

Nutrition & Idiopathic Pulmonary Fibrosis

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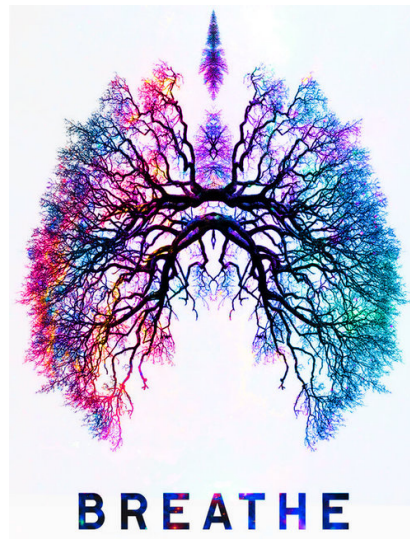
Why does nutrition matter

- No specific diet for IPF
- Increased work of breathing
- Fatigue & weakness
- Medication side effects



Nutrition Goals

- Maintain a healthy weight
- Eat a healthy, balanced diet
- Manage the symptoms of IPF & treatment



Maintain a healthy weight

- To gain weight
 - ◆ Choose calorie and protein rich foods
 - ◆ Add heart healthy fats (oils, avocado, nuts)
- For weight loss
 - ◆ Balanced meals and snacks
 - ◆ Eat the rainbow!
 - ◆ Include protein at each meal and snack
 - ◆ Keep healthy foods available
 - ◆ Plan ahead

Weight loss

- Increased energy expenditure
 - ♦ Increased work of breathing
 - ♦ Infections
 - ♦ Regular exercise
- Decreased intake
 - ♦ Decreased appetite
 - ♦ Nausea
 - ♦ Shortness of breath
 - ♦ Fatigue

Healthy Diet

- Choose a variety of fruits, veggies and whole grains
- Select low fat/lean proteins
- Opt for low fat or fat free dairy
- Limit saturated and trans fat
- Reduce sodium
- Limit added sugar

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



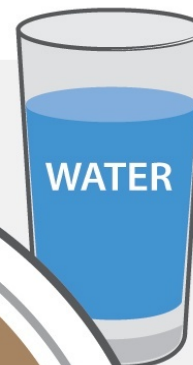
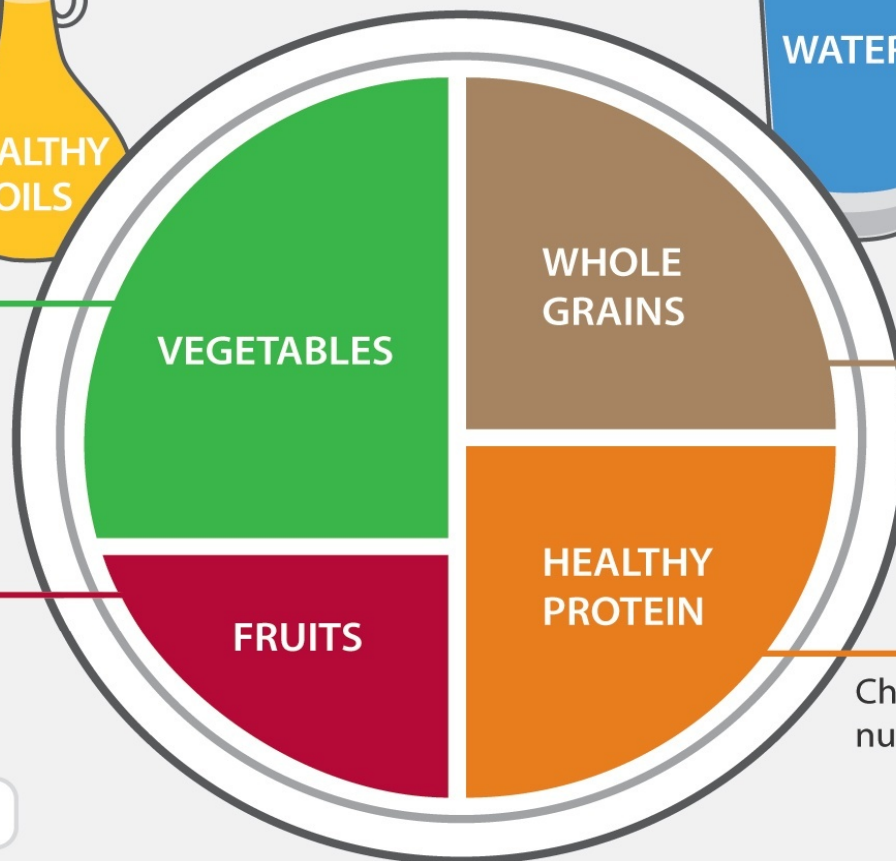
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Know your portions

