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Nutrition news

NUTRITION EDUCATION IN EASY TO DIGEST BYTES!

Nutrition and COPD



Chronic Obstructive Pulmonary Disease or COPD is the 4th leading cause of death in the United States. It is a progressive disease that makes breathing increasingly difficult and can make everyday activities like walking, cooking or eating troublesome. Symptoms include chronic cough (sometimes with mucus), wheezing, shortness of breath and a tightening feeling in the chest. COPD includes emphysema and chronic bronchitis and approximately 24 million Americans are living with COPD.

The leading cause of COPD is cigarette smoking but long term exposure to other lung irritants (air pollution, dust, chemical fumes, etc...) can also be contributing factors. Though there is no cure for COPD, diet and lifestyle changes can help slow its progression and improve a person's quality of life.

Prevention

Prevention is the key in stopping the development of COPD. The most important step is to reduce exposure to lung irritants. Quitting smoking is paramount.

A diet rich in antioxidants may also help by reducing oxidative stress and inflammation that may contribute to COPD development. Antioxidants can be vitamins, minerals and phytochemicals and can be found in abundance in whole fruits and vegetables. Smokers tend to have lower plasma levels of antioxidants in their bodies which may help explain how they can develop COPD easily.

Nutrition and Emphysema

A person with emphysema is likely to be underweight due to increased energy. Malnutrition can further reduce the function of the respiratory system and can lead to complications throughout the whole body. Getting enough calories from food is important for reducing complications that are associated with malnourishment.

Nutrition and Chronic Bronchitis

In contrast to emphysema, a person with chronic bronchitis is more likely to be at a normal weight or even overweight. Excessive body weight may contribute to COPD complicated and labored breathing. Moving towards a healthy body weight is important for limiting additional complications.

Nutrition and COPD in general

Ensuring that enough calories are consumed is essential with COPD. Where calories come from is also important. Carbohydrates tend to produce more carbon dioxide which forces the lungs to work harder to expel the gas from our bodies. A diet that is lower in carbohydrate and higher in fat (while supplying enough protein) is usually prescribed.

A healthy diet will not cure COPD, but it may lessen the complications and make you feel better. Not only will you have more energy, but your body will be able to fight infection better.

Here are some other dietary tips from the American Association of Respiratory Care:

- Too much sodium can cause you to retain fluids that may interfere with breathing so limit your salt intake.
- Avoid foods that produce gas or make you feel bloated as this can impair breathing as well. The best process to use in eliminating foods from your diet is trial and error. Keep a diary of foods eaten to identify when you have issues with gas and bloating.
- Try to eat your main meal early. This way, you will have lots of energy to carry you through the day.
- Avoid foods that supply little or no nutritional value. Make sure you get the most nutrients for the calories you eat.
- Try eating six small meals a day instead of three large ones. This will keep you from filling up your stomach and causing shortness of breath.
- If you are using oxygen, be sure to wear your cannula while eating - and after meals, too. Eating and digestion require energy, and this causes your body to use more oxygen.
- Try to eat in a relaxed atmosphere, and make your meals attractive and enjoyable.
- Consult your physician if you have other dietary restrictions, such as ulcers, or if you are overweight or underweight.

Remember that these are general guidelines and your own medical doctor is your best source of specific information. Good nutrition and a balanced diet are essential to everyone's health, but those people facing lung disease must be even more careful than most about following good nutrition guidelines.



Weigh to Go!

Simple tips to reach a healthy weight!

- 1) Learn what to eat from each food group. Go to My Pyramid at www.mypyramid.gov to learn more!
- 2) Focus on how much you eat and watch your portion sizes! A great way to reduce the amount of food you eat is by eating slowly. This allows your body time to reach the point of feeling full (usually about 20 minutes) without you overeating.
- 3) Choose “nutrient-dense” forms of foods. These foods are packed with nutrients, but low in “extras” that just add calories. Vegetables are a great example of nutrient dense foods.
- 4) Get moving! Physical activity can help you reach and keep a healthier weight. Remember to start slowly and engage in activities that you like!
- 5) Follow your progress by tracking your food intake and physical activity. Studies have shown that when people track their diet and exercise habits they are more likely to improve them.

Information provided by the My Pyramid website

Achieving a healthy weight is important in helping to prevent chronic disease including high blood pressure, diabetes, cancer and cardiovascular disease. Even for people who are obese losing just a few pounds can have health benefits.

Many people want to lose weight. To do this the strategy is simple. Eat less and exercise more! The challenge is putting it into practice every day. If you are overweight or obese, here are some simple steps to help you gradually get to a healthier weight:



What are Healthy Oils?

The **Dietary Guidelines for Americans** recommends choosing healthier oils over saturated or trans-fats for better health. The amount recommended for every person depends on age, gender, and the level of physical activity of the person. It is recommended to get about two tablespoons of oil everyday. *Remember* it is hiding in most of the foods that you eat like salad dressings, fish, cooking oil and mayonnaise. Limit the fat in your diet, but do not cut it out completely. The trick is to eat the right kind.

What is one serving? One tablespoon of oil, 2 tablespoons salad dressing, 1 tablespoon of mayonnaise or margarine, 1 ounce of nuts.

What is an oil? Yes, an oil is a fat. Most oils are liquid at room temperature. Most oils are good fats.

What is a good fat? A good fat or healthy fat is called **unsaturated**. They usually come from plant or fish sources. Fats from plants do not have cholesterol. There are three major categories for these fats contained in oils.

Monounsaturated fatty acids	Found olive oil, canola oil, avocado, nuts and seeds
Polyunsaturated fatty acids	Found in vegetable oils (corn, safflower, soy and cottonseed), nuts and seeds
Omega-3 fatty acids	Fatty cold-water fish (salmon, mackerel, herring), flaxseed, flax oil and walnuts

What is a bad fat? A harmful fat is less healthy kind of fat. These fats are usually solid at room temperature. These types of fats can increase the risk for heart disease by increasing LDL cholesterol levels in the blood. There are two major categories of harmful fats.

Saturated fat	Usually comes from animal sources (butter, lard, tallow), but also palm and coconut oils
Trans-fat	Also labeled as hydrogenated oils, they began as vegetable oils, but have been processed into saturated fats (stick margarine, shortening, fried foods, baked goods from the store)

How can consuming good oils help me? These oils do not raise cholesterol or LDL (bad) cholesterol levels in the blood, so when you replace the unhealthy fats with healthy fats the risk for heart disease goes down. Eating fats also help you absorb vitamins A, D, E and K.

TIPS- To replace some of the unhealthy fats try natural peanut butter on toast for breakfast instead of butter. Replace the cheese in the sandwich with avocado. Put sunflower seeds on a salad instead of bacon bits. Eat a few nuts instead of potato chips.

For more information, visit the MyPyramid website at www.mypyramid.gov.

Mammograms: Get your check up!



- Mammography is currently the most effective, low cost screening tool for the detection of breast cancer
- Breast cancer is more likely to be detected earlier with repeat screening. One mammogram is not enough.
- It is extremely important for you to be screened regularly. If your doctor does not suggest a mammogram, ask for one.
- Beginning at age forty, you need to start getting a mammogram annually.
- You may need to begin getting mammograms at an earlier age if there is a history of breast cancer in your family