

# SAVE YOUR BREATH

**A Guide to Eating  
Well for People with  
Chronic Obstructive  
Pulmonary Disease**



YAVAPAI REGIONAL  
MEDICAL CENTER

*Two Great Hospitals ... One Caring Spirit*

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# ***Save Your Breath: A Guide to Eating Well for People with COPD***

One day, while participating in a conference call with the American Lung Association Chronic Obstructive Pulmonary Disease (COPD) Coalition Advisory Board, the topic of nutrition came up. One of the participants mentioned there are no cookbooks to inform people with COPD about their diets. Additionally, there are no resources with recommendations about eating well when you are too exhausted or short of breath to prepare dinner, or are fearful of starting a fire while using your oxygen and gas stove at the same time. This is when I first began to consider the value of such a resource to people with COPD. As a respiratory therapist with my own special dietary needs, it was a very intriguing subject. To produce this cooking guide, I consulted with other respiratory therapists and dietitians. Their help was invaluable.

It is important that you consult your physician and perhaps a registered dietitian before starting a new diet or if you have questions about what you may and may not eat.

## ***The Purpose of the COPD Guide to Eating Well***

The guide is designed to help many people, including those:

- living alone and suffering from COPD; and
- caring for a family member or loved one with COPD.

In the COPD wellness classes I teach, husbands, wives, children and sometimes good friends attend to learn how they can help someone with COPD. They want to understand how they can help their loved one recover from a bad bout and how they can help prevent future episodes. These people often ask about diet. I hope this guide will inspire family members, friends and the COPD patients themselves to eat healthier meals.

## ***Where to Find Help***

If you have diabetes, find a diabetes education class in your community and attend. People with heart disease may find nutrition information through a cardiac rehabilitation program. YRMC offers these classes. You may find a schedule online ([www.yrmc.org](http://www.yrmc.org)) or by contacting the hospital's Community Relations Department at (928) 771-5686.

If you have allergies, severe weight or other health problems, please check with your insurance company. Your plan may cover the cost of a consultation with a nutritionist or dietitian, if your physician writes a prescription.

## ***What is COPD and What Difference Can Nutrition Make?***

COPD stands for Chronic Obstructive Pulmonary Disease. Respiratory therapists used to call the conditions in the group chronic bronchitis, emphysema, asthmatic Bronchitis, adult onset asthma, intrinsic asthma. We also include pulmonary fibrosis in this group of conditions. There is a lot of information available about COPD.

Below are sources for information about COPD:

- American Lung Association (ALA)—Information is available online ([www.breatheeasyaz.org](http://www.breatheeasyaz.org) or [www.lungusa.org](http://www.lungusa.org)) or by telephone at (602) 258-7505. The ALA is a wealth of information. They also help sponsor rallies and other informational community gatherings.
- US COPD Coalition ([www.uscopd.org](http://www.uscopd.org))
- National Heart Lung and Blood Institute ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))
- National Institutes of Health ([www.nih.gov](http://www.nih.gov))
- WebMD ([www.webmd.com](http://www.webmd.com))
- GOLD Standard – The Global Initiative for Chronic Obstructive Lung Disease ([www.goldcopd.com](http://www.goldcopd.com))

## **Diagnosis and Classification of COPD**

COPD is divided into classifications based on the results of breathing tests, called pulmonary function tests or spirometry. No doubt, you have had this test as you probably recall the therapist telling you to “blow, blow, blow and keep BLOWING.” Spirometry results not only help your doctor determine if you have significant COPD or asthma, they also allow for the classification of COPD as mild, moderate, severe, or very severe.

### **Mild COPD**

If your COPD is mild, you have symptoms such as breathlessness with some activities and perhaps daily cough and mucous. Most of the time, your breathing does not interfere with your life. Careful attention to taking good care of your self can really pay off by minimizing the progression of COPD. Many people with mild COPD may not even be aware that they have COPD as their condition has not yet been diagnosed.

### **Moderate COPD**

If your COPD is moderate, you may notice breathless when you hurry, walk up stairs or a slight hill or simply walk too long without resting. You may use oxygen at night or with activity. You may also use medications to help reduce inflammation and open up your airways. Careful attention to avoiding respiratory infection, exercise to build and maintain strength, and nutrition to normalize your weight all will help to slow the progression of COPD.

### **Severe COPD**

If your COPD is severe, it does not take much to make you breathless and most activity will do it. Your activities may be quite limited especially if you are having a “bad” day. COPD may also be complicated with Congestive Heart Failure (CHF) episodes from time to time, or you may have Pulmonary Hypertension. In addition to avoiding respiratory infection and exercise to maintain strength, good nutrition is very helpful to minimize inflammation and manage the complications of heart failure.

### **Very Severe COPD**

If your COPD is very severe you may be gradually losing weight. It is hard to gain weight and you are watching your muscles disappear. You may feel weak and without endurance. Breathing is hard work and it takes up a lot of energy. You may find that you get tired easily and then do not feel like eating, let alone preparing a meal. You may need help with household chores in

order to have energy for other activities. A big challenge at this stage is to keep your immune system strong so you don't have frequent exacerbations (a medical word meaning: a bad episode with your breathing). It is essential that you eat regularly and make every bite count.

## ***COPD, Carbon Dioxide, Carbohydrates and Breathing***

In previous years healthcare professionals used to say that if you have COPD you should not eat many carbohydrates because they increase the amount of carbon dioxide that your body makes. Your breathing has to be very difficult for the amount of carbon dioxide generated by food to make much difference with your breathing. This is more likely to be an issue if you have very severe COPD. If your COPD is mild, reducing the amount of carbohydrates you eat may help you control your weight. If you have diabetes, as you know, managing carbohydrates is part of managing your blood sugar.

Remember, when you breath in, you are getting oxygen from the air for all the cells in your body. When you breathe out, you are exhaling carbon dioxide (think about it like a car – gas in, exhaust out). If you are sick and experiencing respiratory failure, your oxygen may get low and then you will be given oxygen to bring your oxygen level up. If you are really sick and your lungs are very congested, your carbon dioxide levels may increase. We cannot give you anything to take the carbon dioxide away, but if your carbon dioxide level is dangerously high we will use a breathing machine (in the hospital) to help you breath the carbon dioxide out.

