breakfast
- ✓ Choose high protein foods: eggs, dairy, poultry, fish, and beans
- ✓ Eat 3-5 small, frequent meals

ECHN offers outpatient nutritional counseling at Manchester Memorial Hospital – in person or via telehealth. A referral is needed from your primary care provider or specialist.

Call **860.647.1222 x 2112** to learn more.  
Call **860.872.5150** to schedule an appointment.

