Nutritional Guidelines When Living with Lung Disease

**Choose Complex Carbohydrates**
Includes whole-grain bread, pasta, fresh fruits, vegetables
To lose weight: Choose fresh fruits and veggies over bread and pasta for the majority of your complex carbohydrates.
To gain weight: Eat a variety of whole-grain carbohydrates, fresh fruits and vegetables.

**Choose A good source of protein**
Includes milk, eggs, cheese, meat, fish, poultry, nuts and dried beans or peas
To lose weight: Choose low-fat sources of protein such as lean meats and low-fat dairy products.
To gain weight: Choose protein with higher fat content, such as whole milk, whole milk cheese and yogurt.

**Choose Mono- and poly-unsaturated fats**
Includes These are fats that are often liquid at room temperature and come from plant sources, such as canola, safflower and corn oils
To lose weight: Limit your intake of these fats.
To gain weight: Add these types of fats into your meals.

**Limit Simple carbohydrates**
Includes Table sugar, candy, cake and regular soft drinks

Limit
Foods that contain trans and saturated fats
Includes Butter, lard, fat and skin from meat, hydrogenated vegetable oils, shortening, fried foods, cookies, crackers and pastries

Note: These are general nutritional guidelines for people living with COPD. Each person's needs are different, so talk to your healthcare provider before making changes to your diet.