### ***COPD is a progressive condition that worsens over time Here is what you may do to feel better and slow COPD down:***

#### ***If you need oxygen, use it.***

If the level of oxygen in your blood is low, studies have shown that using your oxygen protects your heart from complications, improves your ability to think clearly, reduces anxiety, improves sleep quality of your sleep and helps you feel better. It is also shown to increase life span of those with COPD. Now helping you live longer is pretty pointless if you are unable to do things that you consider make your life worthwhile, so quality of life is what I am talking about.

#### ***Exercise regularly and stay active.***

The second scientifically proven thing that contributes to better quality of life and longevity for those with COPD, is exercise. Maintaining good physical strength makes your muscles use oxygen more efficiently. It is like tuning up an old car – you can go farther on the same amount of breathing. Then you can continue to be able to take care of yourself so you can live independently.

Life changes dramatically when you do not have the strength or air to bathe yourself and get to the bathroom, to get groceries or go to the pharmacy, or visit family and friends. Basically, if you do not keep moving, it will not be long until you are unable to do so. Exercise also helps you regulate weight. Being overweight is like trying to carry something heavy; it takes more oxygen and more breathing to be able to get around. Being overweight also brings with it the risk of diabetes and heart disease. Just what you need, one more diagnosis with which to work! If you have asthma, it is harder to control it if you are overweight. How much exercise do you need? At least 30 minutes most days of the week. If this seems impossible or unlikely, attend a Pulmonary Rehabilitation Program. The professionals who teach these classes provide education and medically supervised exercise to get you safely started on an exercise program.

### ***Eat well to support health.***

The food you eat and your weight contribute to general inflammation in the body. There are many health conditions that researchers are finding to be the result of inflammation in various places around the body. Inflammation is your body's way of trying to heal. When the irritation or infection goes on and on, inflammation becomes chronic – meaning it makes permanent changes to different parts of your body.

COPD and asthma are thought to be the result of the chronic inflammation your body creates in response to the things you breathe over a life time. For example, if you have many years history of smoking, working in dust or around chemicals or smoke, air pollution, or anything that you breathed a lot, set you up for inflammation in your lungs. Your body would prefer that you not breathe all that stuff. Your lungs do their best to clean out the mucous by making more mucous. You can think of mucous like flypaper. It is supposed to trap dust, smoke and particles before they get deep into your lungs. Then the mucous gets moved out. With more mucous comes coughing.

Some people never have mucous they just have shortness of breath because the inflammation in the lungs has caused the airways to be sensitive and swollen. Sensitive and swollen airways can lead to symptoms of asthma or reactive airways disease. That means that when you get a whiff of perfume, household cleaners, fumes, smoke or chemicals, you feel the need to clear your throat, or your nose runs, or you cough and feel your chest tighten and you eventually can't get your breath.

### ***Reduce chronic inflammation and infection.***

Diabetes, heart disease, COPD, asthma, and a number of other conditions that tend to affect older people are the result of inflammation. Inflammation is a chemical and immune system response within your body that can result in damage. Obesity, diet, smoking, allergies and sensitivities set the stage for your body to respond with chronic inflammation. In other words, your body reacts to your environment – the things to which you are exposed internally and externally.

If you have breathing difficult, the chronic inflammation and the mucous, cough, and lack of energy it creates, set the stage for respiratory infection. When your breathing is already limited, a respiratory infection can cause permanent lung damage and more shortness of breath. I frequently hear people say, “I went to the ER with a bad cold and bronchitis. The chest x-ray showed that I had pneumonia. When they discharged me from the hospital they ordered oxygen and they told me I have COPD. I was just fine before that!”

When you have frequent respiratory infections your breathing can get much worse, much faster. If your immune system is healthy you will get colds, flu or pneumonia as often. The progression of COPD can be slower. A diagnosis of COPD does not mean you will spend your last days gasping for breath.

Do you have COPD as well as other conditions? Most of people do as they get older. These other conditions may limit what you should be eating. I say, “what you should be eating” because without some specific guidance, it seems impossible to meet all the requirements for a heart healthy diet, diabetic friendly diet, low sodium diet, low fat diet, and weight management diet. The fact is: a healthy diet incorporates most of the requirements of all these things. They really are not separate ideas.

## ***It's Not All About You!***

We should all eat less fat and be pickier about what we eat. Most of us need to lower the amount of fat we eat. In addition you should be picky about fat and eat “healthy” fats. Animal fats and fats that have been processed or otherwise tampered with are unhealthy for you. Off limits are fats like Crisco, lard, and bacon grease. Do you still save bacon grease to fry potatoes? You must stop this!

Your diet should include healthy fats such as olive or canola oil. Extra virgin olive oil has lots of health benefits. I don't like the flavor of extra virgin olive oil in anything but salad dressing so I cheat. I want the health benefits of olive oil so I buy the milder flavored varieties to use for other foods. I also keep canola oil on hand because olive oil smokes at a lower temperature. When I need to cook something at a higher temperature, I use canola oil.

The labeling for low fat foods can be difficult to interpret. You see labels that say “fat free food” on foods than never did have fat in them. Some low fat foods have increased the amount of sugar or salt to enhance the flavor.

## ***Lower the amount of salt or sodium you consume***

If you have high blood pressure or heart problems and your doctor has suggested you limit your sodium level, the American Heart Association recommends that you eat less than 1,500 mg of sodium per day. Let's put that into perspective:

- ¼ teaspoon table salt = 600 mg sodium
- 1 teaspoon baking soda = 1000 mg sodium
- ½ cup low fat cottage cheese = 360 mg sodium
- 2 tablespoons Newman's Own Balsamic Vinegar Low Fat Salad Dressing = 300 mg sodium
- 1 tablespoon Less Sodium Soy Sauce = 575 mg sodium
- 1 teaspoon Worcestershire Sauce = 65 mg sodium

## ***Sodium Swaps***

Here is a list of foods you might consider substituting to greatly reduce the amount of salt/sodium in your diet. If you are eating out or eating pre-packaged, processed foods there is no chance that you will ever meet the American Heart Association recommendation. If you are on a sodium restricted diet and you read food labels, you already know how hard this is.

