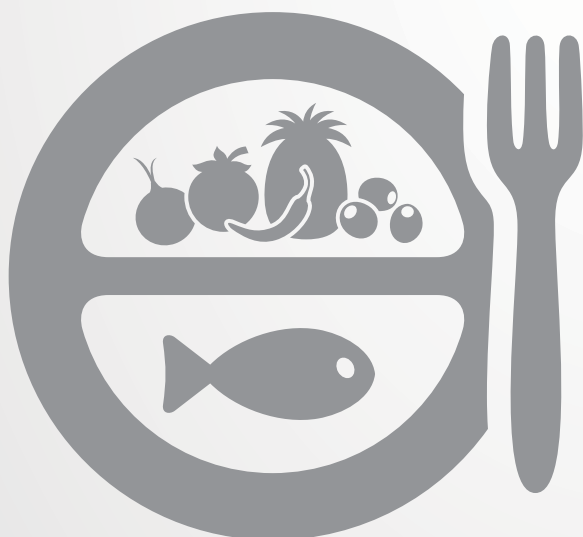




## DIET

### Eat Healthy-Live Well

- Diet plays an important role in the cause and prevention of some respiratory diseases.
- An adequate diet can help to prevent or reverse certain respiratory symptoms.
- A deficient diet may increase a person's susceptibility to adverse effects of environmental toxic substances such as tobacco smoke or air pollution.<sup>1</sup>



Some foods can help to protect against asthma and improve lung function.

1. Fruits and vegetables: Eating sufficient fruits and vegetables helps to improve lung function. Eat 5 portions of fruits and vegetables every day.
2. Vitamins C and E: Vitamin C is found in fruits such as papaya, citrus fruits and strawberries and in vegetables like cauliflower and broccoli. Vitamin E is found in vegetable and seed oils, eggs and green vegetables.<sup>1</sup> Both these vitamins may help in reducing the severity of symptoms in asthma patients.<sup>3</sup>



### Asthma and Diet

Food allergens do not normally trigger asthma symptoms. However, in persons who are allergic to foods such as peanuts, shellfish, milk or eggs, eating these foods may trigger or worsen symptoms of asthma.

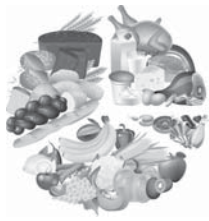
High-salt intake may increase airway hyperreactivity in asthma patients.<sup>1</sup>

Asthma patients should have a diet high in nutrients in order to boost the immune system and prevent colds and flu, which are common triggers of asthma symptoms.<sup>3</sup>



# COPD and a Healthy Diet

Diet and nutrition are very important when you have Chronic Obstructive Pulmonary Disease (COPD).



**Protein:** Helps to strengthen muscles, including muscles involved in breathing. Include proteins in at least 2 meals every day. Some good sources of protein are meat, eggs, legumes (beans, peas) and soy.<sup>4</sup>



**Carbohydrates:** Provide energy.<sup>4</sup> However, since breakdown of carbohydrates produces the most amount of carbon dioxide, a low carbohydrate and high fat diet (which produces least amount of carbon dioxide) may be beneficial for some people with COPD. Rice, wheat, potatoes and cereals are good carbohydrate sources.

Antioxidants can help to modify lung damage caused by oxidative stress such as cigarette smoke. Foods high in antioxidants include:<sup>1</sup>



- Vitamin C - fresh fruits and vegetables (e.g. broccoli, spinach, tomatoes and citrus fruits)



- Carotenoids - (e.g. carrots, tomatoes, grapefruit, beans, broccoli, oranges and mangoes)



- Vitamin E - oil products such as mayonnaise, vegetable and seed oils (corn, safflower, and soybean), butter and eggs.



- Flavonoids - fruits and vegetables (apples, lemons, oranges, potatoes and cauliflower) and tea



- Selenium – found in grain, meat, seafood and certain vegetables.<sup>1</sup>

It may be difficult to eat due to the feeling of breathlessness in COPD. Hence it may be easier to eat smaller, more frequent meals throughout the day. It is important not to reduce overall food intake.<sup>4</sup>

## References

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