

Eating Right



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First edition

Developed by Allina Health.

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For specific information about your health condition, please contact your health care provider.





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Eating Right

General Nutrition Guidelines

Did You Know

Breathing takes a lot of energy. You need to eat healthful foods and maintain a healthy weight. This will help your body fight infection and improve your quality of life.

Good nutrition is essential for your quality of life. Eating well-balanced meals and snacks will help you feel your best. What you eat affects your well-being.

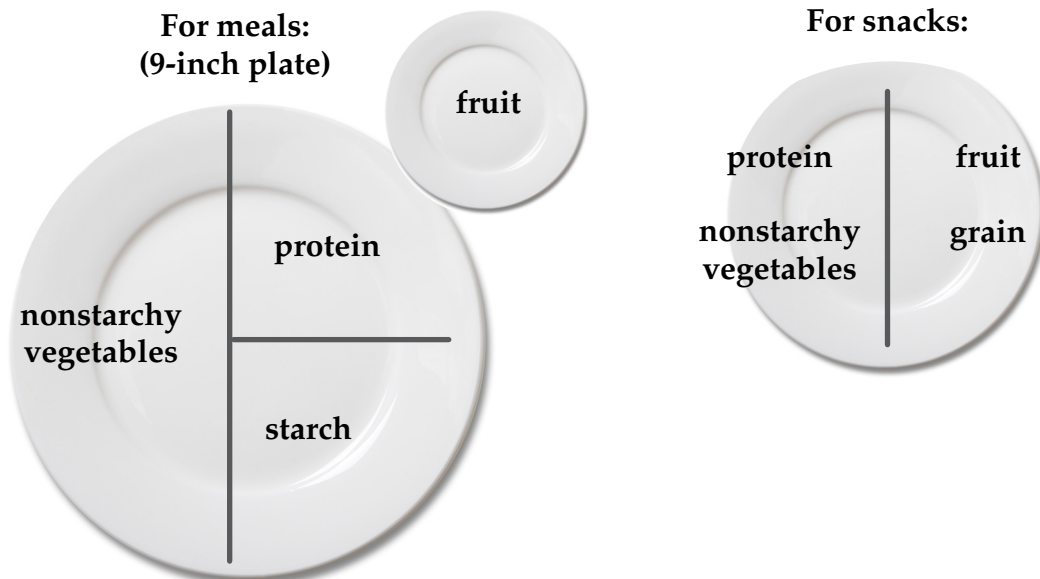
If you do not eat enough of the right foods, you will become tired and less able to take care of yourself. Be sure you make time to eat — even if you do not feel hungry.

Try to think about what your plate should look like when you are planning your meals and snacks. (See examples, below.)

Nutrients important for your recovery

Eating foods rich in the following nutrients are important for your recovery.

- **Protein:**
Protein helps repair and build healthy tissue.
- **Iron:**
Iron works in each of your body's cells to help make energy.
- **Vitamin C:**
Vitamin C helps your body repair damaged tissues, keeps your bones and teeth strong, and helps your body absorb iron.
- **Calcium:**
Calcium helps build and maintain your bones, your muscles move, your blood clot and your nerves send messages.
- **Fiber:**
Fiber helps your body produce regular bowel movements.

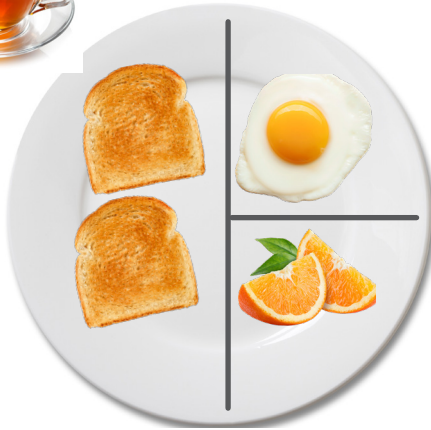


Here are some examples of well-balanced meals and a snack.