<b><i>Food High in Sodium</i></b>	<b><i>Recommended Substitute</i></b>
Jello Instant Pudding and Pie Filling 420 mg	Jello Cook and Serve Pudding 110 mg
Peanut butter	Smuckers Natural No Salt Added Peanut butter 0 mg sodium
Progresso Vegetable Soup 940 mg	Bob's Red Mill Vegetable Soup Mix 14 mg (soup is made from a mix)
Bertolli Tomato & Basil Spaghetti Sauce 520 mg	Walnut Acres Organic Tomato and Basil Spaghetti Sauce – Low Sodium 20 mg
Uncooked Chicken Breasts – read the label for the addition of broth or salt	Look for “All Natural” brands – it may be helpful to talk with the grocery meat manager
Bread – read the labels	

<b>Food High in Sodium</b>	<b>Recommended Substitute</b>
Instant Oatmeal 270 mg	1 minute or old fashioned oatmeal 0 mg (unless you add salt when cooking)
Cheese – Avoid Pasteurized Process Cheese Food	Read the labels
1/8 teaspoon Clabber Girl Baking Powder® 60 mg	Hain® Featherweight Baking Powder 0 mg
Lay's® Original Baked Potato Chips 180 mg (special flavored chips may be more)	Kettle Brand® Potato Chips 115 mg
Ore-Ida® Frozen French Fries 310 mg	Cascadian Farm® Frozen French Fries 10 mg or prepare sliced potatoes from scratch
Knorr® Beef Bouillon 1 cube 1400 mg	Herb Ox® Sodium Free Bullion 0 mg (and it is high in Potassium 424 mg) Or if you are making soup at home, use water instead of bullion
V8® 100% Vegetable Juice 489 mg	RW Knudsen Family® Low Sodium Very Vege® juice 35 mg
Bush's® Black Beans 480 mg	Eden® Organic No Salt Added Black Beans 15 mg
1/8 teaspoon Arm & Hammer® Baking Soda 150 mg	Ener-G® Baking Soda 0 mg
Ketchup 190 mg per tablespoon	Any brand no salt ketchup 0 mg
Thomas'® 100% Whole Wheat Bagels (regular size) 480 mg	Thomas'® 100% whole Wheat Mini Bagels 180 mg

## **Reduce Your Sugar Consumption**

Sugar contributes to inflammation in your body. The American Heart Association issued a statement in 2009 about health problems associated with the excessive consumption of sugar. In 2005 the average American consumed 26 teaspoons of sugar daily which amounts to 430 extra calories! Men should not consume more than 150 calories, the equivalent of approximately nine teaspoons per day of sugar, and women should consume only 100 calories (equivalent of six teaspoons). Don't misunderstand – this does not mean you have permission to dip nine or six teaspoons of sugar from the sugar bowl. The calorie from sugar recommendation takes in all sources of sugar. For example, a 12 ounce can of regular soda is the equivalent of ten or more teaspoons of sugar. Sugar shows up in many forms – high fructose corn syrup, corn syrup, sucrose, glucose, maltose, dextrose, concentrated fruit juice, on and on...almost every food has some form of sugar in it! Read the labels, select foods that do not have one of these sugars listed in their first four ingredients.

## **Sugar Substitutes and Artificial Sweeteners**

There are several other types of sweeteners available besides white and brown sugar. Honey, real maple syrup, agave nectar or syrup and molasses are traditional sweeteners that have been around for a long time. In general, they are absorbed more slowly than sugar and they come from “natural” sources, so some think they are better for your health than sugar. They still have a lot of calories and are troublesome if you suffer

from diabetes. Interestingly enough, if you have hay fever, asthma and seasonal allergies, naturopathic gurus suggest using local honey which may desensitize you to local pollens.

There has been a lot of controversy about sugar substitutes and artificial sweeteners. The FDA puts them in a category called GRAS (Generally Recognized as Safe) and has published daily intake limits for some of them. Some people are sensitive to sugar substitutes and may experience headache, nausea, gas/bloating, diarrhea, mood changes/depression, rash, hives, among other problems. To minimize risk, use them infrequently in small amounts only. In the table that follows I have listed sweetening ingredients you may find on food labels. It is important to pay attention to “sugar-free” labels so you know what you are getting. Not every sugar free food is low calorie or suitable if you have diabetes.

Brand Name	Chemical Name	Acceptable Daily Limit Equivalent	Okay for Cooking or Baking?	Notes
NutraSweet®, Equal®	Aspartame	18-19 cans of diet soda	No	Avoid if you have PKU (phenylketonuria) or fibromyalgia
Sweet'N Low® or SugarTwin®	Saccharin	9-12 packets of sweetener	Yes	
Sunett® Brand Sweetener	Acesulfame K (also called ACE K)	30-32 cans of diet soda	Yes	
Splenda® Sweetener	Sucralose	6 cans of diet soda	Yes	This is not a calorie-free sweetener. It is made with dextrose and maltodextrin. (1 cup = 96 calories and 32 g carbohydrate)
Sorbitol, Lactitol, Mannitol, Xylitol, Erythritol, Isomalt Hydrogenated starch hydrolysates (HSH), Maltitol	Sugar alcohols (contrary to this label they are actually carbohydrates)	More than 50 mg per day may cause bloating, gas, diarrhea	Yes	<b>Not</b> recommended for diabetics by the American Diabetes Association. Found in prepared “sugar-free” foods and candies.
High fructose corn syrup	Derived from corn starch to become fructose, which is then mixed with glucose.		Yes	Not a calorie-free sweetener. The controversial product is used in many prepared foods and beverages. It is cheaper than sugar and extends shelf life of foods.
Stevia Extract in the Raw®, Truvia™ Sweetener, PureVia™	Stevia—herb		Yes	Not labeled as a sweetener; considered a supplement.

## ***How to Improve Your Diet***

### ***Increase the amount of whole grains you consume.***

Whole grains add nutrition and fiber to your diet. Fiber helps a lot with diabetes and helps you feel full longer. This means reducing white flour, prepared potatoes, white rice, pasta, and other “quick” carbohydrates – they stack on the calories, increase inflammation, and lead to diabetic trouble. In addition they don't provide enough nutrition to keep you healthy. To find foods with whole grains, look at the list of ingredients. For example, the first ingredient in the list should be whole grain wheat rather than enriched wheat flour.

### ***Reduce meat and dairy products.***

No, you don't have to become vegetarian. Meat, fish, eggs, dairy, cheese, beans, nuts are valuable sources of high quality protein. Many proteins come with a lot of fat – so you want to make low fat choices. If you are trying to bring your weight down, decreasing the amount of high fat protein such as cheese and meat can make a big difference. Meat is also one of the most expensive items in your grocery basket, so you will save money, too. One serving of meat per day is the size of a deck of playing cards, which is about 3 ounces. The average woman needs 4-6 oz of protein per day and the average man needs 6-8 oz. How much more than that are you eating?

