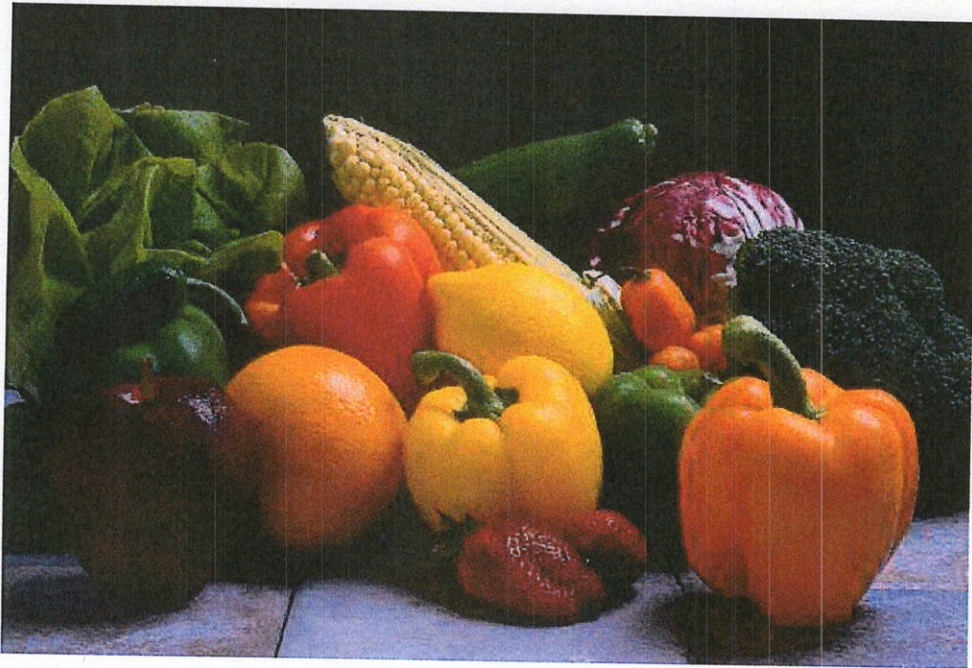


# Chapter 9

## Nutrition





## Reading Food Labels

Look for the “Nutrition Facts” label on packaged foods. Reading labels is a big step toward eating healthier. The tips below help you know what to look for.

**1. Serving Size**

Read this closely. This is how to measure 1 serving of the food in the package. If you eat more than 1 serving, you get more of everything on the label—including fat, cholesterol, and calories.

**2. Total Fat**

This tells you how many grams (g) of fat are in 1 serving. Fats are high in calories. A healthy goal is to have less than 25% of your daily calories come from fat.

**3. Saturated Fat**

This tells you how much saturated fat is in 1 serving. Saturated fat raises your cholesterol the most. Look for foods that have little or no saturated fat.

**4. Trans Fat**

This tells you how much trans fat is in 1 serving. Even a small amount of trans fat can harm your health. Choose foods that have no trans fat.

**5. Cholesterol**

This tells you how much cholesterol is in 1 serving. Try to eat less than 300 milligrams (mg) of cholesterol a day.

**6. Calories from Fat**

This number tells you how many calories from fat are in 1 serving. Look for foods with few calories from fat.

**7. % Daily Value**

The higher the number, the more 1 serving has of that nutrient. Look for foods that have low numbers for total fat, saturated fat, cholesterol, and sodium.

**8. Sodium**

This tells you how much sodium (salt) is in 1 serving. Choose foods with low numbers for sodium.

**9. Dietary Fiber**

This number tells you how much fiber is in 1 serving. Foods that are high in fiber can help you feel full. They can also be good for your heart and digestion. Try to get about 25 grams a day.

<b>Nutrition Facts</b>	
Serving Size 1 cup (240g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 4g	
Vitamin A 70%	Vitamin C 20%
Calcium 15%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

## COPD and Nutrition

### What to eat

#### High antioxidants

- Vegetables, fruits, whole grains, nuts
- Fruits may be especially helpful (citrus, berries, etc.)

#### Adequate protein

- Meat, poultry, fish, eggs, milk, cheese, yogurt, nuts, bean
- Need about 0.5 g per pound
  - Example: 150# person needs about 75g protein per day

#### Omega-3 fatty acids

- Fish (salmon, mackerel, tuna, haddock, etc.)
- Foods fortified with "DHA" may help, too (e.g. DHA eggs, etc)
- Ask doctor before taking Omega-3 supplement

#### Watch portion sizes of carbohydrate foods

- Excess carbohydrates can increase carbon dioxide production
- Includes grains (bread, rice, pasta, tortillas, etc), starchy vegetables (corn, peas, potatoes, beans, winter squash), fruit, milk, yogurt, and sweets
- You do not need to eliminate these foods, just do not overdo them

#### Limit sodium

- Can contribute to fluid retention/swelling
- Found in many packaged or pre-prepared foods, cured meats, etc.

### How to Eat

Small frequent meals (6 or more small meals per day)

- Especially if short of breath while eating
- Remember to get all the food groups

#### Stay hydrated

- Mucus is thicker when dehydrated
- Prevents constipation
- Drink between meals if trouble breathing with meals

### Other things to consider

Gradual wt loss if overweight

- Reduce workload on body
- Rapid wt loss is unhealthy and usually doesn't last

#### Avoid constipation

- Fiber
- Fluids
- Exercise/walking as able

Name \_\_\_\_\_

### Weekly Nutritional Log

Day	Breakfast	Lunch	Dinner	Snacks	Beverages
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Suggestions:					