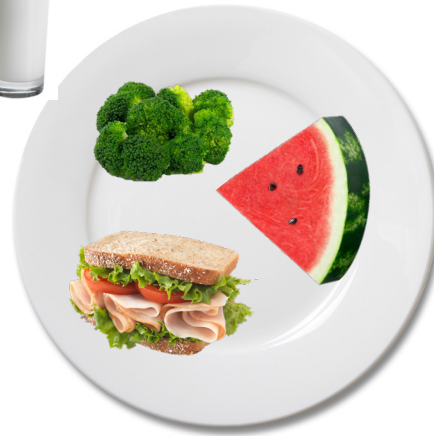
At breakfast:

- plain tea
- 2 pieces dry toast
- 1 fried egg
- 2 orange wedges



At lunch:

- 1 glass low-fat milk
- 1 turkey sandwich with 2 pieces whole grain bread, tomato and lettuce
- side of broccoli
- 1 slice watermelon



At dinner:

- 1 glass low-fat milk
- 1 grilled chicken breast
- 1 baked potato, plain
- green beans
- 1 serving of mixed berries













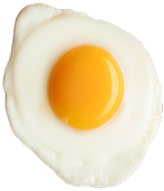














For a snack:

- 1 glass water
- 1 apple
- 2 slices cheddar cheese



Use the chart on the next page to help you choose foods for building well-balanced meals and snacks.

The following chart shows examples of foods to put on your plate.

Protein	Iron	Vitamin C	Calcium *	Fiber**
 Chicken	 Peas	 Watermelon	 Milk	 Brown rice
 Tofu	 Raisins	 Oranges	 Yogurt	 White potato
 Eggs	 Steak	 Berries	 Green beans	 Whole-grain pasta
 Peanut butter	 Bran flakes	 Bell peppers	 Sardines	 Whole-grain bread
 Salmon	 Beans and legumes	 Grapes	 Broccoli	 Whole-grain wrap

*If you cannot tolerate milk products, you can also drink calcium-fortified juices such as orange juice. Choose low-fat or fat-free milk products.

**Choose whole-grain varieties.

How to Read Food Labels

Use the nutrition label below to understand the following.

- **Serving size:** The serving size lists the amount of food in one serving and the number of servings in one package.
- **Calories:** Calories are a measure of energy released by a food. Try to limit your food choices to those that have less than one-third calories from fat.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

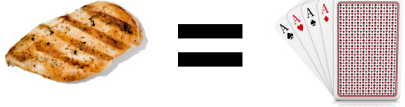

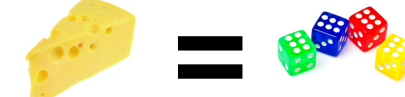
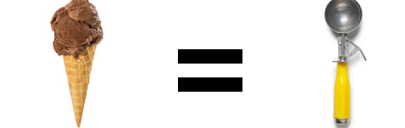


*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source of labels: U.S. Food and Drug Administration

- **Total fat:** Total fat includes all types of fat (saturated, unsaturated, trans). Try to eat foods low in saturated and trans fats.
- **Saturated fat:** Saturated fat raises LDL (“bad”) cholesterol. Reduce saturated fats to help protect your heart.
- **Trans fat:** Trans fats can raise LDL cholesterol, lower HDL (“good”) cholesterol, and add to heart disease. Eat as little trans fats as possible. Avoid foods that contain “partially hydrogenated” oils.
- **Cholesterol:** Foods from animals (meat, fish, eggs, cheese, butter) have cholesterol.
- **Sodium:** You need sodium (salt) to help your organs work well and keep your fluids in balance. Too much sodium can lead to high blood pressure. One teaspoon of salt has 2,400 milligrams of sodium. This is the upper limit most people need each day.
- **Total carbohydrate:** Carbohydrates give your body energy. Too many can raise your blood glucose. Everyone’s blood glucose is affected by carbohydrates differently.
- **Fiber:** Fiber is the part of food that cannot be broken down during digestion. Because it moves through your body “undigested,” it plays an important role in keeping your digestive system moving and working well.
- **Total sugars:** This is the total amount of natural sugars such as lactose (sugar in milk) or fructose (sugar in fruit) and added sugars.
- **Added sugars:** Part of the total sugars is added when the food was made.
- **Protein:** Protein is important for healing, building muscle, strengthening your immune system.
- **Percent (%) daily value:** This number tells you if a serving is low or high in the listed nutrients. In general:
 - 5% or less is low in the nutrient
 - 20% or more is high in the nutrient.

