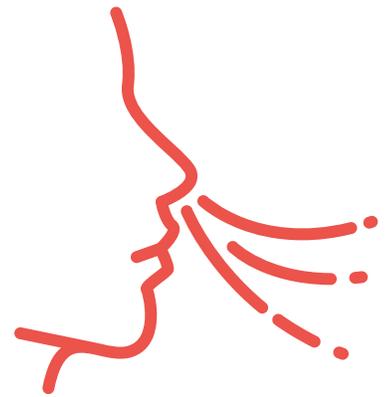
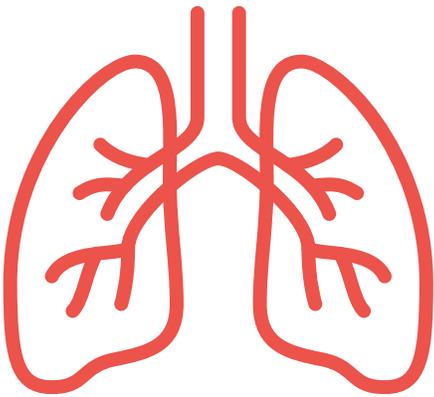


Chronic Obstructive Pulmonary Disease & Nutrition



What is COPD?

Chronic Obstructive Pulmonary Disease or COPD is classified into 2 types: emphysema or chronic bronchitis. This condition affects your lungs and makes it difficult to get adequate air. Emphysema is damage of the tiny air sacs in the lungs and chronic bronchitis is a chronic cough with mucus leading to inflammation in the airways. Both types of COPD impair your ability to breathe normally and function on a daily basis. Daily tasks like performing household chores, walking around the house or eating can become more difficult to do from shortness of breath, coughing, or energy levels.



According to the World Health Organization:

- COPD is the eighth leading cause of poor health worldwide
- Tobacco smoking accounts for over 70% of COPD cases in high-income countries.
- In Low- to Middle-income countries tobacco smoking accounts for 30–40% of COPD cases, while household air pollution is a major risk factor.

Risks & Causes

Things that increase people's risk of developing COPD include:



Tobacco smoking or exposure to second-hand smoke;



Job related exposures to dusts, fumes or chemicals;



Indoor air pollution from wood, animal dung, crop residue or coal is frequently used for cooking and heating (typically low- and middle-income countries)

- Events that prevent lung development and or causes damage to lungs:
- Poor growth in utero, prematurity
- Frequent or severe respiratory infections in childhood
- asthma in childhood
- a rare genetic condition: alpha-1 antitrypsin deficiency

Symptoms & Diagnosis

Symptoms you may experience when diagnosed with COPD include:

- Difficulty breathing
- Chronic cough (sometimes with mucus)
- Feeling tired

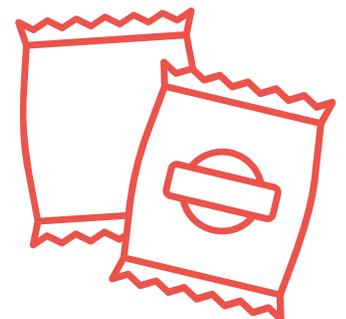
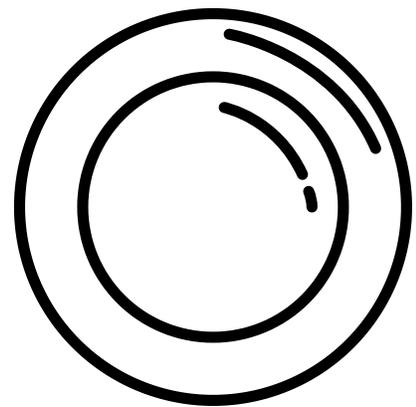
You may also experience intense symptoms that come on in a short period of time. This type of event is called a flare up and may require additional medication and treatments to resolve. **If you develop severe symptoms and breathing becomes difficult call 911 or contact your provider for what the next steps are.**

Nutrition Importance

COPD increases your body's needs for energy because your lungs are working harder to function. Additionally, symptoms of COPD such as cough, shortness of breath, and fatigue can make it harder to eat enough. It is important to get enough calories and protein in your diet to maintain a healthy body weight and nutritional status. Here are some tips you can use to make sure you are meeting your body's needs for nutrients and energy:

Nutrition Strategies: During Meals

- Eat when you are hungry. Try eating at different times to find out when you have a larger appetite.
- Eat small meals and snacks 5-6 times per day. Try to eat even when you are not feeling hungry.
- Decrease movement around meals to save energy.
- Eat slowly and take breaks. Choose foods that are easy to chew and swallow, and chew your foods well.
- Limit bubbly drinks like soda and seltzer water to help lessen symptoms of bloating and fullness.
- Let other people help, especially with shopping, cooking, and cleaning.
- If told by your doctor, use extra oxygen before or after meals. Sit up straight while eating to make it easier to chew, swallow, and breathe.

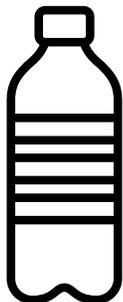


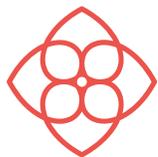
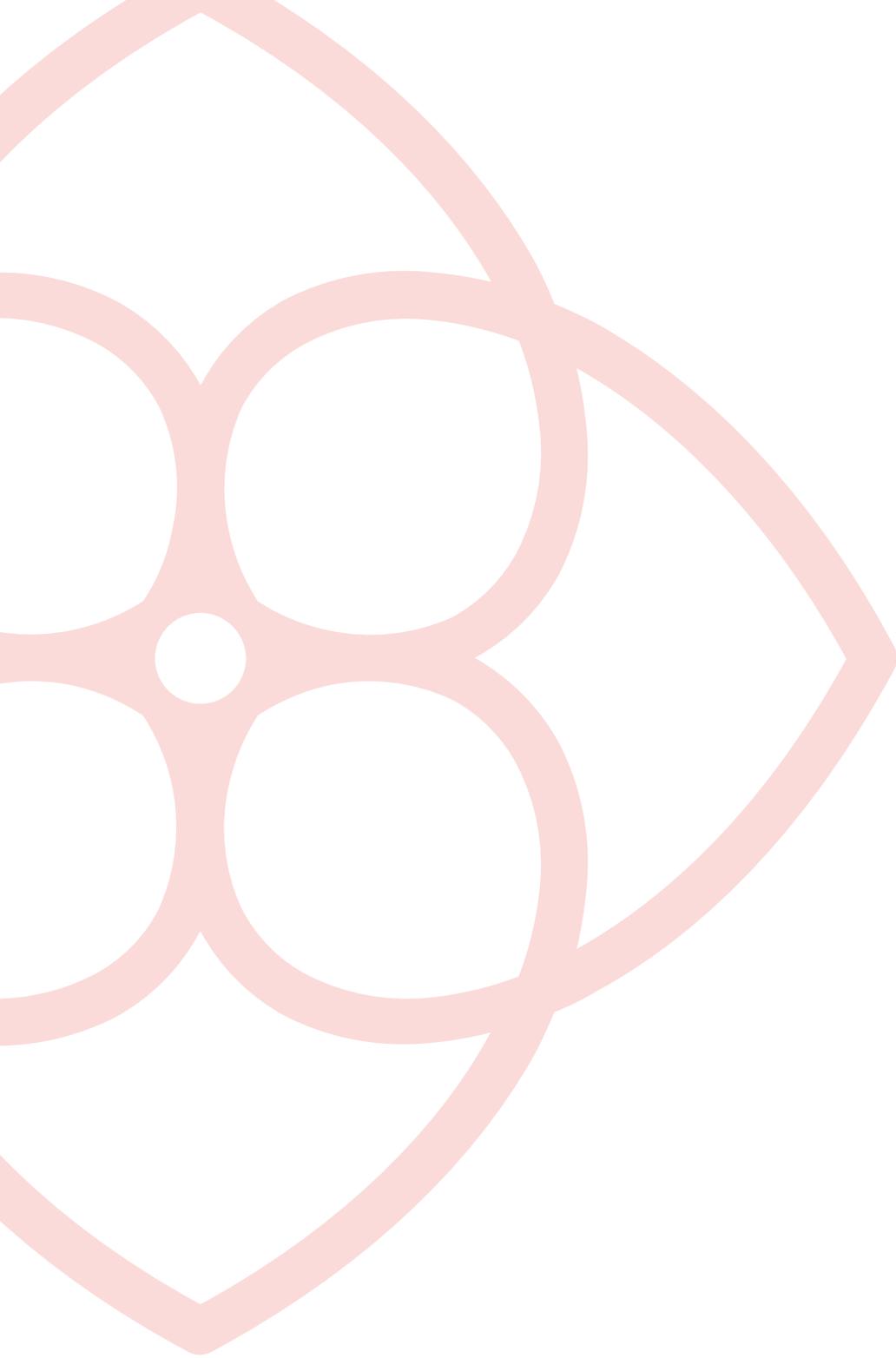
Nutrition Strategies: Foods To Include

- Do not eat diet or low calorie foods and choose higher calorie foods.
- Choose fruits, vegetables, and whole grains that are easy to eat and cook. Frozen vegetables might be easier to make and do not spoil as fast as fresh vegetables.
- Choose drinks that are higher in calories like full fat dairy milk or yogurt, and protein shakes.
- Choose high calorie and protein foods that you like such as beans, nuts, nut butters, cheese, Greek yogurt, chicken, fish, tofu, and tempeh.
- Cook with oil or sauces to add extra calories.

Nutrition Strategies: Hydration

- Have a water bottle with you at all times and drink from it often.
- Tea, broths, and low sugar sports drinks count towards your water goal.
- You can flavor your water with frozen fruits, lemon, or herbs like mint.





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