### ***Increase fresh foods.***

Fresh fruits and vegetable have important micro nutrient that your body needs. Everywhere you turn these days there are advertisements for powders, juices and supplements to provide the equivalent of exotic mushrooms, berries, and “phytonutrients” like lycopene. Start by eating the real thing! It's in there!

### ***Reduce questionable chemicals and food additives.***

If you are doing your own cooking and reading labels, not only will you eat better, but you also reduce the amount of chemicals that your body has to process and get rid of. Sometimes people get to feeling better in surprising ways when the toxic burden is lightened.

### ***Normalize your body weight.***

If you are overweight, lose weight. If you have COPD and access to a Pulmonary Rehabilitation Program, that is an excellent way to get started on a safe and sustainable exercise program. If you have cardiac disease, find a Cardiac Rehabilitation Program. If you are underweight or have allergies or health conditions with special diet rules, consider seeing a dietitian or nutritionist. If you have diabetes, attend a diabetes education class. Lots of information including menu plans are available at your library or on the internet. Be careful to discuss your requirements with your physician and seek out reliable sources of information. Stay away from lose weight or cure illness schemes that seem too good to be true – they probably are!

## **Recommendations for Improving the Quality of Your Diet**

- Eat few processed foods and know what you are eating.
- Read the labels of the foods you buy. If you don't know how to interpret the information on labels, learn how. Information may be found online at:
  - [www.nutrition/about.com](http://www.nutrition/about.com)
  - [www.webmd.com](http://www.webmd.com)
  - Or search by "how to read a nutrition label" or visit to your local library.
- Eat six mini meals a day. Eat three small meals a day and two to three snacks at regular times. Don't skip meals, have a plan so you have something to eat even when you don't have the energy to fix something.
- If your appetite is sparse, make every bite count and eat more frequently.
- Many sources report that a diet high in vitamins C, E, and A is lung protective. It is pretty well known that Omega 3 reduces inflammatory factors in your body. Studies also claim that a high fiber diet reduces inflammation and the progression of COPD.
- You have probably heard that you can get all the vitamins and minerals you need from a well balanced diet and there is no need for supplements. However, many dietary sources recommend vitamin and mineral supplements – particularly if you are unable to eat well.

Some internet sources I trust for nutritional information are:

- American Diabetes Association ([www.diabetes.org](http://www.diabetes.org))
- American Heart Association ([www.americanheart.org](http://www.americanheart.org))
- Cleveland Clinic ([www.ClevelandClinic.org](http://www.ClevelandClinic.org))
- Harvard School of Public Health ([www.hsph.harvard.edu](http://www.hsph.harvard.edu))
- National Institutes of Health ([www.nih.gov](http://www.nih.gov))
- NutritionData ([www.nutritiondata.com](http://www.nutritiondata.com)) This Web site features nutritional information about various foods, brands including inflammatory rating.

If you are interested in learning more about COPD, two books with which I am familiar are:

- Life and Breath- Preventing, Treating, and Reversing Chronic Obstructive Pulmonary Disease, by Neil Schachter, M.D.
- Natural Therapies for Emphysema and COPD – Relief and Healing for Chronic Pulmonary Disorders, by Robert J. Green Jr., N.D.

## **Foods to Eat in Small Amounts and Not Very Often**

- Bacon, ham, sausage, salami, pepperoni, hot dogs, and most processed meats should be eaten rarely as they contain nitrites. Nitrates are combined with salt to cure or preserve these types of meats. Studies seem to indicate these foods may increase the severity of COPD. Additionally, these foods are high in salt, which you probably don't need. Other studies claim these are particularly dangerous for children so by avoiding them you would be setting a good example.

- Reduce your intake of whole milk, cream, half and half, sour cream, cheese, cream cheese, cottage cheese. Some people claim that dairy foods increase their mucous production. Others find no problem with them. The difference probably depends on whether you have trouble with mucous in the first place. If you struggle with losing weight, at the very least, switch to low or no-fat versions of these foods. If you are trying to gain weight, many sources will encourage you to increase the amount of fat you eat – which may or may not be the best way to gain weight. If you have COPD and need to gain weight, you may need to increase protein.
- Too much sugar, questionable chemicals in sugar free soda, and not enough nutrition make soda a waste of your money and eating pleasure. If you have severe COPD you may find the fizz makes it hard to breathe and gives you bloating. There is a lot of information available to help convince you that Soda is bad for your health.
- Limit fruit juice consumption to one or two small glasses per day. These juices are very high in sugar. You are better off to eat the real thing and get all the nutrition. If you are trying to lose weight, it is very easy to drink too many calories in the form of juice. Stick with 100% real juice and stay away from juices that have added sugar in a variety of forms

### ***Yes, I have a Drinking Problem***

You should avoid soda and fruit juice, but what are you supposed to drink? The answer to this question is: water. Consider using a water filter to improve the quality of your drinking water. You will also save money over buying bottled and flavored waters. Drink lots of water – if you have heart problems, talk with your doctor about how much water is appropriate for you. If you have trouble with mucous every day, water is the best way to thin it up and move it out. If you find water unappealing and boring, consider:

- herbal teas in many flavors – iced or hot; or
- a slice or squeeze of lemon or lime

### ***Planning Ahead to Save Time, Energy and Money***

Keep a pad and pen handy, to keep a running list of things you need. Consider making a list of expensive things you always use and buy them only when they go on sale; coffee, laundry detergent, a favorite tea, canned goods, frozen foods, cleaning agents, toiletry items and the like. What I did was make a list that I copied and keep on a magnet clip on the refrigerator. I mark off the things I am low on and take the list with me to the store. When I get home, I cross off the things I bought and put the list back on the refrigerator. When the list gets too messy, I just pull out a clean copy and start again. I do something similar with brands that I like because I have read the label and I know they meet my needs. That way I don't forget which brands I want and I don't have to read the labels on everything every time I go shopping. With my list, I can easily spot if what I want is on sale.

There is no doubt about it, cooking at home requires more planning than going to the store and picking up ready-cooked meals. However, if you plan ahead you will eat much healthier because you have the flexibility you need. When you are tired or not feeling well heat something that is leftover from a day when you had more energy for cooking. You will save money and eat better because you are not buying a lot of expensive prepared foods, high in fat, calories, salt and sugar, all of which promote inflammation in the body. On the following page are some tricks to streamline the preparation process.