Proper Portion Sizes

When a food scale or measuring cups are not handy, you can still estimate your portion. Remember:

<p>3 ounces of meat is about the size and thickness of a deck of playing cards.</p>	
<p>1 medium apple or 1 cup of raw vegetables is about the size of a baseball.</p>	
<p>1 ounce of cheese is about the size of 4 stacked dice.</p>	
<p>1/2 cup of ice cream or 1/2 cup of cooked pasta is about the size of an ice cream scoop.</p>	
<p>1 slice of bread or 1 6-inch tortilla is about the size of a DVD.</p>	
<p>1 teaspoon of butter is about the size of a poker chip.</p>	

Special Needs

Eat healthful foods

Your ability to eat can be affected by the medicine(s) you take, shortness of breath, fatigue, weakness and having to shop and cook.

Eating healthful foods is important to your health. If you do not enough calories and protein, your body burns muscle for energy. This weakens your muscles, including the ones you use to breathe, and leads to weight loss.

Consider seeing a dietitian if you:

- are underweight
- need to add calories
- are looking for protein choices
- do not have an appetite.

Eat smaller meals

You may have problems eating a regular meal because it makes your breathing uncomfortable. Or side effects from your medicine takes away your appetite or upsets your stomach.

It is important to make sure you are getting enough calories each day. Because breathing takes more energy, you burn more calories.

You will need to eat the right kinds of foods. This means foods high in protein and fat. See the following chart for examples of what you should eat.

Instead of	Try
toast	soft muffin, or oatmeal made with 2% or whole milk
french fries	mashed potatoes with gravy, margarine or butter
chicken breast	chicken salad
steak	chopped steak or hamburger
salad	cooked vegetables or soup with margarine, oil or butter, and cream-based soups
cold cereal	regular yogurt (not light) or Cream of Wheat made with 2% or whole milk or with margarine or butter

Protein	Fat	Carbohydrate
<ul style="list-style-type: none"> ■ Protein helps your body build and repair muscles and helps your body fight infection. ■ Choose lean meats. ■ Avoid meats that are heavily-marbled or deep fried. 	<ul style="list-style-type: none"> ■ Fats help your body add weight. The burning of fat (metabolism) produces the least amount of carbon dioxide. This puts the least amount of stress on your breathing. ■ Choose unsaturated fats such as olive oil and avocados. ■ Avoid trans fats. ■ Avoid animal fats (such as butter and high-fat meat) if you need to lose weight or if you have heart disease. 	<ul style="list-style-type: none"> ■ Carbohydrates provide energy and fiber. ■ Choose complex carbohydrates, like whole wheat bread, fruits, pasta and vegetables. ■ Avoid white pasta, rice and bread. ■ Be aware of how you feel after you eat. Write down what you eat and how much in the food logs, starting on page 19.
<p>Good choices to help you add weight:</p> <ul style="list-style-type: none"> ■ lean beef, pork, fish and poultry ■ fish ■ cheese ■ peanut butter ■ eggs ■ dairy products ■ dried beans and peas. 	<p>Good choices to help you add weight:</p> <ul style="list-style-type: none"> ■ butter ■ salad dressings, vegetable oils ■ cream cheese, high-fat cheese ■ sour cream ■ whole or 2% milk ■ nuts, seeds ■ ice cream. 	<p>Enjoy these foods once in a while:</p> <ul style="list-style-type: none"> ■ regular pancakes (not whole wheat) ■ waffles ■ English muffins ■ regular pasta ■ white rice ■ baked goods.
<p>Try not to eat foods with “empty” calories such as sweets, soft drinks and sweetened drinks, candy. They do not provide any nutrition and can make you feel worse.</p>		

Avoid Energy Drinks

You may be tempted to drink energy drinks, which claim to increase energy and alertness or provide other health benefits (such as heart or joint health).

Caffeine is usually the main ingredient in energy drinks. They may also have sugar, B vitamins and herbs and plants (ginseng, guarana).

It has not been proven that energy drinks are safe. Some ingredients may be harmful to your health.

Instead of eating 3 meals a day, try 5 or 6 smaller meals. A small meal will not fill your stomach as much as a regular meal. This takes some pressure off your diaphragm.

Try eating soft foods. Chewing less uses less energy. This makes eating easier. Eating certain foods may also make it easier to eat the right amount of nutritious calories. Use the chart below.

How to add protein, fats and carbohydrates

- Eat up to 3 ounces of high-quality protein at each meal. Try eggs, lean meat, cheese, fish, seafood or poultry.
- Eat 3 or more high-protein snacks during the day. Try cheese cubes, milk, peanut butter, nuts, hard-boiled eggs or seeds.
- Add non-fat dry milk powder to your foods.
- Add grated cheese to sauces, vegetable soups and other dishes.
- Eat peanut butter for snacks.
- Eat high-fat dairy products such as whole milk, half-and-half and cream cheese.

