

Nutrition and Chronic Respiratory Disease

Why is my diet important?

Eating a nutritionally balanced diet can help control your symptoms, prevent infections and keep your lungs healthy.

A well-balanced diet includes 5 key food groups.



Carbohydrates:

- ★ Should make up a third of everything you eat.
- ★ Gives your body energy for breathing and everyday tasks.
- ★ Choose high fibre or wholegrain versions e.g. brown pasta or wholemeal bread.
- ★ They'll make you feel fuller for longer, protect your heart and keep your bowels moving.

Proteins:

- ★ They are the body's building blocks and are essential for growth and repair, it's important for your immune system.
- ★ Keep your muscles strong, including your chest muscles which help your ribs expand when you breathe.
- ★ Try to eat less red and processed meat such as bacon, ham and sausages. Choose lean cuts and skinless poultry whenever possible to reduce fat.
- ★ Oily fish such as salmon, mackerel, sardines and fresh tuna are rich in omega-3 oils

Aim for two portions of fish per week –(1 portion is 2-3oz meat, 3-4oz fish and 1 small tin of beans).

Fats:

- ★ Are an important part of our diet as they provide the body with energy and some important vitamins.
- ★ But eating too much fat can be unhealthy.
- ★ Choose unsaturated fats such as olive oil, nuts and avocados. Unsaturated fats can lower cholesterol levels.
- ★ Try to limit saturated fats such as cheese, as these can increase cholesterol levels.
- ★ Oils contain a range of vitamins, such as vitamins A and E which are important for fighting infections.

Diary: *(Cheese, yoghurt and milk)*

- ★ Are a good source of proteins, vitamins and minerals including calcium and vitamin D for healthy bones.
- ★ Calcium is important if you take steroids, which increases the risk of brittle bones or osteoporosis.
- ★ Choose semi-skimmed, 1% fat or skimmed milk.
- ★ **2-3 portions per day:** 1 portion = 1/3 pints of milk, matchbox size of cheese, 1 yoghurt.

Fruit and Vegetables: *(Minimum of 5 a day)*

- ★ Contains vitamins, minerals and antioxidants.
- ★ Helps keep your immune system strong to fight off chest infections.
- ★ Prevents constipation and reduces cholesterol.
- ★ Can be fresh, frozen, canned, dried or juiced.



Fluid: *(6-8 glasses, 1.5-2 litres per day)*

- ★ Transports nutrient and oxygen to cells.
- ★ Prevents constipation.
- ★ Helps to loosen the secretions on your chest.
- ★ Helps to flush out toxins.
- ★ Helps to improve concentration.
- ★ Can include water, tea, coffee, milk, squash or fruit juice.



Tips:

- ★ Eat little and often.
- ★ Rest before meals.
- ★ Eat slowly and sit upright.
- ★ Avoid overeating and foods that cause gas or bloating as this might make breathing uncomfortable.
- ★ Use convenience food such as ready meals, frozen or tinned vegetables, soups etc.
- ★ Cook in bulk, allow others to help with meal preparation.
- ★ Keep the cupboard stocked.
- ★ Meals on wheels, Wiltshire Farm Foods.
- ★ Eat foods containing lots of fats and sugar such as fizzy drinks, sweets, chocolate and biscuits in **moderation!**