Serving Sizes Based on Your Hand:



1 fist = 1 cup

The size of your fist also = 1 medium-sized whole fruit



**Palm = 3 oz. of meat,
fish or poultry**

**I've also heard this measurement
equated to the size of a deck
of cards.*

**Thumb (tip to base) =
1 oz. of cheese**



Thumb tip = 1 teaspoon
3 teaspoons = 1 tablespoon



**Index finger
(1st joint to 2nd
joint) = 1 inch**



Handful = 1-2 oz. of snack food

*I think this is a great one!
How often do we have a snack like
this and eat handful after handful?
Now we know that ONE handful is
enough!*



1 tennis ball = 1/2 cup
1/2 your fist also = 1/2 cup

Ways to Reduce Fat Intake

Choose more often

- **Beef:** sirloin, 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
- **Dairy:** low fat cottage cheese, part skim cheese, fat free yogurt, 1% or skim milk
- Low fat cold cuts (watch for salt), egg whites, tofu, beans

Choose less often

- **Beef:** regular ground beef unless cooked and drained
- **Pork:** loin roast, butt
- **Dairy:** regular cottage cheese/cheese, whole or 2% milk
- **Avoid:** meat with visible fat, fried meats, bacon, sausage, hot dogs

Reduce Sodium Intake

- Salt is salt!
- Avoid adding salt at the table
- Limit canned, boxed, processed or convenience products
- Choose foods with less than 140 mg of sodium per serving (and avoid anything with more than 300 mg per serving)
- Rinse canned foods
- Experiment with flavor



Choose healthy snacks

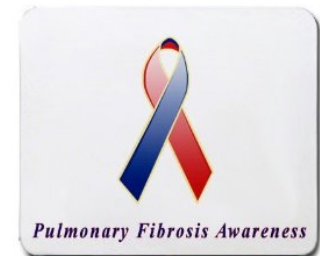
- Pair carbohydrates with protein
 - ◆ 1/4 cup nuts and small fruit
 - ◆ Hard boiled egg with a slice of toast
 - ◆ 4 graham crackers and 1 tablespoon peanut butter
 - ◆ Greek yogurt with nuts or granola
 - ◆ Kind, Lara, or Luna bar

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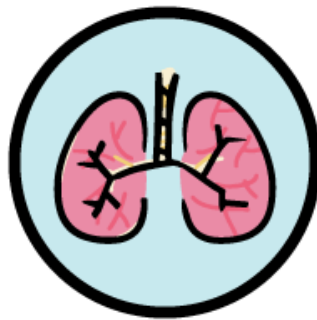
Eating with IPF

- Small, frequent meals
 - ◆ Smoothies or nutritional supplements may be easier to consume
- Calorie and protein packed food
- Limit sodium
- Diet rich in calcium
- Varied diet that meets calorie and protein needs



Reduce risk for reflux and aspiration

- Small, frequent meals
- Eat slowly
- Avoid heavy, fatty, or spicy foods
- Limit caffeine
- Remain upright for at least 60 minutes after eating



Medications

- Steroids & Immunosuppressants
 - ◆ Increased appetite
 - ◆ Increased need for protein
 - ◆ High blood sugar and blood pressure
 - ◆ Fluid retention
 - ◆ Weight gain
 - ◆ Nausea
 - ◆ Food safety



What about fatigue?

- Small, frequent meals
- Avoid overeating
- Eat meals and snacks after resting
- Avoid excessive intake of caffeine and sugar
- Exercise as able to improve energy
 - ◆ Being sedentary weakens muscles which can worsen fatigue and breathing

Holiday Eating Tips

- Do not skip meals or “starve” yourself
- Limit liquid calories
- Fill your plate with 70% vegetables
- Do not stand within arms reach of “munchies”
- Choose your foods once all options are presented; select only what is important to you.
- Bring a healthy dish!
- Practice healthy holiday cooking



QUESTIONS?

THANK YOU!

Happy Holiday's