

Eating to Breathe Easy

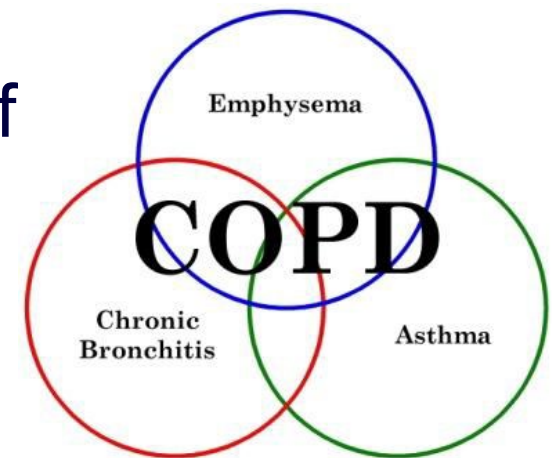
Marilyn Mills, MS,LD,RD,CDE
Clinical Dietitian

 **The Elliot**

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Facts about Breathe Easy Eating

- Breathing requires food fuel. Muscles involved may require 10x more calories especially with COPD.
- Diet and Nutrition should be part of your Breathing Rehab treatment.
- Good nutrition will help to reduce hospitalizations related to pulmonary infection.



3 Questions to Ask Yourself About Eating to Breathe Easy

- True or False What you Eat Affects Your Breathing.
- Which Food Group makes the most “waste air” called CO₂?
Protein, Carbohydrates (Carbs) or Fats
- True or False All Fats and Oils are Unhealthy Choices for Breathing Easy.

Avoid Shortness of Breath

- Eat a Balanced Plate (Protein, less saturated Oils/Fats with Wholegrains)
- Foods with easy to digest carbs such as refined flour and sweets make more waste air or CO₂ (carbon dioxide).
- Eating mini meals or snack meals during your day prevents belly fullness.
- Avoid bloating foods and drinks such as “carbonated drinks, gassy veggies and fruits (broccoli, cabbage, onions seltzer, pretzels and bagels).

Creating a Balanced Meal

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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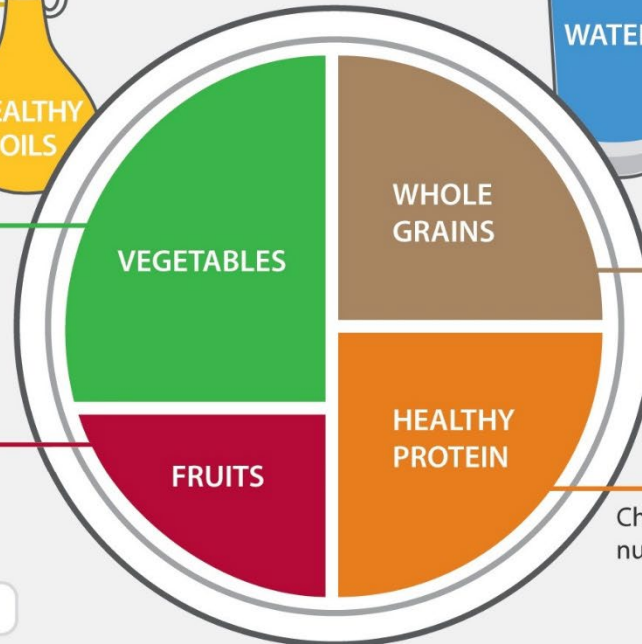
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

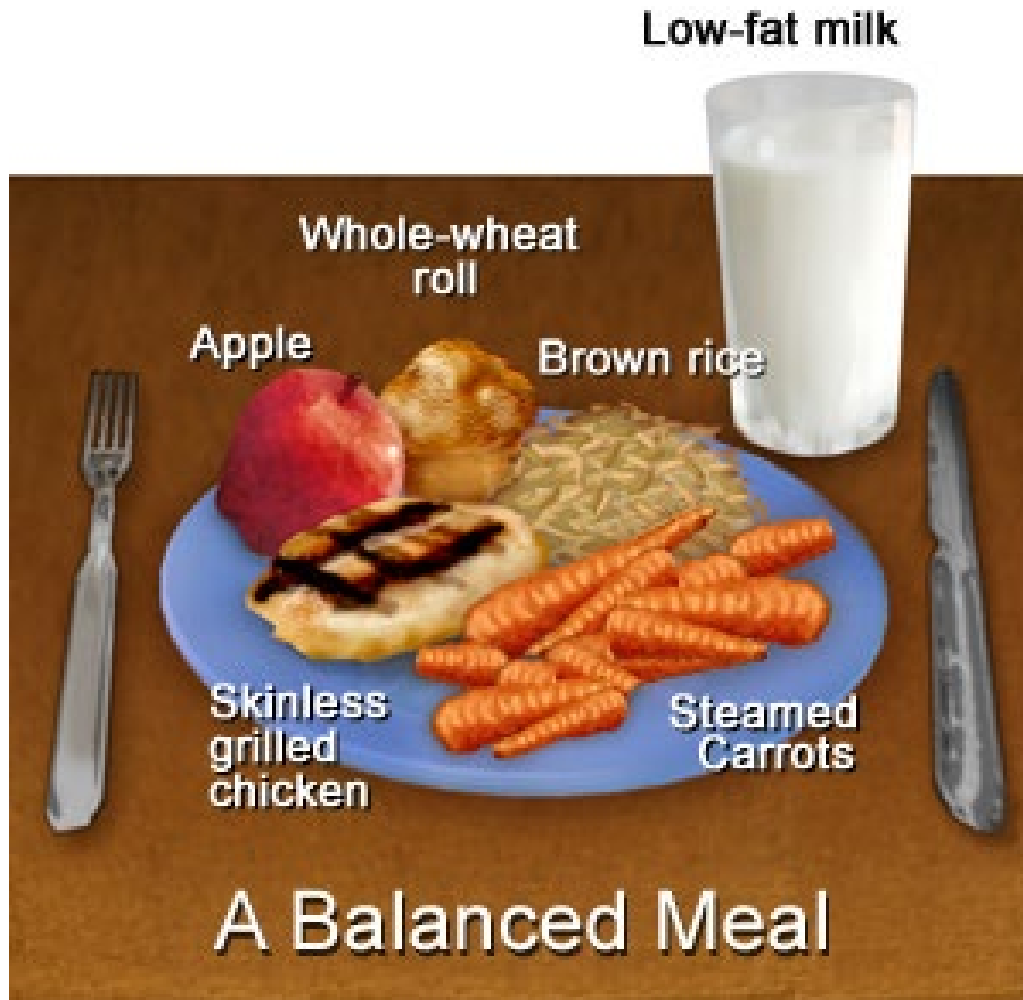
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu





- Protein: animal or plant protein provides strength to breathing muscles and immune system.
- Whole grain: slows down rise of blood sugar and CO₂ waste air.
- Fiber: not too much, will help with improving digestion and reduce gas and bloating.
- Oils and Fats supply food energy and slow CO₂ production. Choose nuts, oils; avoid fried foods.

CUT OUT ADDED SUGARS

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much can hurt your health and even shorten your life.

The American Heart Association recommended daily limit for added sugars:

**WOMEN
& KIDS***

6
TEASPOONS

25
GRAMS

100
CALORIES

OR LESS

MEN

9
TEASPOONS

36
GRAMS

150
CALORIES

OR LESS



Where to watch for added sugars:



**SUGARY
DRINKS**

Flavored Milk
Sports & Energy Drinks
Soda & Soft Drinks
Coffee & Tea
Juice & Fruit Drinks



**SWEETENED
BREAKFASTS**

Breakfast & Energy Bars
Granola & Muesli
Hot & Cold Cereals
Yogurts
Smoothies



**SYRUPS AND
SWEETS**

Syrups
Honey & Molasses
Jelly, Jam & Spreads
Drink Mixes
Candy



**FROZEN
TREATS**

Ice Cream & Gelato
Frozen Yogurt
Popsicles
Sherbet & Sorbet
Frozen Desserts



**SWEET
BAKED GOODS**

Sweet Rolls & Breads
Cakes, Cookies & Pies
Donuts & Pastries
Snack Foods
Desserts

How to avoid them:

Always check nutrition facts label & ingredients.

Limit sugary drinks & foods.

Replace candy & desserts with naturally sweet fruit.

Make items at home with less added sugars.



A national supporter of the American Heart Association's Healthy for Good Movement.

LEARN MORE AT
HEART.ORG/HEALTHYFORGOOD

*ages 2+ (children under 2 should not consume any added sugars)

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

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

1. Look at the Serving Size
2. Look at the **Total** Carbohydrate and Sugar
3. **Added Sugar** is part of the total Sugar
4. 4g Sugar = 1 teaspoon

How Much Sugar is in it?



13



8



10



Go Easy on Artificial Sweeteners



Acesulfame Potassium (Ace-K)

Sweet One®, Sunett®
200x sweeter than sugar
23 packets/day safe



Aspartame

Nutrasweet, Equal®, Sugar Twin®
200x sweeter than sugar
75 packets/day safe



Neotame

Newtame®
7,000-13,000x sweeter than sugar
23 packets/day safe



Saccharin

Sweet and Low®, Sweet Twin®, Sweet'N Low®, Necta Sweet®



Stevia Extract

SweetLeaf®, Truvia®, PureVia®, Enliten®



Monk Fruit Extract

Nectresse®, Monk Fruit in the Raw®, PureLo®



Stevia and Monk fruit are low calorie natural sweeteners

Benefits of Hydration

- Adequate fluid helps keep mucous thin easier to cough up.
- Ice cold beverages can cause bronchospasms making breathing more difficult, warm liquids can help break up.
- Water helps muscles and joints work better. The water inside and outside the cells of contracting muscles provides nutrients and removes waste.
- Dehydration lowers your blood volume, which makes your heart work harder to get enough oxygen to your cells. This makes everyday activities like walking up stairs or exercise more difficult.



Make Mealtimes Enjoyable

- Schedule food prep day. Having healthy foods on hand leads to healthy choices.
- Make a little extra to freeze so you have a “quick” meal on not-so-good days.
- Keep healthy ready-to-eat meals on hand: hard boiled eggs, peanut butter, nuts, whole grain crackers, canned tuna or chicken or sardines, frozen or shelf stable fruit cups.
- Pair all carbohydrates (grains, fruits) with a fat and or protein food to prevent blood sugar spikes.

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



3 Questions to Ask Yourself About Eating to Breathe Easy

- **True** What you Eat Affects Your Breathing.

- Which Food Group makes the most “waste air” called CO₂?

Carbohydrates (Carbs)

- **False** All Fats and Oils are Unhealthy Choices for Breathing Easy.

Eating to Breathe Easy

Avoiding Shortness of Breath:

- Eat smaller portions or mini meals about 4-5 times daily as mini meals will prevent a full belly from taking up space.
- Avoid lying down after eating, adding gravity to a full belly can cause less room for your lungs and diaphragm to expand.
- Chew food more slowly.
- Try softer easier to eat foods.
- Drink small sips of beverage during a meal to avoid filling up too quickly.

Looking for More Meal Planning Help...

- 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



Elliot Health System

A MEMBER OF **SOLUTIONHEALTH**

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 or Call and leave a voice message for ~~MMills~~ at Ph:663-2106
or Visit website: 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





Pulmonary Strong 2020