- Make a list of meals for the next week or two. You do not need to plan which day you will cook what, just make a list of what you will have available to cook. Mix things up to increase your flexibility. Plan some quick meals for when you do not feel like cooking or do not have time. Plan some meals for the crock pot or oven with leftovers to put away for another time.
- Check your pantry to see what you have on hand and add the items you need to your shopping list.
- Every morning, or the day before, look at your meal plan and decide what you will prepare for the day. Get out the foods to thaw and put them in the fridge.

### ***Tips for the Pantry and Making Visits to the Grocery Easier***

- Consider a major shopping once a month or less often. If handling groceries is difficult for you, see if you can find someone to go with you on this excursion. Maybe there is a friend, family member or neighbor who would do their shopping at the same time and help you get things into and out of your car. If you have help with a major shopping periodically then you can do a small shopping trip with a couple of easy to handle bags on the weeks in between when you need fresh things like fruits, vegetables, eggs and dairy.
- Consider buying a small wheeled cart. You can use it to bring things in from the car. In the house, you can use it to take laundry back and forth from the washing machine and dryer. You can also use it to gather up all the trash in the house in one trip and take it out. If you have a cat or dog, the cart is very handy for handling bags of food or litter. Some carts are lightweight and fold flat for easy storage in the house or car.
- Ask grocery store clerks to bag your refrigerated and frozen items together. When you get home put those items away promptly. Then leave the rest for later after you have rested.
- If oxygen has been prescribed for you, you really need to use it when you are on your feet doing things. Working muscles require more oxygen or they will feel tired and heavy. That means you have to breathe more when you go to the store, empty the dishwasher, walk to the mailbox, or other tasks. Your breathing muscles use oxygen too, making a vicious cycle of needing more oxygen and burning up more oxygen at the same time. No wonder you feel breathless. Your body does not store oxygen so using it in your chair before and after going shopping does not help. When your body needs oxygen and you don't use it, you stress your heart, and your brain does not function as well. Many people with low oxygen levels describe feeling tired, anxious, light headed and a little "fuzzy." It is hard to concentrate and make good decisions when you feeling this way. This can make a trip to the grocery store or pharmacy the only event of the day, and an exhausting one at that.

### ***Tips for Making Oxygen Easier to Use***

- If you are strong enough and are carrying your oxygen slung over your shoulder, get a little backpack or what they call at the sporting goods stores – "hydration pack" with padded, adjustable shoulder straps, a waist belt, and at least one pocket for things. They also have a little slit in the top for a tubing to come through when it is zipped closed. Use a short nasal cannula (4ft) so you don't have a lot of tubing hanging around, or coil up the extra tubing length in the bag before you zip it closed. You will find that getting the equipment out of your way makes it much easier to do things and you will feel like life is more normal. This is handy not only when you go out, but also for doing chores around the house.

- Run your oxygen tubing over your shoulder and down the back of your shirt to get it out of your way when you are doing things. Ladies, get out those old sparkly butterfly pins that no one wears any more and use it to fasten your oxygen tubing out of your way. Heaven's knows, oxygen therapy needs a new fashion statement! Gentlemen, if you run the oxygen tubing goes down the back of your shirt and through a belt loop – when it catches on something, it won't pull at your nose.
- If you have a wheeled utility cart, put your oxygen in there.
- Lighten up your purse – take all the extra stuff out of it, or put the essentials in a waist pack. This will free up your hands and take the extra weight off your neck, back, shoulders, hips and knees. Extra weight also contributes to how hard you have to breathe. Think about how hard it is to breathe when you are carrying something heavy. Every pound helps!

### ***Oxygen Safety in the Kitchen is Important***

I know many people who use oxygen are rightfully concerned about trying to cook with a gas/propane stove. Some people try to solve this problem by not wearing oxygen when cooking. You may find that you feel a little dizzy, anxious, tired, and sick to your stomach when your oxygen level gets low and that happens more with activity. Low oxygen also tends to make your mind less clear and it becomes easier to make a mistake. So, it would be better for you to use your oxygen when you are cooking.

Oxygen tubing is flammable and will burn real fast when oxygen is running through it, so if you cook with gas, it is very important to keep tubing away from the flame. It is also possible to flash burn your face if you lean over an open flame to look in a pan or smell its contents. For this reason, I have included many recipes and ideas to keep those of you who use oxygen, away from your gas range. You might consider getting some small electric appliances that take the place of using your gas range. If you heat water for tea, consider using the microwave or getting an electric kettle. Remember, using a gas or charcoal grill is risky business when you use oxygen. It's better to turn over the job of grilling to someone else. At the very least, pin your safety tubing over your shoulder so it is not hanging in front of you when you are cooking.

### ***Kitchen Tools to Save Energy and be Safe with Oxygen***

Here are some ideas to make cooking easier and keep you from standing over a stove, stirring, slicing and dicing to make a meal. These tools can make food preparation and clean up easier while at the same time allowing you to eat fresh, cheaper and more healthful foods. If your stove is gas/propane and you need to wear oxygen when you are on your feet, consider using some of these appliances to minimize your time over the open flame on the stove.

#### ***Mini Chopper – A small (1-2 cups) electric food processor***

You can use it to chop onions, garlic, vegetables, nuts, and all kinds of other things. Some people with COPD cannot tolerate the smell of onions as they are chopped. Using a little electronic chopper contains the odors until you dump the contents out into the pan. They rinse out quick and easy, or you can stick them in the dishwasher. Chopping your own onions and vegetables is cheaper than buying the pre-cut type. You can also use it to mix eggs for scrambled eggs and other small volume stirring jobs.

#### ***Electric Grill – A small electric grill (George Foreman Grill is a common brand)***

An electric grill allows you to quickly cook meats and vegetables with a minimum of fats and oils. Since it grills on both sides, it can be faster than using the broiler without all the bending. It is easier to clean up than a broiler pan and there aren't any spatters in your oven. It also works well for grilled sandwiches. Just

be sure to use it where your kitchen fan is, so you don't have to breathe the smells of grilling. The grill is great in the summer when you don't want to heat up the kitchen with the oven or broiler.