What to do if you are too tired (fatigued) to eat

- Rest for 30 minutes before you eat.
- Eat larger meals earlier in the day if you are too tired later in the day.
- Make larger meals and freeze portions for later.
- Choose foods that are easy to make.

What to do if you are short of breath while eating

- Rest and use pursed-lip breathing.
- Sit straight up and rest your elbows on the table.
- Eat slowly.
- Eat foods that are soft and easy to chew.

What to do if you have a poor appetite

- Drink water or unsweetened liquids between meals. This helps prevent feelings of bloating.
- Eat foods that are cool or room temperature.
- Eat high-calorie snacks.
- Eat your biggest meals when you are the most hungry.
- Do not eat foods that are low in calories or low in nutrition.
- Talk with a dietitian if you want suggestions for foods to eat or about nutritional supplements (such as Ensure®).

What to do if you have gas or bloating

- Try not to eat these vegetables:
 - legumes (dried beans)
 - broccoli
 - Brussels sprouts
 - corn
 - cucumbers
 - leeks, onions
 - peas
 - green peppers
 - radishes
 - rutabagas
 - sauerkraut
 - turnips.
- Try not to eat these fruits:
 - apples
 - avocados
 - honeydew melon
 - watermelon.
- Although nuts are a good source of protein, they can cause gas or bloating.
- Limit the amount of processed (prepared, canned or boxed) foods, convenience (fast foods) and salty foods.
- Talk with your primary care provider about taking over-the-counter medicines (such as Gas-X® or Beano®) to help you.

Finding a Healthy Weight for You

Being underweight and overweight can affect how well you breathe and how well you enjoy your quality of life.

To help find a healthy weight for you, your primary care provider may chart your weight on the body mass index (BMI). This is a measurement to determine if someone is under weight, normal weight, or overweight.

It does not take into account muscle and bone mass. For example, if you are muscular, the BMI may show you are overweight or obese.

There are 5 categories of BMI scores:

- less than 18.5 — underweight
- 18.5 to 24.9 — normal weight
- 25 to 29.9 — overweight
- 30 to 39.9 — obese
- 40 or more — extreme obese

If you are age 65 and older, there are 3 categories of BMI scores:

- less than 22 — underweight
- 22 to 27 — healthy weight
- 27 or more — overweight.

Talk with your primary care provider and a dietitian about what is a healthy weight for you.

How to Weight Gain

Being underweight can put you at risk for infection and add to your fatigue. It is important to eat healthful fats as an energy source.

Increased fatigue and shortness of breath can lead to a low appetite. When you are not hungry, you do not eat.

Having a low BMI with a lung disease may cause more shortness of breath and increase your risk for death.

- Use fats (such as salad dressing, oils, mayonnaise and sour cream) in higher amounts.
- Add chocolate ice cream to milk.
- Choose peanut butters or other nut butters for snacks.

- Add shredded cheese to soups, sauces, vegetables and other foods.
- High-calorie snacks if you are too tired to eat or you are not hungry:
 - ice cream, shakes
 - fig and granola bars
 - pudding, custard
 - cheese
 - deviled eggs
 - peanut butter with toast or crackers
 - bagels with cream cheese or peanut butter
 - fruit and vegetables with high-fat dip
 - whole milk yogurt with granola
 - sandwiches (peanut butter, honey and banana or tomato, cheese, mayonnaise and avocado)
 - vanilla wafers dipped in whole milk yogurt.
- Keep a food log. (See pages 19-25.)

How to Lose Weight

Maintaining a healthy weight can help you feel better. Even a loss of 5 to 10 pounds can help if you are overweight. Studies have shown weight loss may:

- decrease pain
- improve your ability to do everyday tasks
- reduce inflammation
- lower your risk of some chronic (long-term) diseases such as arthritis and type 2 diabetes
- make breathing easier
- lower blood pressure.

Talk with your primary care provider about a healthy weight for you.

Being overweight can make your body work harder. Cut down on calories and portion sizes to help reach or maintain a healthy weight.

