

## Eating Well

Ask your healthcare practitioner (prak-tih-shun-er) what foods are good for you. You may want to see a nutrition expert – also known as a dietitian (die-eh-tih-shun).

### Do's and Don'ts for a Healthy Diet

Do eat...	Don't eat...
<ul style="list-style-type: none"><li>• Fruits and vegetables</li><li>• Cereals and whole-grain foods</li><li>• Dairy products such as milk or cheese</li><li>• Proteins such as meat or fish</li></ul>	<ul style="list-style-type: none"><li>• <b>Too much</b> salt and caffeine</li><li>• <b>Too many</b> foods that cause gas, such as<ul style="list-style-type: none"><li>– Carbonated drinks (sodas, sparkling water)</li><li>– Fried or spicy foods</li><li>– Beans</li><li>– Cabbage</li></ul></li></ul>

## Keeping Fit

Getting physical activity (at all stages of COPD) may give you more strength and help you feel less short of breath!

Ask what and how much exercise you should do before you start. Your healthcare practitioner may suggest:

- Stretching
- Walking
- Slow dancing
- Riding a stationary bike
- How to use your inhalers while exercising

**Talk to your doctor about how eating right and keeping fit can help your COPD.**

**Did You Know?** Fluids can help thin out your mucus and keep your airways open, too. Ask your healthcare practitioner how many drinks (without caffeine or alcohol) to have each day.

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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