### ***Crock Pot – This can be a real energy saver***

Just dump the ingredients in, plug it in, turn it on and have breakfast the next morning or dinner tonight. You might consider two sizes, the small one quart and a medium 4 quart. You can make two to four servings of breakfast in the small one and 4-6 servings of dinner in the larger one. It is always nice to make more than you need for one meal – tuck the extra away in the fridge or freezer for a cook's day off. A crock pot is great in the summer when you don't want to heat up the kitchen with the oven. When you shop for crock pots, purchase one with a removable crock so it is easier to clean.

### ***Blender – Make smoothies, salad dressings and mix things up***

### ***Tips for Saving your Energy While in the Kitchen***

- Use a tall stool that you can sit on when you are working in the kitchen.
- Organize your kitchen to save steps, placing the things you use all the time within reach
- Create a place within reach of the sink to clean and prepare fruits and vegetables. This allows you to wash, trim and cut fruits and vegetables in a single sitting. If you do not have a garbage disposal, place the trash bin within reach or place a container on the counter in which to toss the waste. Also, keep knives and a washable/portable cutting board or mat within reach. Mats are great for cutting because you can organize cut ingredients into piles as you prep and then place the mat into the dishwasher when you are done. Again, reduce steps to conserve precious energy.
- Consider using two mats of different colors – one for fruits/vegetables and one for uncooked meat only. This reduces the chance of food borne illness from the bacteria in uncooked meats.
- If you are used to keeping knives in a drawer someplace else, consider getting a knife block to put on the counter to keep knives within easy reach.
- Organize an area for mixing with the bowls, measuring cups and spoons all handy. Nest a set of measuring cups, and spoons in your mixing bowls. That way when you get a bowl out, the cups and spoons are in it.
- Handling dishes can take a lot of energy. Consider putting clean dishes away before you begin to cook, or between meals – put the clean things you need to use to prepare your next meal right on the counter. Put dishes you will use at the table on a tray on the counter. Then put the rest of the clean things away. When it is time to set the table, get the rest of the things you need at the table and put them on the tray and take the tray to the table.
- If you have a dishwasher, consider organizing your kitchen so the plates and bowls are right next to the dishwasher. Usually the dishwasher is installed next to the sink, so this idea also works well for those who hand wash dishes.
- Put utensils in a drawer next to the dishwasher.
- Put the pots and pans most frequently used in a cupboard next to the stove. If you have heavy pots you seldom use, put them elsewhere and use the close and convenient space for the things you do use, like casserole dishes, bake ware or your crock pot.

## About the Recipes in this Guide

The recipes in this guide serve one or two people. I have made suggestions for using leftovers when the recipes are larger. It is good to spend more time and effort cooking when you feel like it, and just heat something up when you do not. All the recipes are budget and health conscious. Here are some tips to conserve energy:

- Cook extra vegetables for dinner, save the extra in the fridge and make soup.
- Prepare a big bowl with tight fitting lid with green salad. It will keep for several days in the fridge and you have easy salad for lunch or supper.
- Prepare more meat than you need for each meal. Cut into slices or cubes and toss on a salad or into soup, or slice for sandwiches.

## Starting Your Day

If you have difficulty breathing, getting the day going takes time. There are medications and treatments to take, mucous to move and coughing to be done. All these activities can steal your appetite and your time. Here are some changes you might consider making to see if you feel better.

- **When you First Awaken**—Drink a large glass of water, before you get your coffee or tea. This will help get the mucous mobilization project going. You may find that room temperature water is the best at this time of day, or hot water with a slice of lemon or lime. Cold water from the fridge may make you feel cold.
- **Eat Before Taking Medicines**—many medicines don't sit well on an empty stomach. Check to see if you are taking any that require an empty stomach and of course, do what is best.
- **Use Your Nebulizer**—If you are short of breath when you get up and need to use your inhaler or take a nebulizer treatment, do that right away so your breathing gets kick started. You should certainly do this before you get to moving around much. It can really help with your shortness of breath and reduce the amount of coughing you have to do to get the mucous cleared out.
- **Take Oxygen**—If you use oxygen, be sure to use your oxygen while you shower and get dressed. That way you avoid being too tired or breathless to feel like eating breakfast. Or, eat before you shower and dress.
- **Eat a Good Breakfast**—If you are doing your own cooking, breakfast needs to be easy and fast. It also needs to be nutritionally worth eating. White bread toasted with jam does not cut it. Neither will many of the cold cereals. Too much sugar or quick carbs (white flour and sugar products ie: white bread, donuts, coffee cake, pastries, bagels (unless it is whole wheat), cereal with too much sugar, in combination with not enough protein and fiber leave you out of energy early in the day. If you have diabetes, too much sugar and quick carbs spike your blood sugar level and make it more difficult to manage. It is really discouraging to feel tired after being out of bed for just a few hours. Your body needs good fuel in the morning.

## Breakfast

**Dry Cereal**—Read the labels as many cereals have lots salt, sugar and fat and very little fiber. Look for cereals with less than 9 grams of sugar per serving and at least three grams of fiber. Beware of cereals that say they are “healthy.” Check the label to see. If you have diabetes, look for cereal low in fat and sugar as well as high in fiber. High fiber foods take longer to digest so they keep your blood sugar stable longer. If you are using milk substitutes such as soy milk, check the amount of sugar. For example, vanilla or

chocolate soy milk has more sugar than plain. The combination of sugar in the cereal and the milk product together may be too much. You can add protein by adding a spoon of yogurt to your cereal. Use low fat plain yogurt. Flavored yogurt has too much sugar.

If you are trying to loose weight you are looking for low calorie cereal (which usually means low sugar and fat) with high fiber to keep you from being hungry again too soon. Also check the label for serving size as you compare the nutritional information.

- **Low Salt Diet**—Do not add salt when you cook oatmeal or other hot cereals. Ramp up the flavor by adding cinnamon or ginger.
- **People with Diabetes**—Have oatmeal with applesauce/sprinkled with cinnamon instead of sugar

**Toast and Fruit**—This can work if you select whole grain bread and pay attention to what you smear on it. For example, nut butters such as peanut, almond and cashew butters add nutrition and calories. Sugar free jams and jellies are available, as are low fat cream cheese and other spreads. Fruit should be fresh or frozen when possible, without added sugar. Canned fruits should be in light syrup. Fresh fruit is best. If you have diabetes, you may need to add protein to this combo. You can do this by adding low fat plain yogurt to the fruit.

