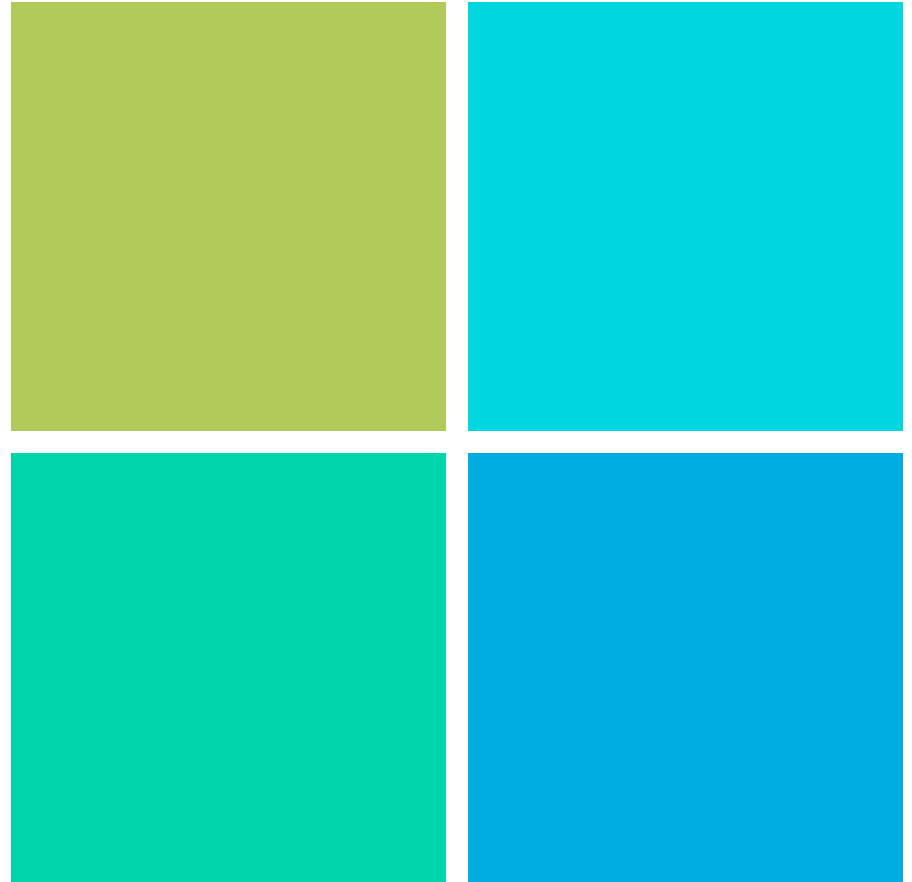




Nutrition & Idiopathic Pulmonary Fibrosis



A SYMPOSIUM FOR THOSE LIVING WITH
IDIOPATHIC PULMONARY FIBROSIS

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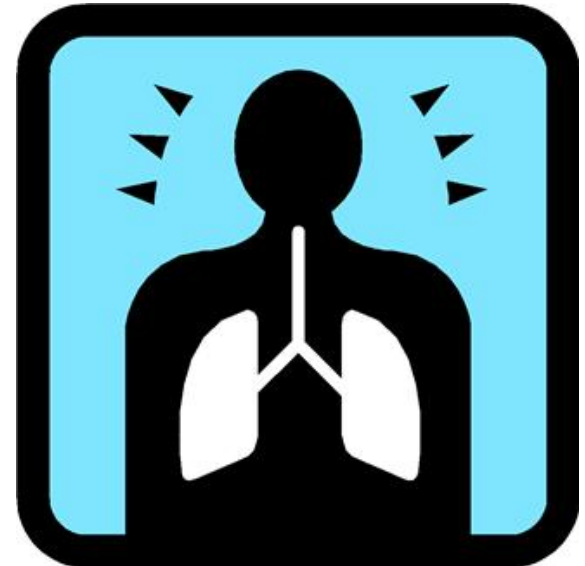
+ Overview



