



5 Tips for Good Nutrition with COPD

**Did you know that your eating
habits can affect your breathing?
Giving your nutrition a boost
can be a game changer for
those with COPD!**

Tip #1

Rethink Meal Sizes

Are you used to eating 3 big meals a day? Switch to 4–6 smaller meals to help free up your diaphragm, making breathing easier.





Tip #2

Easy on the Salt

Too much salt can lead to swelling, which may increase blood pressure and mess with blood flow to the lungs. Let herbs and spices be your flavor friends instead!

Tip #3

Ready, Set ... Hydrate!

Water does wonders. Staying hydrated helps your body remove waste and keeps mucus thin and easier to cough up.



Tip #4

Bloat No More

Bloating can make breathing more difficult. Limit bubbly drinks and gassy veggies like broccoli and cauliflower. Looking for dairy alternatives? Try products marked “lactose-free.”



Tip #5

Slow and Steady

Take your time while eating—savor the flavor. Putting your utensil down between bites can help you really pause and focus on your breathing.





Remember:

Before doing a menu makeover, check in with your health care provider. They can offer advice specific to your needs. Every change matters for COPD.