

IPF SUPPORT GROUP

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February 1st, 2018



HEALTH



Nutrition Goals

Maintain a healthy weight

Eat a healthy, balanced diet

Manage the symptoms of IPF & treatment

Eating with IPF

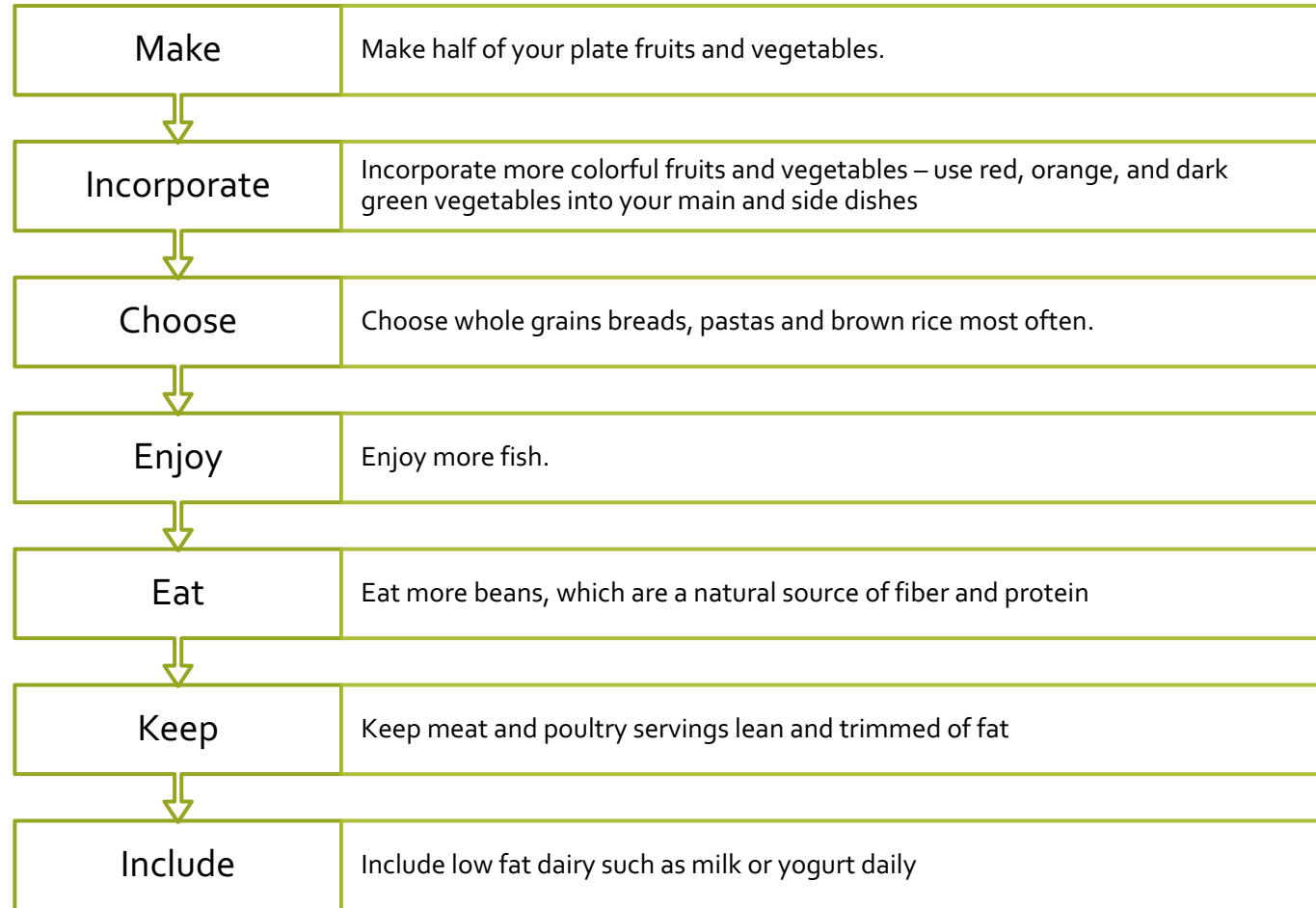


- Small, frequent meals
 - Smoothies or nutritional supplements may be easier to consume
- Calorie and protein packed foods
- Limit sodium
- Diet rich in calcium
- Varied diet that meets calorie and protein needs
- Reduce reflux and aspiration symptoms

Why does nutrition matter

- No specific diet for IPF
- Increased work of breathing, fatigue & weakness can make it difficult to eat or prepare meals
- A healthy diet and regular exercise can help to minimize the effects of disease and medication
- Good nutrition helps to prevent and fight infection
- Allows for weight maintenance

Balance Your Plate



Protein

A collage of protein-rich foods including salmon, eggs, nuts, and various beans in bowls.

