

# Food Shopping to Breathe Easier

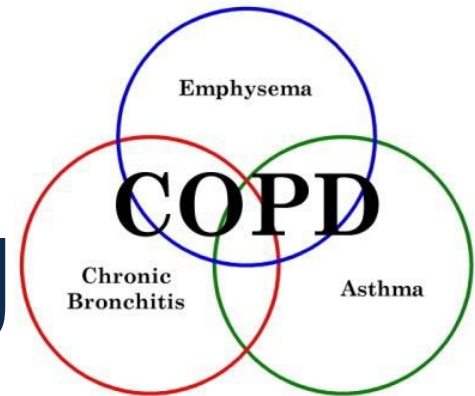
Food Labels, Weight Management, Meal Prep and Supplement Recommendations

Marilyn Mills, MS,LD,RD,CDE  
Clinical Dietitian

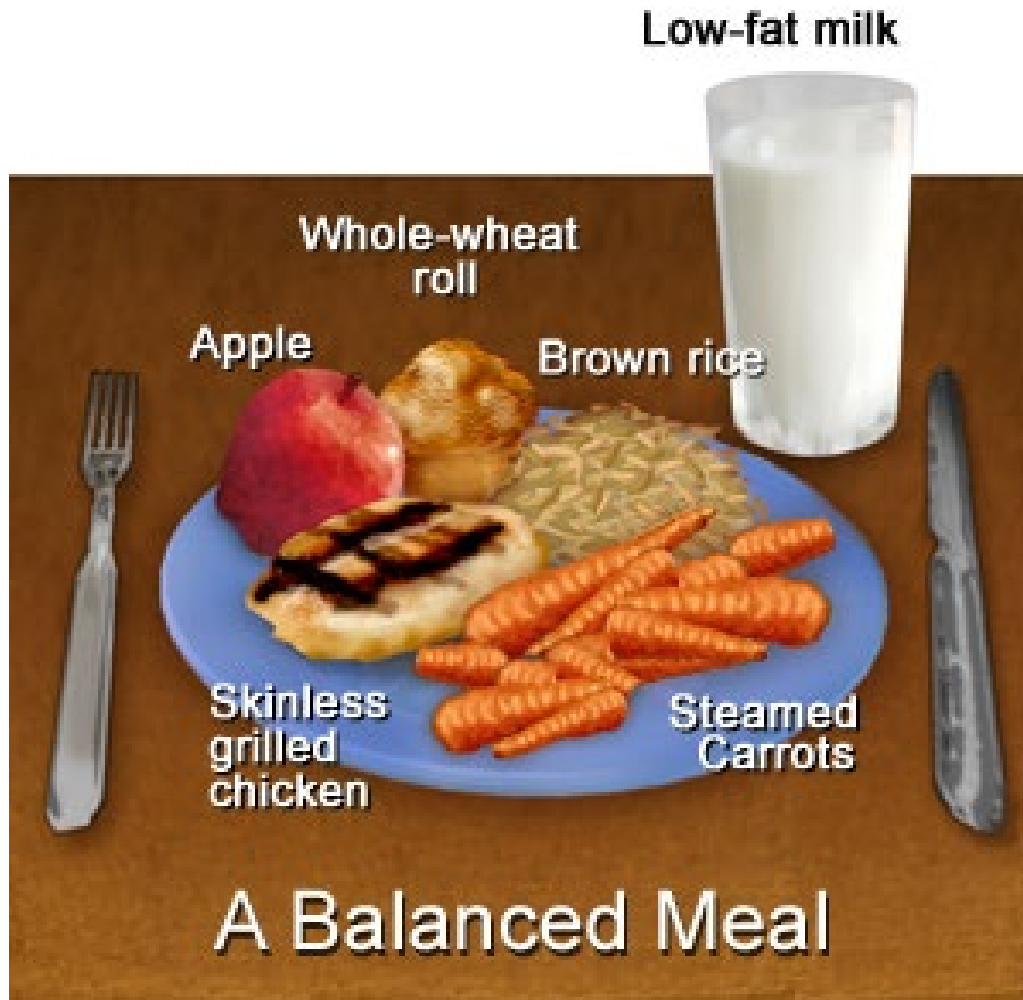
 **The Elliot**

A Member of  SOLUTIONHEALTH

# Facts about Diet and Your Breathing



- **Diet and Nutrition** should be an **vital** part of your breathing **treatment** plan.
- Breathing requires **more food energy** with breathing conditions such as COPD.
- **Good nutrition** will help to reduce hospitalizations related to chest infection.
- **Healthy eating** can fuel your breathing muscles.



- Protein: provides strength to breathing muscles and immune system.
- Whole grain: slows down rise of blood sugar and CO<sub>2</sub> waste air.
- Fiber: will help with improving digestion and reduce gas and bloating.
- Oils and Fats supply food energy and slow CO<sub>2</sub> production.
- Limit desserts and sweets – they have no nutrients and make ↑ CO<sub>2</sub>.

