

Nutrition Management



General nutrition tips:

- Follow Canada's food guide for healthy eating.
- Limit salt intake.
- Drink plenty of fluid—water as the beverage of choice.
- Speak to your health care professional for your specific needs.

To promote weight gain,

- Drink more milk, nutrition supplements and juice instead of water.
- Eat 3 meals and 3 snacks or 6 small meals every day.
- Consume high-calorie, high-protein foods and fluids whenever possible.

To promote weight loss,

- Avoid eating between meals, if possible.
- Drink water before eating and stay hydrated (avoid calorie-containing drinks)
- Eat slowly and at the table.
- Practice portion control as per Canada's food guide.

To manage shortness of breath,

- Clear your airway of mucus one hour before your meal.
- Eat soft and easy to chew foods.
- Eat your meal slowly with small bite-sized portions.
- Use your supplemental oxygen if it has been prescribed.

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To manage bloating and gas,

- Avoid pop and carbonated water.
- Try lactose-free milk products and/or lactase enzymes found in the pharmacy.
- Don't overeat.

To manage thick mucus,

- Drink at least 6 cups of a non-caffeinated beverage every day.

To manage constipation,

- Walk often if you are able to do so safely.
- Choose high-fibre foods such as whole grains, beans, lentils, and vegetables and fruits with their skins. Prunes can be very helpful.
- Drink plenty of fluids especially when increasing your fibre intake.

To manage fatigue,

- Choose easy-to-prepare meals and snacks.
- Ask for help from family, friends and meal delivery services-to-home.