



## Starches

Starches form the body's energy stores and are broken down into sugar when we need them. You might need this extra energy if you are having a flare-up or have been a little more active.

Wholegrain cereal and wholemeal bread and pasta are better than white bread or pasta. Other sources include potatoes, rice and cassava, but eating too much of these can cause weight gain.



## Dairy

Dairy products such as milk, cheese, butter and yoghurt are important sources of calcium, which is needed to keep bones strong. Many of them also contain Vitamin D, which helps get the calcium to the bones where it is needed. Some dairy products are high in fat, but semi-skimmed or non-dairy milks, such as oat milk, are a lot lower in fat, and their calcium content is maintained.



## Fats and oils

Healthy fats and oils are easier to digest and produce less carbon dioxide, making it easier to breathe. These can be found in olive oil, rapeseed oil, avocados, coconuts, nuts and oily fish.

Try to avoid frying and using saturated fats, as these can make you put on too much weight, and cause heart problems.



# Healthy eating with COPD

## Sugars

Sugars give you the energy to do things. Sugars from fruits and vegetables are much better and eating a range of colours is healthy. Fresh fruit and vegetables that are in season can often be cheaper; if not, frozen fruit and vegetables can be an alternative. Try to avoid added sugar; it is broken down too quickly. It can be stored as fat if you eat too much, and make Diabetes worse.



## Fibre

Fibre makes our bowels open regularly. It is found in fruits, vegetables, nuts and whole grains. Making sure your bowels open regularly stops you from feeling bloated and gives more room for your lungs to expand.



## Protein

Protein keeps our muscles strong, which helps us to breathe and exercise more easily. It mainly comes from meat, fish and eggs, but dairy products can also be high in protein. Beans, lentils, and other pulses are often cheaper alternatives to meat.