- Protein is a necessary nutrient for healing and strength
- Helps you to feel full and satisfied
- More is not always better!
 - Extra calories lead to unwanted weight gain
 - Extra work for the kidneys
- Primary sources are animal products. Also found in beans, nuts, & seeds
 - 1 egg = 7 grams of protein
 - ½ cup beans = 7 grams of protein
- Bananas contain little, if any protein
- Protein shakes?



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

Low-Sodium Canned Diced Tomatoes		Canned Diced Tomatoes	
Nutrition Facts Serving Size 1/2 cup (130g) Servings Per Container 3 1/2		Nutrition Facts Serving Size 1/2 cup (130g) Servings Per Container 3 1/2	
Amount Per Serving		Amount Per Serving	
Calories 25	Calories from Fat 0	Calories 25	Calories from Fat 0
% Daily Value*		% Daily Value*	
Total Fat 0g	0%	Total Fat 0g	0%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 10mg	1%	Sodium 150mg	6%
Potassium 270mg	8%	Potassium 230mg	6%
Total Carbohydrate 5g	2%	Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%	Dietary Fiber 1g	4%
Sugar 3g		Sugar 3g	
Protein 1g		Protein 1g	
Vitamin A 5%	Vitamin C 30%	Vitamin A 5%	Vitamin C 20%
Calcium 4%	Iron 4%	Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.		*Percent Daily Values are based on a 2,000 calorie diet.	

Reduce Sodium Intake

- Choose more fresh foods and unprocessed meals – cook more homemade meals “from scratch”
- Limit dining out – fast foods and restaurant meals often contain too much salt
- Reduce intake of processed foods such as cold cuts, sausages, pickles, hot dogs, packaged pasta, rice mixes, sauerkraut, canned or dry soups, soy sauce, bacon, and canned vegetables
- Avoid adding salt in cooking or at the table. Instead, try other seasonings like pepper, garlic and onion powder, fresh or dried cooking herbs, lemon, vinegar or other salt-free seasonings.
- Limit foods with visible salt such as chips or crackers



Avoiding Added Sugar

Surprising Sources:

- Whole grain cereal
- Instant oatmeal
- Pasta sauce
- Condiments (salad dressing, barbecue sauce, ketchup)
- Dried fruit, applesauce, canned fruit, fruit juices
- Protein, granola, cereal bars
- Frozen foods
- Flavored yogurt
- Peanut butter

Avoiding Added Sugars

How do you avoid added sugars? Look at the label!
New label has "Added Sugar"

Secretive sugar names:

Ingredients ending in "-ose"

Fructose, maltose, dextrose

Syrups, juices

High fructose corn syrup, maple syrup, evaporated
cane juice, fruit juice concentrates

Agave nectar

Molasses

Honey

Cane crystals

Corn sweetener



How to Reduce Sugar Intake

- Limit simple sugars— candy, sweetened beverages, and dessert
- Limit juices and choose fresh fruit instead
- Drink sugar-free beverages or water; avoid sweetened beverages such as soda, sweetened coffee or tea, lemonade, or sports drinks
- Choose whole grain breads, rice and pasta rather than white or processed products.

Original Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 72		
	% Daily Value*		
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
<hr/>			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Healthy Heart

- Reduce the amount of fat or oil you use and choose heart healthy fats
- Healthy fats such as monounsaturated and polyunsaturated fats are “heart healthy” and help decrease levels of bad cholesterol and increase good cholesterol. Healthy fat sources include: fish, nuts, seeds, olives, avocados, olive oil and canola oil.
- Limit consumption of saturated and trans fat, which increase bad cholesterol. Saturated fat is found in high-fat animal products such as whole milk, full-fat cheese, and red meat. Trans fats are found in fried foods and processed foods such as cookies, donuts, and crackers
- Select lean meats, chicken and fish or beans, peas, nuts or seeds
- Choose nonfat or low fat dairy products
- Cook using low-fat methods such as baking, broiling, grilling, or steaming. Avoid frying foods.
- Choose fruit or low-fat dessert instead of high-fat-sweets
- Increase fiber in your diet by choosing whole fruits and vegetables and whole grain products

Strong Bones

- Include low fat milk, yogurt, and cheese in your diet regularly.
- Choose leafy greens, beans, and nuts
- Check with your doctor about taking calcium and vitamin D supplements
- Weight bearing exercise

Limit stress and get a good night's sleep

Exercise!

Small plates

Don't go to parties hungry

More water, less alcohol/sweetened beverages

Eat only what is important to you

Load up on veggies, lean protein, & healthy fats

Bring a healthy dish

Cravings – sometimes it's okay to give in

Preventing Weight Gain



TREAT TREATS AS TREATS!

All foods can fit.

THANK YOU!

Questions?