# It's too difficult to Find Healthy Foods

Eating messages Can be Confusing

**High Protein**

**Sugar  
free**

**High Calorie**

**low sodium**

**Low Carb**

**High Fiber**

# Nutrition Facts

**8 servings per container**

Serving size 2/3 cup (55g)

Amount per 2/3 cup

**Calories** **230**

**% DV\***

<b>12%</b>	<b>Total Fat</b> 8g
<b>5%</b>	<b>Saturated Fat</b> 1g
	<i>Trans Fat</i> 0g
<b>0%</b>	<b>Cholesterol</b> 0mg
<b>7%</b>	<b>Sodium</b> 160mg
<b>12%</b>	<b>Total Carbs</b> 37g
<b>14%</b>	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g
<b>10%</b>	<b>Vitamin D</b> 2mcg
<b>20%</b>	<b>Calcium</b> 260mg
<b>45%</b>	<b>Iron</b> 8mg
<b>5%</b>	<b>Potassium</b> 235mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.

1. Look at the Serving Size

2. Look at the Calories

**Low Calorie = 40**

**High Calorie = 400**

Meal = 300 - 1000 calories

Snack = 50 - 250 calories

3. Use the %DV

0-5% = LOW

20% = HIGH

This snack food is high iron, calcium and carbs with low protein. It is low in sugar, has low saturated fat and is a good source of fiber.

# Making Sense of Reading Food Labels

Not all breads and cereals are whole grain

Nutrition Facts	
Serving Size 1 slice	
Servings per Container 22	
Amount per serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	20%
Sugars 1g	

Always look at the serving size

This healthy, whole-wheat bread is low in fat and cholesterol

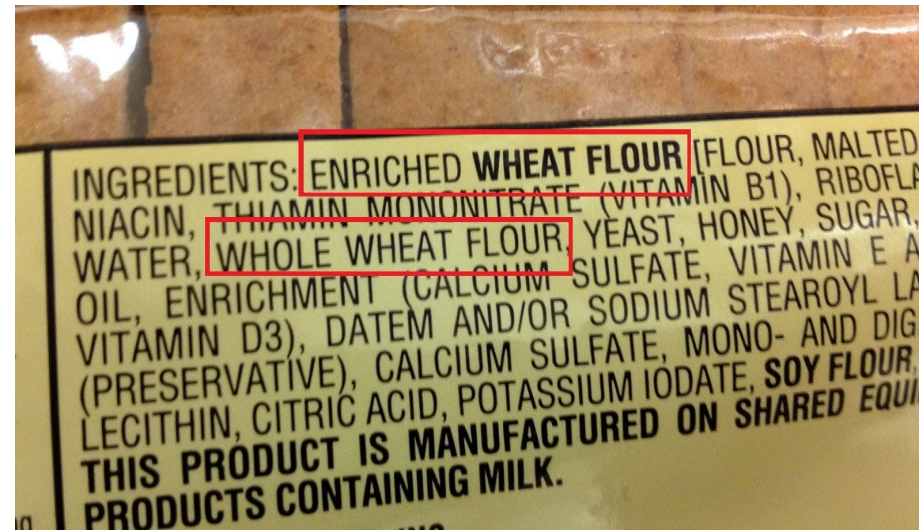
Fiber is a healthy nutrient, so you want AT LEAST 100% each day



Whole wheat bread



The 1<sup>st</sup> ingredient should be whole wheat not just wheat flour (processed with some nutrients added back)



# Making sense of Reading food labels

## Canned Foods and Sodium

Are high in sodium; rinse any canned fish, chicken and beans. These are nutritious with protein, fiber, vitamins and minerals too.



## Look for items labeled


**No Added Salt or Unsalted or Low Sodium**

- Add No salt added tomato sauce to jar pasta sauce.
- Add No salt added canned tomatoes to can of soup.
- Mix canned No salt added navy beans to baked beans.
- Unsalted does not cost more.



# Halfway Homemade Ideas - Healthier Processed Foods Save Time and Create a Flavorful Nutrient Packed Meal

## Half-Scratch Cooking

No time to cook? We've found a few time-savers to help you prepare delicious and healthy home-cooked meals in a jiff. You can rely on these healthy options to quickly heat up a side dish, season an entrée, create an incredible salad and much more. To find more nutritious time-savers, look for products that earn one, two or three Guiding Stars®. 