**Bacon, Sausage, Ham**—These meats contain nitrites. Nitrates are combined with salt to cure or preserve meats. Studies seem to indicate these foods may increase the severity of COPD by increasing inflammation. Additionally, these foods are high in salt and animal fat, which most of us don't need. For that special treat now and then, ham is usually lower in fat than bacon or sausage. Another way to get a taste without overdoing it is to make eggs with a little bacon, sausage, or ham scrambled in. Turkey bacon, sausage or ham is much lower in fat, but many are still processed with nitrates. I know, I know...they don't taste the same.

**Eggs**—In dishes calling for more than one egg, you can cut calories and cholesterol by substituting some of the eggs with egg whites. That's what they do in the prepared egg substitutes. When baking, I often use the dried powdered egg whites. The package gives you instructions for mixing the powder with water and letting it stand. Once it is mixed, it acts just like a fresh egg white, including whipping. Powder mix remains fresh for a long time so if you are short of fresh eggs, you don't have to stop and run to the store for eggs. The powdered whites are not as good in scrambled eggs and other egg dishes.

## **Breakfast: Elizabeth's Healthy Recipes**

### **Breakfast Bagel with Egg (serves one)**

This is a healthy open faced egg sandwich.

½ whole-grain bagel, or one English muffin,  
toasted

1 large egg

1 teaspoon apple cider vinegar or other light  
vinegar

2 slices tomato

2 slices avocado

1-2 thin slices of low fat cheese

- Bring water and vinegar to a mild boil in a shallow pan. Be sure there is enough water to cover the egg.

- While you are waiting for the water to boil, slice the bagel in half and toast it.
- Place tomato, avocado, and cheese on top of the toasted bagel.
- To poach the egg, crack it into the boiling water and vinegar and cook about 6 minutes – until the white is set and the yolk is done to your liking.
- Use a slotted spoon to remove egg from water. Let it drip for a moment to let water drip off before placing the egg on the bagel.

### **Granola**

Makes four cups – keeps well in your pantry in a sealed container. A serving of this granola would be ½ cup. Eat it cold with milk or a milk substitute like almond, rice, or soy milk. If you need a warm up, heat up some water or milk in the microwave and pour it over the granola. Let it stand a minute to soften and you have a warm, flavorful cereal to start your day.

Preheat oven to 325 °F. Lightly grease a baking sheet with canola or vegetable oil or line it with foil or parchment baking paper to make clean-up easy. Mix the following dry ingredients in a large bowl:

3 cups regular/ old fashioned rolled oats

(**Note:** I like to use 1½ cups rolled oats and 1½ cups steel cut oats to change the texture.)

⅓ cup flaxseed meal

½ cup finely chopped raw almonds or walnuts  
(use your mini chopper)

¼ cup unsalted sunflower seeds

¼ cup unsalted pumpkin seeds

2 teaspoons cinnamon

Mix the following wet ingredients in a large measuring cup:

½ cup unsweetened apple juice

¼ cup real maple syrup

¼ cup local honey

(**Note:** Substitute ½ cup agave nectar for maple syrup and honey. Or, for a sugar-free version,

substitute ½ cup sugar free maple syrup for the honey and maple syrup.)

Add fruit after baking for 15 minutes:

½ cup dried fruit of your choice: raisins, cranberries, cherries, chopped apricots or apples or pineapple.

- Combine the wet ingredients with the dry ingredients until evenly moistened and spread on the baking sheet.
- Bake for 15 minutes at 325 °F.
- Remove from the oven and stir the granola up to turn it over and break up the large chunks. If your baking sheet is a dark color, the granola may be toasty brown on one side.
- Add the fruit and bake for 8 more minutes until the granola is dry and crunchy.
- Let it cool and then store it in an airtight container in your pantry.

### **Crock Pot Oatmeal**

A small crock pot (1 qt) commonly used for appetizers and dips at parties, is perfect for making cooked cereal for one or two people. You can make enough for several days and heat a serving up in the microwave. If you like the creamy texture of instant oatmeal, you will really like the texture of this. Best of all, less expensive than the individual packages and is salt and sugar free. For more flavor, add real fruit.

1 cup old fashioned rolled oats  
 2½ cups water  
 1 teaspoon cinnamon  
 1 apple – peeled, cored, chopped  
 Oil the crock pot or spray it with non-stick spray.  
 Place ingredients in the crock pot for 5-6 hours on low. Depending on your schedule and the crock pot, you may be able to cook it overnight. However, if it cooks too long, the oatmeal gets brown and sticky.

For variety you may add a chopped pear, peach, nectarine or a small handful of dried fruit. If you

need to gain or maintain your weight, consider cooking the oats in fruit juice or milk to add calories, and then sprinkle it with unsalted nuts. Add protein to balance out the carbs by topping your serving of oatmeal with a spoon of plain unsweetened yogurt.

Fruit will make this oatmeal naturally sweet, but if you must have sugar on your oatmeal consider instead a teaspoon of real maple syrup, honey, or molasses.

### **Creamy Overnight Oats with Cranberries (serves four)**

This is another very easy crock pot breakfast that will be waiting for you when you get up in the morning. For a change of pace, you could substitute dried tart cherries or dried apricots for the dried cranberries.

1 cut steel-cut oats (also called Irish or Scottish Oats, also sold as Coaches Oats)  
 ⅔ cup dried cranberries  
 4½ cups water  
 ½ cup low fat evaporated milk

- Combine all the ingredients in a small slow cooker.
- Cover and cook on low for 8-10 hours or overnight. The oats will be tender when done.

### **Fruit Yogurt**

If you have ever read the labels on the popular fruit yogurts, then you know they are full of sugar. Yogurt is good for your digestive tract because it provides normal bacteria that help digestion. If you have been on antibiotics, eating yogurt or taking probiotics can help set things right again. Plain non-fat yogurt can be jazzed up and you save money and control the fat as well as sugar content, too. It also tastes really good. Greek yogurt is higher in protein than regular yogurt – it also is more expensive.

1 cup non-fat plain yogurt  
 ⅓ cup fresh fruit such as banana, peach, pear, nectarine, berries or thawed frozen fruit – berries, mixed berries, without sugar  
 Sweetener to taste -1 teaspoon real maple syrup, honey, agave syrup, or molasses (or sugar substitute)

- Mix the sweetener with the fruit.
- Stir the fruit into the yogurt.

**(Note:** You may adjust this to meet your dietary needs. If you need to gain or maintain weight, use regular yogurt instead of non-fat or low-fat. Sugar should be avoided because it increases inflammation, so if you are using frozen fruit, select those without sugar, syrup, or high fructose corn syrup.)

