

Eat Better, Feel Better

When you have COPD, you use more energy to breathe. You may use 10 times more than someone who does not have it. Eating healthy will not cure COPD, but it may help you

- Have the energy you need to be more active
- Improve the way your lungs work
- Fight infections
- Keep a healthy weight
- Feel better in general



Food for Thought

Ask your healthcare practitioner (prak-tih-shun-er) what foods are good for you. For most people with COPD, eating well means choosing from each of the basic food groups:

- Fruits and vegetables
- Cereals and whole-grain foods
- Dairy products, such as milk or cheese
- Proteins, such as meat or fish

Did you know?

It may be helpful to limit salt and caffeine. Also, avoid eating foods that cause gas, such as carbonated drinks, fried or spicy food, beans, and cabbage.

*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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