### What to Look for at Hannaford

#### Grains & Starches

- Frozen steamable brown rice
- Microwavable, instant whole grains, such as brown rice or quinoa
- Microwavable white or sweet potatoes



#### Fruits & Vegetables

- Pre-cut fruit and veggies
- Frozen unseasoned vegetables and unsweetened fruit
- No salt added canned vegetables
- Fruit canned in 100% juice
- Fresh Express® salad kits and salad mixes



#### Proteins

- Rotisserie chicken and turkey breast
- Beans, bean salads and refried beans
- Canned fish
- Lower sodium deli meats



#### Seasoning & Sauces

- McCormick® jarred spice mixes
- Cedar's® Hommus and Tzatziki
- Hellmann's® Mayonnaise
- Jarred tomato sauce with Guiding Stars®





# Serving Size Awareness



## Hand Guide to Portion Control

**Fist:** To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist.

**Palm:** The recommended serving size of meat is 3 oz., roughly the size of your palm.

**Fingertip:** Look at your fingertip. That's about a teaspoon, or how much butter your toast needs.

**Thumb:** Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.

**Clenched Fist:** A clenched fist is roughly one cup, or a double-serving of ice cream.

Sources:  
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>  
<http://www.healthy.arkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx>

[www.GuardYourHealth.com](http://www.GuardYourHealth.com)

# Many times we don't know how much to eat – smaller meals are better for breathing easy



## The Portion Size Illusion

Which plate contains the most food?



Think about it before looking at the answer below

There is exactly the same amount of food on each plate

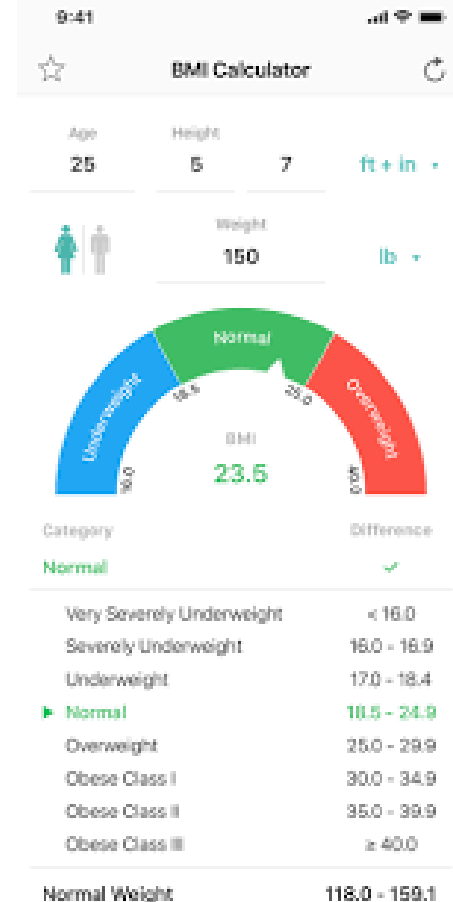
MotiveWeight.Blogspot.com

# Body Mass Index (BMI)

- Used to measure if a person is a healthy weight, underweight or overweight

$$\text{BMI} = \frac{\text{Weight (kgs)}}{\text{Height (m)}^2}$$

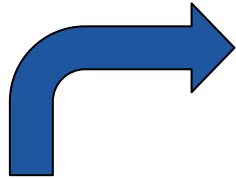
- Fit into certain categories
  - 16-19 = Underweight
  - 20-25 = Healthy Weight
  - 26-30 = Overweight
  - 30-41 = Obese



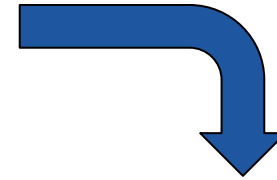
# Estimate your BMI

	WEIGHT															
HEIGHT	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'1"	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'3"	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43
5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'7"	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38
5'9"	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36
5'11"	14	15	17	18	20	21	22	24	25	26	27	28	30	32	33	35
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'1"	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'3"	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30

# Underweight

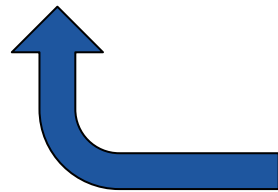


**Weight Loss**

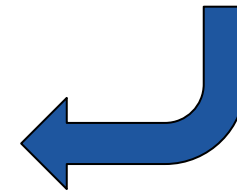


More energy needed  
to breathe

Loss of respiratory  
muscle strength



More difficulty  
Breathing and  
Higher risk of infection

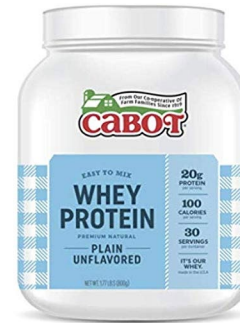


# Dietary Advice if Underweight

## Choose high protein/high calorie foods

- **Homemade smoothies**  
**Vanilla blueberry shake:** 1 cup fresh or frozen blueberries + 1 scoop of vanilla whey protein + 1 cup of vanilla yogurt and sweetener if needed.
- **Chocolate banana nut shake:** Combine 1 banana, 1 scoop of chocolate whey protein and 1Tbsp peanut or another nut butter
- 2 Tbsp. **Guacamole** on corn tortilla chips or crackers
- 1-2 Hard boiled eggs + Mayo on **wholegrain bread**