## Smoothies

You can pack plenty of nutrition into a smoothie and still have something that tastes like dessert. If you have a blender or food processor they whip up in a second from ingredients that you can keep on hand. You can also use them to disguise protein and nutritional powders. If you need to gain weight consider adding peanut butter or tofu to add nutritious calories.

### **Whatever! Smoothie (serves one or two)**

This basic recipe can be adjusted many ways to suit your taste, pocket book and what you have on hand. If you use frozen fruit, the smoothie will be thicker like a milk shake. Frozen bananas are a great smoothie thickener, slice them and throw them in a container in the freezer. If you use fresh fruit and want it thicker, you can add ice, cube by cube in place of the milk or juice, until it is the thickness you want.

1 cup frozen or fresh fruit (unsweetened) – use berries, peaches, or whatever you like  
 ½ cup milk, milk substitute, or juice (unsweetened)  
 ¾ cup plain, low- or non-fat yogurt  
 2 tablespoons flaxseed meal, protein powder, or other nutritional supplement  
 Sweetener to taste: honey, real maple syrup, agave nectar or molasses.

Or, add a couple of dates or dried plums (take the pits out!) to add sweetness.

- Place the liquid, yogurt and nutritional powder in the blender or food processor and mix together.
- Add the fruit and ice little by little until the consistency is to your liking.
- If needed, thin with a little more liquid.
- Taste and sweeten as needed.

### **Orange Banana Smoothie (serves two)**

This healthy smoothie is packed with vitamin C and potassium. If you are on water pills (diuretics), some kinds make you loose potassium, if this is the case, oranges and bananas are for you because they are high in potassium. If you have diabetes this one has a lot of natural sugar – you might want to avoid it, or have a small serving, adding protein powder may also be helpful.

1 cup orange juice  
 2 bananas cut into chunks  
 2 tablespoons honey  
 1 orange peeled and cut up  
 ¼ cup granola, flaxseed meal, or uncooked oatmeal

- Toss it all in the blender or food processor and let it whip!
- You could change this another day by substituting some fresh pineapple for the orange.

**A Crock of Breakfast Cobbler (serves three-four)**

Who says cobbler is only for dessert? If you are trying to lose weight you don't want to eat cobbler after your evening meal as you do not get the opportunity to burn off the calories. Also eating fruit after a meal sometimes does not allow for optimal digestion and may lead to bloating. It is better to eat fruit early in the day, or as a snack between meals. Cobbler may be made with other fruits like plums peaches, pears, berries or a mix. If you use frozen fruit or berries, you may need to add two tablespoons flour to thicken it a little. If you have diabetes, watch the serving size on this. Remember, a serving of fruit is the size of a tennis ball.

3 medium apples peeled and sliced – use sweet or tart to suit your taste

¼ cup unsweetened applesauce

1 teaspoon cinnamon

2 tablespoons melted Healthy Choice® spread

1½ cups oatmeal (uncooked, any kind)

- Spray the inside of a small 1 quart crock pot.

- Put the fruit in first then toss in everything else and stir it up.
- Cook it for 7-9 hours or overnight.
- Serve it with milk or low fat plain yogurt. You could toss a tablespoon of raisins, dried cranberries or walnuts on when you serve it. If you need to gain or maintain weight, have it as a snack with ice cream.

Shortcut: Use pre-sliced apple wedges to conserve energy. You usually find them with the pre-packaged salad greens and chopped vegetables. It isn't necessary to peel the fruit either. If you have a larger crock pot, you can double the recipe to make extra to put away for a cook's day off. You can cook it on high for 3-4 hours.

**Baked French Toast with Pecans (two to four servings)**

Prepare this the night before and then bake it in the morning. It is yummy and much easier than all that dipping, frying and flipping...there's less fat, too!

⅔ cup egg substitute

⅔ cup non-fat, low-fat, or milk substitute

1 tablespoon sweetener - real maple syrup, honey, or agave nectar

¼ teaspoon nutmeg or cinnamon

¼ teaspoon vanilla

4-6 1 inch slices of French bread or whole wheat bread (enough to cover the bottom of a 9x9 pan)

⅓ cup chopped pecans

1½ tablespoons of Healthy Choice® spread, melted

Maple syrup or unsweetened applesauce

- Put egg substitute, milk, sweetener, spice and vanilla in a bowl and mix them together well. Spray the bottom of a 9x9 glass pan with non-stick spray.

- Put the bread slices in the bottom of the pan in a single layer, cut them to fit as needed.
- Pour the egg mix in and turn the bread slices once.
- Cover the pan with plastic wrap and put it in the fridge for the night.
- In the morning pre-heat the oven to 425°F.
- Remove the pan from the refrigerator and remove the plastic wrap.
- Sprinkle the bread slices with pecans and drizzle with melted butter.
- Bake for 20 to 25 minutes, or until bread slices puff up and pecans are deep brown but not burned.
- Serve warm with maple syrup, applesauce, or topped with fresh berries (without added sugar)

### **Old Fashioned Oatmeal Pancakes**

These very filling pancakes are partially prepared the night before and then finished in the morning. My grandmother used to fix these and top them with homemade chunky applesauce. I keep powered buttermilk on hand and just use the amount I need for this recipe and others.

2 cups rolled oats

2 cups low fat buttermilk

2 eggs slightly beaten

¼ cup melted butter substitute

½ cup raisins

½ cup flour

2 tablespoons sugar

1 teaspoon baking powder

1 teaspoon soda

½ teaspoon cinnamon

¼ teaspoon salt

- Mix the oats and buttermilk the night before, cover and chill overnight.
- In the morning mix the eggs, butter and raisins together and then add to the oats.
- Mix the dry ingredients together in a small bowl and then mix them into the oats mixture.
- Cook on a hot griddle.

### **South of the Border Eggs**

It is hard to get past eggs for breakfast, yet the things we are inclined to fix with them add a lot of fat and salt. This recipe might fill your need for satisfying egg dish without the accompanying bacon or sausage, both of which are cured with nitrates which are thought to stimulate inflammation.

8 eggs or 2 cups of egg substitute

One 4 ounce can of diced green chilies

2 tablespoons chopped onion or green onions

¼ cup chopped bell pepper – green, red, orange or yellow – your choice!

1 cup low fat Cheddar, Colby Jack, or Pepper Jack Cheese

- