# Eating for Good Lung Health

A healthy diet can help prevent lung infections and keep your energy levels up.

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Choose (Green Light)</th>
<th>Go Easy On (Yellow Light)</th>
<th>Avoid (Red Light)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Lean cuts of meat</td>
<td>Shellfish</td>
<td>Processed meats,</td>
</tr>
<tr>
<td></td>
<td>(i.e. 90% lean</td>
<td>Duck</td>
<td>such as bacon and</td>
</tr>
<tr>
<td></td>
<td>ground beef)</td>
<td>Egg yolks</td>
<td>bologna</td>
</tr>
<tr>
<td>Fish</td>
<td>Chicken or turkey</td>
<td>Nuts</td>
<td>Hot dogs</td>
</tr>
<tr>
<td></td>
<td>without skin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry Beans</td>
<td>Fish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>Egg whites</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td>Beans/Tofu</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>Fat-free or low-fat</td>
<td>2% fat milk</td>
<td>Whole milk</td>
</tr>
<tr>
<td>Yogurt</td>
<td>dairy products</td>
<td>Sour cream</td>
<td>Swiss, American,</td>
</tr>
<tr>
<td>Cheese</td>
<td>Cheeses with no</td>
<td></td>
<td>Cheddar cheese</td>
</tr>
<tr>
<td>(want 2 or</td>
<td>more than 3g of fat</td>
<td></td>
<td>Cream cheese</td>
</tr>
<tr>
<td>more servings daily)</td>
<td>per oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Low-fat yogurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breads</td>
<td>Whole grain breads</td>
<td>Granola</td>
<td>Croissants</td>
</tr>
<tr>
<td>Cereals</td>
<td>Whole grain pasta</td>
<td>Biscuits</td>
<td>Pastries</td>
</tr>
<tr>
<td>Pasta</td>
<td>Whole grain rice</td>
<td>Muffins</td>
<td>Egg noodles</td>
</tr>
<tr>
<td>Rice</td>
<td>Plain baked potato</td>
<td>Cornbread</td>
<td>Doughnuts</td>
</tr>
<tr>
<td>Fruits and</td>
<td>Fresh</td>
<td>Canned fruit in syrups</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Frozen</td>
<td></td>
<td>prepared in butter or cream</td>
</tr>
<tr>
<td></td>
<td>Dried fruits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td>Sorbet</td>
<td>Homemade cakes,</td>
<td>Ice cream</td>
</tr>
<tr>
<td>(in limited amounts)</td>
<td>Low-fat frozen</td>
<td>cookies and pies</td>
<td>Chocolate</td>
</tr>
<tr>
<td></td>
<td>yogurt</td>
<td>prepared with unsaturated oils (canola olive)</td>
<td>Potato chips</td>
</tr>
<tr>
<td></td>
<td>Plain popcorn</td>
<td>Baked chips</td>
<td>Butter popcorn</td>
</tr>
<tr>
<td></td>
<td>Pretzels</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits/vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fats and Oils</td>
<td>Corn</td>
<td>Avocados</td>
<td>Butter</td>
</tr>
<tr>
<td></td>
<td>Olive</td>
<td>Olives</td>
<td>Lard</td>
</tr>
<tr>
<td></td>
<td>Canola</td>
<td>Peanut oil</td>
<td>Bacon fat</td>
</tr>
<tr>
<td></td>
<td>Sunflower</td>
<td></td>
<td>Coconut oil</td>
</tr>
<tr>
<td></td>
<td>(oils/safflower oils)</td>
<td></td>
<td>Solid shortening</td>
</tr>
</tbody>
</table>
COPD Nutrition Action Plan

**Short of Breath?**

* Rest 30 minutes before meals. Try to eat the most when well rested, such as breakfast.
* Eat small, frequent, mini-meals and snacks. Aim for 6 small meals instead of 4 big ones.
* Find foods that are easy to chew, swallow, and digest.
* Aim for a variety of easy-to-prepare-and-eat whole grains, fruits, and vegetables.
* Sit upright and lean forward with your elbows on the table. Put your feet on the floor. This will give you the greatest expansion of the lungs.

**Lots of Phlegm?**

* Drink more water if you have no fluid restrictions.
* Avoid coffee, tea, or soda.
* Suck on ice cubes, tart hard candies, or lemon ice.

**Low Appetite?**

* Eat your favorite foods. Try more frequent meals and snacks.
* Try drinking milkshakes or a supplement, such as Ensure Muscle Health or Carnation Instant Breakfast, as a snack or meal replacement.
* Add soft tub margarine, olive or canola oil, cheese, gravy, or peanut butter to foods to add more calories.
* Keep high calorie snacks available, such as walnuts, almonds, granola bars, and peanuts, to use during the day.

**Bloated?**

* Decrease fluids one hour before and one hour after a meal. This will decrease the amount of food in the stomach at one time.
* Avoid being constipated by adding lots of fiber and fluid into diet gradually.
* Eat less fried, fatty foods. High-fat foods are digested slowly and can cause feelings of bloating.
* Avoid onions, cabbage, sauerkraut, broccoli, brussel sprouts, and beer because these foods cause gas.

**Too tired to cook?**

* Consider Meals on Wheels (www.mowaa.org).
* Easy to prepare meal ideas: premade mixed salad, low fat salad dressing, peanut butter and jelly sandwich, yogurt, and fresh fruit.
  - canned tuna in water, reduced fat Triscuits®, one piece of string cheese, peas
  - grilled chicken in a whole wheat tortilla with shredded cheese, fresh fruit, salsa, and baked chips

If you have any questions, please call Community Hospital Anderson Dietitians at (765) 298-5193.