- 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

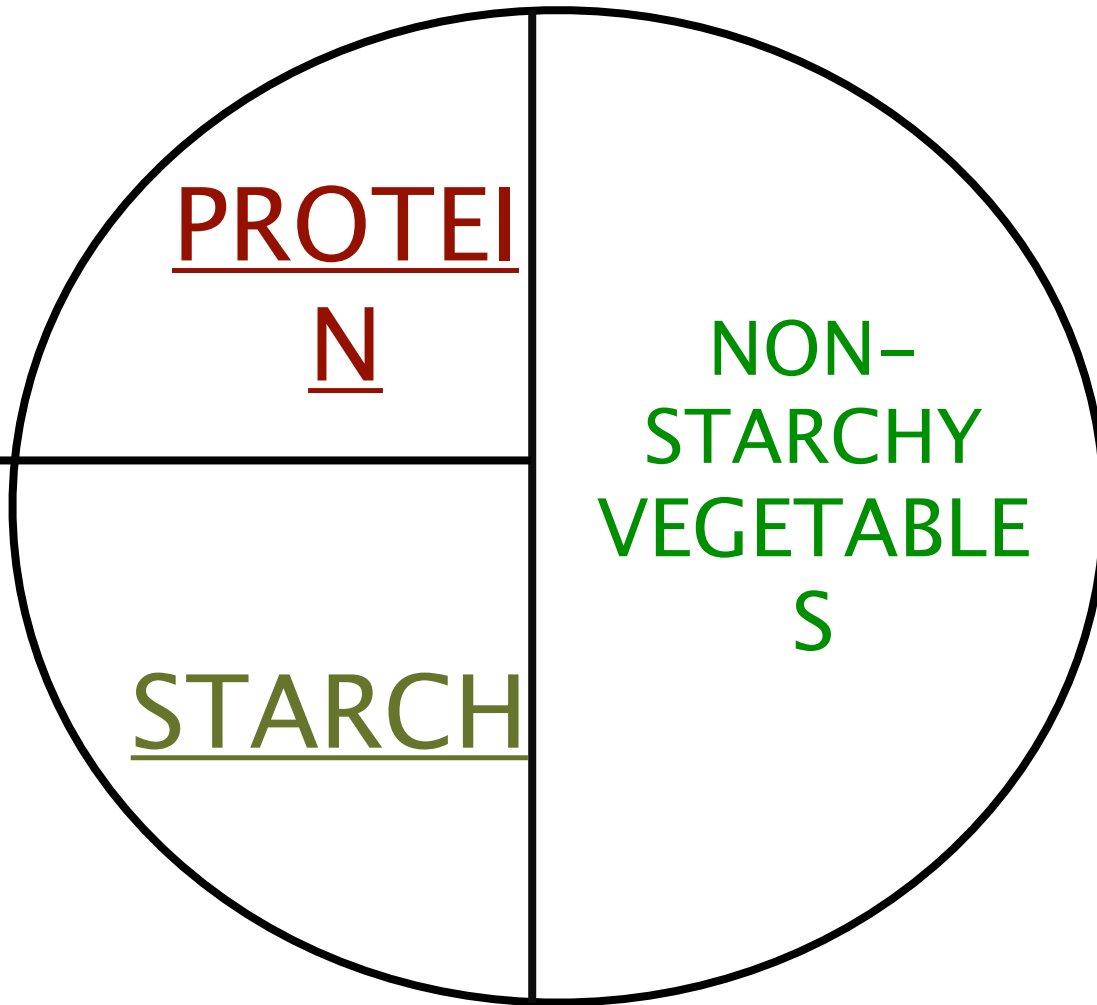


+ Healthy, balanced diet



- 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



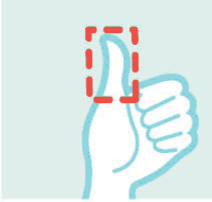
+ Balanced Plate Method



Steps to Build a Balanced Plate

- Begin with an 8 inch plate
- Fill $\frac{1}{2}$ of your plate with non-starchy vegetables
- Fill $\frac{1}{4}$ of your plate with lean protein (2–4 ounces)
- Fill $\frac{1}{4}$ 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



Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15



http://www.prevention.com/images/cma/portion_control_chartFULL.gif

+ 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.