## Supermarket shopping list





# Other Appetite Issues

## Poor Appetite

- Eat at regular times; avoid skipping snacks
- Eat from smaller plate
- Sip nutrition drinks
- Avoid filling up on gassy vegetables, salads and carbonated drinks
- A short walk before meal may increase appetite

## Slow Eater

- Try eating small portions
- Try eating smaller bites more often
- Consider a plate warmer and insulated mug
- Find quiet less stressful eating location
- Eat slowly
- Chew foods well

# Overweight

- Results from
  - High calorie foods eaten
  - Less exercise and overall physical activity
  - Steroid use
- Extra weight increases of heart and lungs to supply Oxygen around the body
- Extra fat in the abdomen area makes it difficult for the lungs to expand fully.







# Tips for Weight Control

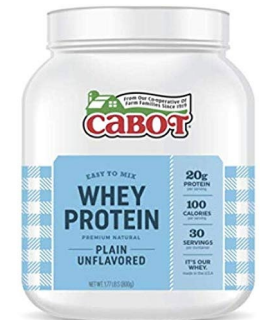
- Think about the benefits of breathing with some weight reduction
- Set realistic goals .5-1 lb weekly or 4 lbs monthly
- Avoid following fad diets (temporary wt loss but may have other health consequences)
- A Safe daily calorie level is 1200 for women and 1600 for men
- Eat a Balanced Plate (Protein, less fat and sugary foods, more Wholegrains)
- **Ask your Primary Physician for Dietitian referral**

# Tips for Weight Control

## Choose High Protein/High Fiber foods

- Homemade smoothies  
**Vanilla blueberry shake**: 1 cup fresh or frozen blueberries + 1 scoop of vanilla whey protein + 1 cup of vanilla yogurt and sweetener if needed.
- **Chocolate PB** shake Combine bottle Boost and 1 Tbsp peanut butter
- **Healthy Choice** entrée with fruit cup or small salad
- ½ can low sodium tuna + Mayo on **wholegrain bread**

## Supermarket shopping list



# Short of Breath While Eating/After Meals

- Eat more slowly
- Choose foods that are easier to chew; softer foods
- Try eating 5 smaller meals per day
- Do not drink more than 4 oz during the meal; try small sips of liquids.
- Eat while sitting up “L” position to ease pressure on your lung muscles.

# Too Tired to Eat Later in Day?

- Choose foods that are easier to prepare
- If possible ask family members or friends to help with meal preparations
- Cook a little extra and freeze extra portions of favorite foods
- Rest before eating
- Try to eat the main meal earlier in the day

# Snack Meals are Nutrition Packed Easy to Eat Ideas

Protein + Fat + Wholegrain



1 oz Cheddar + 6 Wheat Crackers  
2 Tbsp P butter +  $\frac{1}{2}$  Apple  
Hard Boiled Egg with Mayo on  
 $\frac{1}{2}$  slice bread  
2 slices Low sodium Turkey rolled  
up and 10 small grapes



# Shopping and Cooking Help



- Order online and drive to store as professional shoppers load your groceries in vehicle
- Instacart – Order online and stay at home. Professional shopper delivers to your home
- Meals delivered to Home: Freshly – fully prepared fresh meals delivered each week
- Local home chef programs

# Looking for More Help for Diet and Meal Planning ?

- Ask your Primary Care Physician for a referral for Dietitian Consult.  
Center for Advanced Nutrition Therapy  
25 Leavy Drive Bedford
- Consider a supermarket tour with Registered Dietitian. [www.hannaford.com/dietitians](http://www.hannaford.com/dietitians)



## Have You Signed Up for a Healthy Eating Store Tour?

- ❖ Do you have special diet concerns? Pre-Diabetes? Low Sodium? FODMAPs?
- ❖ Are you looking for easy to prepare meal ideas or healthy snacks?
- ❖ Would you like to learn how to read the 2020 food label?

Take this guided tour by a  
***Registered NH Licensed Dietitian*** : Marilyn Mills

It's fun....It's free...!

Email [mmills@hannaford.com](mailto:mmills@hannaford.com) or Call and leave a voice message for [MMills](tel:6036632106) at Ph:663-2106  
or Visit website: [www.hannaford.com/dietitians](http://www.hannaford.com/dietitians)

**Hooksett at Bicentennial Dr (644-2106) - Mondays**  
**Manchester at John E Devine Dr (626-4567)- Thursdays**  
**Manchester at Hanover St (624-4442) - Fridays**  
**Goffstown at Mast Rd (626-4488) – Tuesdays/Sundays**