- Practice mindful eating.
 - Cut your foods into small bites.
 - Chew your food slowly.
 - Enjoy each bite.
 - Do not talk while you eat.
 - Do not watch TV or use your phone while you eat.
- Eat healthful foods.
- Do not lose too much weight too quickly.
- Eat complex carbohydrates (whole wheat bread, rice and pasta) and avoid simple carbohydrates (white bread, rice and pasta).
- Keep a food log. (See pages 19-25.)

Consider Grocery Delivery

Having your groceries delivered to your home will help save energy. It can also keep you from buying foods that are not nutritious such as impulse items.

- **Twin Cities Metro Area Meals on Wheels**
Volunteers deliver ready-to-eat meals to homes in most of the Minneapolis and St. Paul metro area. You can sign up for short- or long-term meal delivery if you are recovering from surgery or illness. The price is based on your need. Call 612-623-3363 or visit meals-on-wheels.com for more information or to sign up for this service.
- **Home-delivered Meals (Meals on Wheels)**
Wisconsin's Elderly Nutrition Program offers meals to anyone age 60 and older. Meals can be delivered to your door Monday through Friday. Visit gwaar.org to learn more about home-delivered meals. Click *For Seniors and Families* and then *Elderly Nutrition Program*. Select *Contact someone* to find your local agency and its contact information.
- Many grocery stores and organizations offer services that will deliver healthful meals to your home. Ask a member of your health care team for more information.

Consider Integrative Nutrition

Integrative nutrition

Integrative nutrition centers on whole person care, focusing on health and wellness instead of treating a disease. It uses natural (complementary) and medical (conventional) therapies to nourish the mind, body and spirit.

Integrative nutrition works to identify imbalances in the body such as:

- hormonal imbalances
- energy imbalances
- immune system imbalances
- gastrointestinal (GI) imbalances
- nutrient imbalances
- mind and body imbalances
- inflammation.

You and your integrative nutritionist will work together to create a plan to correct imbalances, fight inflammation, and improve your overall health and well-being.

Food as medicine

Integrative nutrition uses a “food as medicine” approach to eating, using food to support your body’s natural ability to heal.

Food and nutrients (how many calories or how much carbohydrate, fat, vitamins and minerals) are looked at as information for the body. Without the right information, your body is not able to work properly.

Your story

An important part of integrative nutrition is your personal story and understanding how it impacts your beliefs, attitudes and motivations for wanting to make changes to your lifestyle. Your integrative nutritionist will listen to your story and use the information to help create your plan of care.

Learn More

Talk with your primary care provider, licensed registered dietitian or integrative nutritionist if you have questions about integrative nutrition.

Learning more about your body

After listening to your story, asking about your health history and looking at any lab work you have had done, your integrative nutritionist will talk with you about:

- your genetics
- nutrients of which your body has too much (toxicities) or does not have enough (deficiencies)
- any imbalances in your body.

Your plan of care: putting the pieces together

You and your integrative nutritionist will review all of the information gathered to create your plan of care. Using this information, they will work with you to develop nutrition strategies to support your body's natural ability to heal.

Your integrative nutritionist will also talk with you about the power of choice, and how your body has the ability to heal itself through consuming proper foods and nutrients, and nourishing the mind and spirit.

Benefits of integrative nutrition

By working with an integrative nutritionist, you can:

- better understand what to eat and how to promote your body's natural healing ability
- create a plan of care that uses specific foods, supplements and other therapies
- use nutrition to support long-lasting (chronic) conditions
- set goals and develop healthful eating patterns.

Keep a Food Log

Use the charts on the next 7 pages to write down what you eat each day. Talk with your primary care provider if you have concerns or questions.

Date	Breakfast	Lunch	Dinner	Snacks

Date	Breakfast	Lunch	Dinner	Snacks

Date	Breakfast	Lunch	Dinner	Snacks

Date	Breakfast	Lunch	Dinner	Snacks

Date	Breakfast	Lunch	Dinner	Snacks

Date						
Breakfast						
Lunch						
Dinner						
Snacks						

Date	Breakfast	Lunch	Dinner	Snacks

To Do List



- Learn all you can about what foods you should eat to maintain a healthy weight.
- Talk with your primary care provider before you start taking a nutritional supplement.
- Consider working with a dietitian. Ask your primary care provider if you need a referral.
- Consider having your groceries delivered.
- Keep a food journal if you are underweight or overweight.
- Ask your primary care provider to better explain anything that does not make sense to you.
- Join a support group. Ask your primary care provider for resources.
- Keep all follow-up appointments.



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