



# Chronic obstructive pulmonary disease

Chronic obstructive  
pulmonary disease

## ► Protein-rich foods;

Eat high-protein, high-quality foods such as fresh and organic meats, poultry, eggs, and fish, especially oily fish like salmon, mackerel, and sardines.

## ► Complex carbohydrates;

If you have carbohydrates in your diet, try to eat

Complex carbohydrates. These foods are high-fiber and help improve gastrointestinal function and blood sugar management: Peas, Bran, Potatoes with skin, Lentils, Quinoa, Beans, Oat, Grain

## ► Fresh fruits and vegetables;

Fresh fruits and vegetables contain vitamins, minerals, and fiber. These nutrients help keep the body healthy. Non-starchy vegetables (all except peas, potatoes, and corn) are low in carbohydrates, so they can be included in all diets.

## ► Foods rich in potassium;

Potassium is vital for lung function, so a lack of potassium can cause breathing problems. Try foods with high-potassium level:

- Avocados
- Dark leafy vegetables
- Tomatoes
- Asparagus
- Beets
- Potatoes



► Bananas

► oranges


## ► Healthy fats

When choosing a high-fat diet, avoid fatty snacks and meals such as avocados, nuts, seeds, coconut oil, olives, and olive oil, fatty fish, instead of fried foods.

## ► Foods to avoid in chronic obstructive pulmonary disease

Some foods can cause problems such as gas and bloating or may have little or no nutritional value. Foods that should be avoided in chronic obstructive pulmonary disease include:

Salt, Some fruits (such as apples, apricots, peaches, and melons), Dairy products, Chocolate, Fried foods



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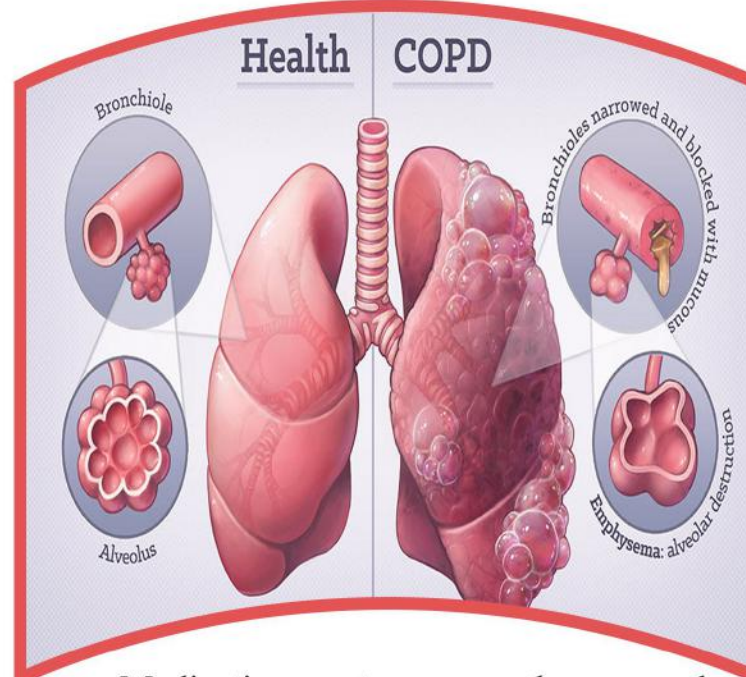
The chronic obstructive pulmonary disease usually takes a long time to develop. Diagnosis of chronic obstructive pulmonary disease is usually made by imaging tests, blood tests, and lung function tests. There is no cure for chronic obstructive pulmonary disease, but treatment can help ease the symptoms and reduce the overall quality of life.



## COPD

Chronic obstructive pulmonary disease, commonly referred to as COPD, is a group of progressive lung diseases. The most common are emphysema and chronic bronchitis. Many people with the chronic obstructive pulmonary disease have both of these conditions.

Emphysema gently destroys air sacs in the lungs, interfering with airflow. Bronchitis causes inflammation and narrowing of the bronchial tubes, which causes the mucosa to thicken. The main cause of the chronic obstructive pulmonary disease is smoking. Prolonged exposure to chemical stimulants can also lead to chronic obstructive pulmonary disease.



Medications, extra oxygen therapy, and surgery are some of the treatments for chronic obstructive pulmonary disease.

Untreated obstructive pulmonary disease can lead to faster disease progression, heart problems, and worsening respiratory infections.

- ▶ **Nutrition and treatment regimen in chronic obstructive pulmonary disease:**
  - ▶ A healthy diet can help the body fight infections, including chest infections that lead to hospitalization. A healthy diet can also make a person feel better.
  - ▶ A diet low in fat and carbohydrates may be the best choice.