

# Nutrition for Health

## COPD Community Exercise Clinic

Consuming a healthy diet helps to prevent malnutrition and protect us from illness and disease such as diabetes, heart disease and obesity. Good nutrition helps fuel our body and supply it with the nutrients our body needs to grow, reproduce and improve our overall health and wellness.

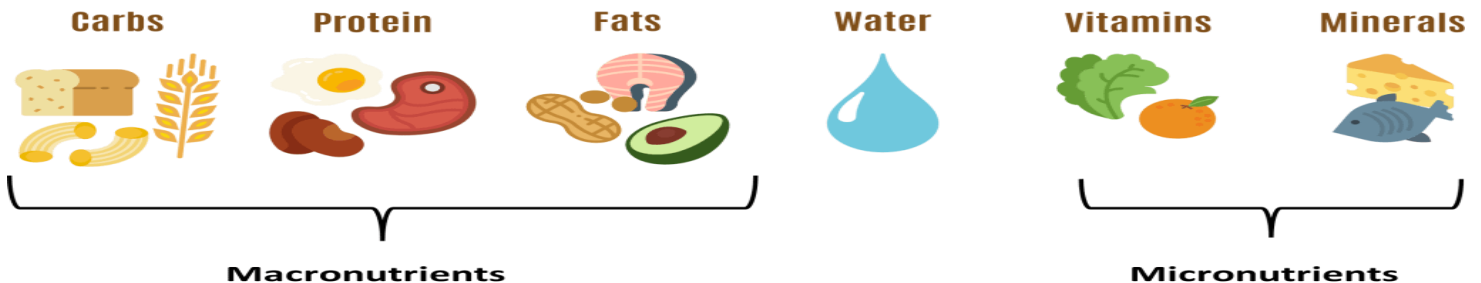
Proper nutrition is the building blocks for a healthy lifestyle.



### Strategies for Healthy Eating

- Eat a variety of colourful fruits and vegetables daily
- Adding fruits and vegetables to your meals and snacks will help increase your servings per day
- Choose whole grains like oats, brown rice and quinoa instead of white bread and processed cereals
- Avoid salty processed foods, instead choose whole unprocessed foods more often
- Limit sugar intake and watch out for added sugar in unsuspecting items such as yogurt, condiments, and breads
- Take steps towards lowering salt intake and limiting to no more than 2,300 mg (approx. 1 teaspoon) per day
- Fat is an important part of your diet, include unsaturated fats and limit daily intake of saturated fats
- Beans, legumes, nuts and nut butters are great alternative protein choices that will contain healthy fats and fibre
- Plan ahead, meal prepping, healthy choices chopped, washed and ready to grab and go

### SIX ESSENTIAL NUTRIENTS



### Recommendations

- Eat smaller meals
- Eat slower
- Eat easily digestible fruits and vegetables and avoid foods that cause gas or bloating
- Eat more food earlier in the day
- Prepare meals in advance
- Limit liquids with meals and hydrate with water after your meal

### Additional Resources

[Canada's Food Guide](#)  
[Lung Health Foundation](#)  
[American Lung Association](#)