Nutrition & Idiopathic Pulmonary Fibrosis

A SYMPOSIUM FOR THOSE LIVING WITH IDIOPATHIC PULMONARY FIBROSIS

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Overview

- How to IPF & Nutrition go together?
- Nutrition as a complementary therapy
- Nutrition goals for IPF
- Practical tips
Why does nutrition matter?

- Idiopathic Pulmonary Fibrosis
  - Increased work of breathing
  - Fatigue & weakness
  - Effects of medications
Unintentional Weight Loss

- Increased energy expenditure
  - Increased work of breathing
  - Chronic infections
  - Regular exercise

- Decreased Intake
  - Decreased appetite
  - Nausea
  - Shortness of breath
  - Fatigue
Effects of Medications

- Steroids & immunosuppressants
  - Increased appetite
  - Increases the body’s need for protein
  - High blood sugar
  - Fluid retention
  - Weight Gain
  - Nausea
Nutrition Goals for IPF

- Achieve & maintain a healthy weight
- Healthy Balanced Diet
- Manage the symptoms of IPF & treatment
Nutrition Goals for IPF

- Achieve and maintain a healthy weight
  - Weight Gain
    - Calorie & protein dense foods
    - Add heart healthy fats (oils, avocado, nuts)
  - Weight Loss
    - Balanced meals & snacks
    - Fresh fruits & vegetables
    - Protein with all meals & snacks
    - Keep healthful food available
Healthy, balanced diet

- Variety of fruits, vegetables & whole grains
- Lean meats, poultry, fish, and beans
- Fat-free or Low fat dairy
- Low in saturated and trans fat, sodium and added sugar
Steps to Build a Balanced Plate

- Begin with an 8 inch plate
- Fill ½ of your plate with non-starchy vegetables
- Fill ¼ of your plate with lean protein (2–4 ounces)
- Fill ¼ of the plate with your carbohydrate (grain/starch/bread), should be equivalent to 1 serving or 15 grams of carbohydrate
- You can also add a serving of low-fat dairy (milk or light yogurt)
- One serving of fruit may also be added to the meal
- Not all breakfasts will include a
<table>
<thead>
<tr>
<th>Hand Symbol</th>
<th>Equivalent</th>
<th>Foods</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fist</td>
<td>1 cup</td>
<td>Rice, pasta, fruit, veggies</td>
<td>200, 75, 40</td>
</tr>
<tr>
<td>Palm</td>
<td>3 ounces</td>
<td>Meat, fish, poultry</td>
<td>160, 160, 160</td>
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<tr>
<td>Handful</td>
<td>1 ounce</td>
<td>Nuts, raisins</td>
<td>170, 85</td>
</tr>
<tr>
<td>2 Handfuls</td>
<td>1 ounce</td>
<td>Chips, popcorn, pretzels</td>
<td>150, 120, 100</td>
</tr>
<tr>
<td>Thumb</td>
<td>1 ounce</td>
<td>Peanut butter, hard cheese</td>
<td>170, 100</td>
</tr>
<tr>
<td>Thumb tip</td>
<td>1 teaspoon</td>
<td>Cooking oil, mayonnaise, butter, sugar</td>
<td>40, 35, 15</td>
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</tbody>
</table>
Ways to Reduce Fat Intake

**Choose More often**

- **Beef:** sirloin, round rump, tenderloin, extra lean ground beef
- **Fish:** all except those canned in oil/fried
- **Pork:** Canadian bacon, loin chops, pork tenderloin
- **Chicken or Turkey:** Remove all visible skin and fat
- **Cheese:** low fat cottage cheese, reduced fat/part skim cheese
- **Low fat cold cuts, egg substitute, tofu**

**Choose only occasionally**

- **Beef:** regular ground beef unless well cooked and drained
- **Pork:** loin roast, butt
- **Veal:** Ground cutlets
- **Cheese:** Regular cottage cheese, part skim ricotta, Regular cheese
- **Avoid:** fatty cuts of meat, fried fish/chicken, breaded chicken, bacon sausage, hot dogs, salami,
Limiting Sodium Intake

- Avoid using salt at the table or in cooking. (1 tsp. salt – 2300 mg sodium)
- Limit your use of processed foods such as canned goods, convenience foods, fast foods, and foods with more than 300–400 mg of sodium per serving.
- Rinse canned foods to remove some of the sodium
- Try alternate flavoring aids such as pepper, spices, lemon and lime juices, fresh herbs,
Manage the symptoms of IPF

- Small, frequent meals
- Calorie & protein packed foods
- Limit Sodium
- Diet rich in Calcium
- Varied diet that contains adequate calories and protein
Snack Healthy

♥ ¼ cup nuts + small fruit
♥ 4 graham cracker squares with 1 tbsp natural nut butter
♥ Carrot, cherry tomatoes, cucumber, celery sticks with 2 tbsp hummus or oil based salad dressing
♥ Light or Greek yogurt with 2–3 tbsp chopped nuts
♥ Peanut Butter Smoothie: 1 cup plain Greek yogurt, ½ banana, 1 tbsp natural peanut butter
♥ 10 corn tortilla chips with salsa and 1 tbsp guacamole
♥ Hard-boiled egg with a piece of whole grain toast with smart balance
♥ English Muffin Pizza: ½ whole grain English muffin + low sodium tomato sauce + light shredded
Are there foods to fight fatigue?

- No simple solution for fatigue
- Maintain a well balanced diet with adequate physical activity to improve energy levels
- Avoid excessive intake of caffeine containing foods & foods high in processed sugar
Thank you

- Outpatient Dietitians can be a great resource for developing a more individualized meal plan and helping you come up with more specific weight loss/gain and nutrition goals.