

Support your body's nutritional needs when you have COPD and need additional protein and calories

What you should eat

1 Choose foods that provide good sources of protein



Lean meat, poultry, fish



Peanut butter, beans, nuts and legumes



Eggs, yogurt and tofu



Ensure[®] COMPLETE

Why your body needs these foods:

- Good nutrition and a good nutritional status can help maintain breathing muscles and prevent infection
- Hydration helps keep mucus thin and easy to cough out
- Additional calories give you extra energy – because breathing with COPD is hard work

2 Add foods high in vitamins and minerals

Whole grains:



Whole grain breads, cereals



Whole wheat, brown or wild rice, barley, whole rye

Brightly colored fruits and vegetables:



Green
Spinach, broccoli, cabbage



Yellow and orange
Carrots, peaches, cantaloupe



Red
Apples, red peppers



Blue and purple
Eggplant, blueberries



White
Bananas, garlic, cauliflower

3 Eat foods high in calories



Cream, whole milk, cheese, ice cream, whole milk, yogurt



Foods high in healthy fats: soft margarine, olive oil, canola oil



Peanut butter

4 Drink 8 to 10 cups of water or other fluids every day

Drinks like Ensure[®] COMPLETE help add calories, protein, vitamins and minerals to your diet

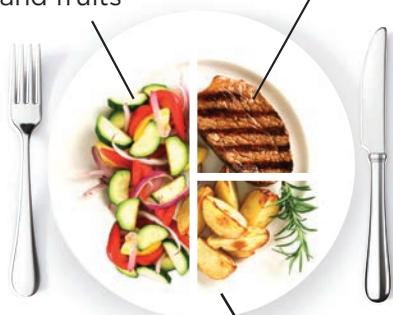


Easy tips to get the nutrients you need:

Fill up your plate with the right balance of healthy foods.

1/2 plate of vegetables and fruits

1/4 plate of protein foods



Eating only part of your meal can result in nutrition gaps

It may be difficult to eat enough of the right foods when you don't feel well.



1/4 plate of whole grain foods

Drink a glass of water with your meal

Adding a nutrition drink can help fill the nutrition need

If you eat less than half of your daily meals, drink two bottles of Ensure[®] COMPLETE to help fill the nutrition needs in your diet.

1 Snack on foods high in protein, calories, vitamins and minerals, such as:

- Unsalted nuts or whole wheat crackers with peanut butter
- Milkshakes, smoothies, Ensure[®] COMPLETE
 - The protein content of 10 fl. oz. of Ensure COMPLETE is equal to 4 large eggs and 2 slices of toast or a small grilled, boneless, skinless chicken breast and a small baked potato without skin.

2 To decrease tiredness and shortness of breath while eating:

- Use easy-to-make recipes and freeze small portions that you can heat easily
- Eat 4 to 6 small meals instead of 3 large ones
- Eat foods that need little chewing: eggs, cheese, peanut butter, cooked vegetables, creamed soups, berries, oatmeal, and nutrition drinks like Ensure COMPLETE
- Wear your oxygen and sit up in a chair while eating so lungs can fill
- Eat slowly and wait until you catch your breath before taking the next bite

3 Talk to your doctor or nurse if:

- You're losing or gaining weight
- You have signs of infection
- Your breathing worsens



For extra calories
Ensure[®] COMPLETE Complete, balanced nutrition with 30g protein and 350 calories to help gain weight and maintain muscle

Use under medical supervision.

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20217155/May 2021 LITHO IN USA
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