

Three bright green apples are arranged in a cluster. One apple is in the foreground, slightly to the right, and two are behind it, one to the left and one to the right. The apples are glossy and have short brown stems. The background is white, and the bottom of the slide has a green gradient bar.

Nutrition and COPD

Pulmonary Rehabilitation

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Objectives for today

- The importance of nutrition and lung disease
- Healthy body weight
- Tips to improve your nutrition
- Achieving a balanced diet on a budget
- Questions

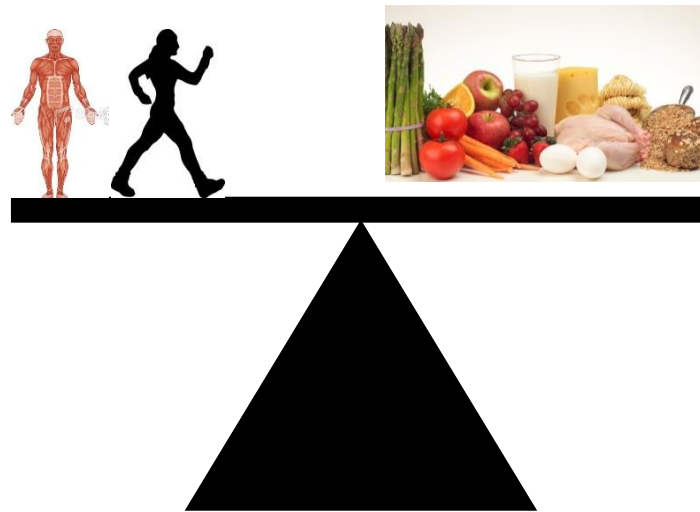


The importance of nutrition and COPD

Food provides energy: “like a car needing petrol”

If Energy in = Energy out

Weight will be stable



If the scales tip, it can cause problems – weight gain or weight loss



Weight gain

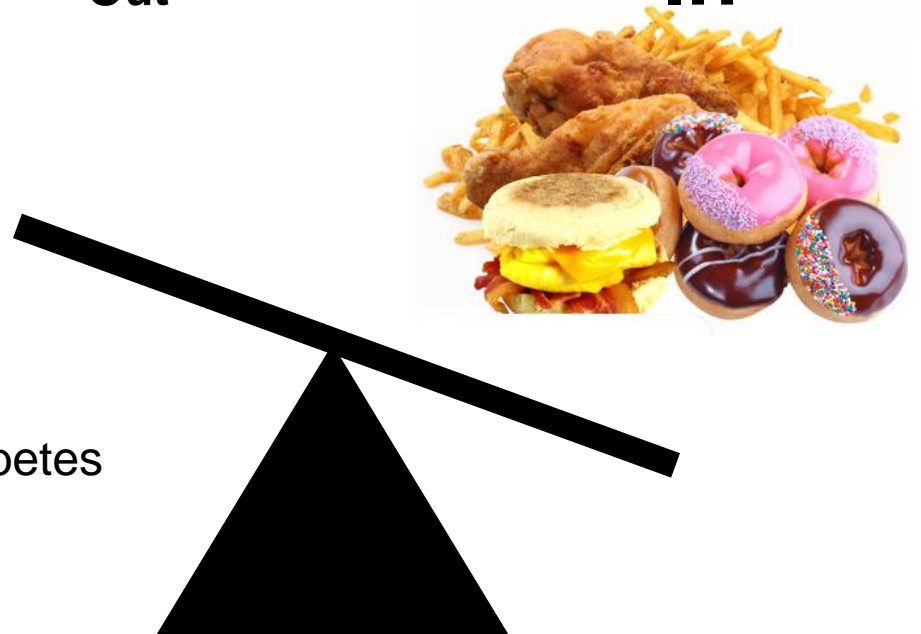
Weight gain and obesity in lung disease

Issues with weight gain:

- Sleep apnea
- Decrease activity
- Decreased independence
- Difficulty breathing
- Risk of other diseases e.g. diabetes

Out

In



May need to reduce energy intake to help loose weight and improve respiration



What if I want to lose weight?

- Healthy Plate Model or hands as a guide
- Limit high fat and high sugar foods such as takeaways, pies, sausage rolls, sugary drinks, cakes and sweets
- Choose leaner meats or trim/drain excess fat
- Choose low or reduced fat dairy products
- Increase activity as able - you're in the right place!



Healthy Eating



Vegetables and Fruit



Legumes, nuts & seeds, fish, poultry, eggs & lean meat



Grain foods, mostly wholegrain and high in fibre



Dairy products

Portion Sizes



$\frac{1}{2}$ Vegetables



$\frac{1}{4}$ Protein



$\frac{1}{4}$ Carbohydrate

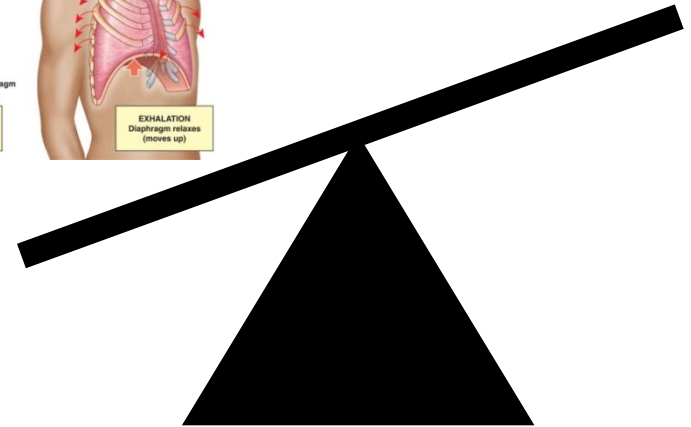
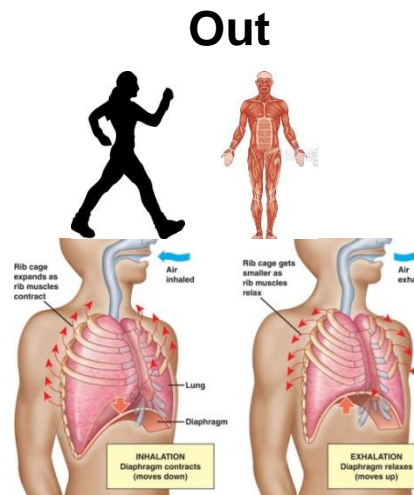


Weight loss

Weight loss and low body weights in lung disease

Issues with weight loss:

- Muscle loss
- Difficulty breathing
- Decrease activity
- Decreased independence
- Increased risk of infection



More energy is used in order to breathe – therefore you may need to add more energy to your diet



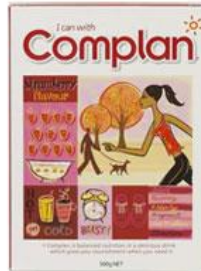
What if I want to gain weight?

- Eat little and often – try 5-6 smaller meals per day
- Eat slowly, take smaller bites
- Drink liquids after a meal or between meals
- Rest before and after meals
- Eat your largest meal when you have the most energy
- Choose full fat dairy products
- Add extra energy and protein to your meals



Nutritional Supplements

- Food first approach e.g. small and often **BUT** if that fails.....
- Supplements can be brought from the supermarket



- Application for Special Authority to receive nutritional supplements



Reduce Sodium

- Salt contains sodium
- Too much sodium can cause your body to retain fluid making breathing difficult
- Aim for **less than 2300mg** sodium per day
= 1 teaspoon of salt
- ~75% of salt we comes from processed, packaged and takeaway foods



Tips to reduce sodium intake

Swap these higher sodium foods for these lower sodium foods



Salt – all types (including 'Lo Salt')
Soy, oyster and fish sauce
Worcester, sweet chilli sauce, tomato sauce

Herbs and spices (fresh or dried)
Lemon or lime juice, black pepper, vinegar
Fresh ginger, garlic or chilli



Processed meats - salami, ham, bacon,
luncheon, corned beef, sausages

Fresh meat, chicken, fish or eggs
Low sodium tinned fish



Hard cheeses, processed cheese slices, feta

Plain cottage cheese, mozzarella, ricotta



Snacks - crackers, salty nuts, crisps,
bhujia mix

Plain rice wafers, corn thins or unsalted
popcorn, nuts and seeds and cabin
bread



Breakfast cereals - Rice bubbles,
Cornflakes, Nutri-grain, Special K

Honey puffs, puffed wheat, porridge (rolled
oats) without salt added,

- Fresh is best – choose fresh foods over processed, packaged or takeaways
- Limit processed meats
- Cut down on sauces such as soy or BBQ sauce
- Avoid adding salt to cooking or at the table
- Use herbs and spices to flavour food instead of salt
- Read food labels and choose lower sodium options

But what about.....!

- ...Food cost
- ...Fatigue
- ...Cooking for one
- ...Food spoiling
- ...I just can't be bothered



Make it easier...

- Get friends, family to help with the food shopping
- Cook in bulk and freeze
- Use tinned, frozen and dried foods
- Buy what is on special and in season
- Use budget supermarkets and Asian grocers
- Have 'default meals' that you can have twice per week e.g. scrambled eggs/tuna on toast
- Cook and eat when you are feeling your best
- Try frozen meals brought from the supermarket or delivered



Do the negatives outweigh the positives?

- Improve your quality of life
 - Breathing
 - Mobility and activity
 - Decrease your risks of complications of malnutrition or obesity
 - Decrease your risk of infections which may mean less hospital admissions



Questions?

