

## Tips for Healthy Eating

To help prevent shortness of breath when you eat or right after you eat, try to

- Eat six small meals instead of three big meals
- Eat while sitting up
- Eat slowly and chew foods well
- Drink liquids at the end of your meal

## A Healthy Appetite

It's important to keep a healthy weight when you have COPD. These tips can help:

- Eat more protein, such as chicken or fish
- Eat fewer simple sugars, such as sodas and sweet cereals
- Avoid non-nutritious drinks, such as black coffee and tea
- Limit how much salt you eat
- Keep healthy food in easy reach



### Did you know?

**You should talk to your healthcare practitioner (prak-tih-shun-er) about changes to your diet.**

\*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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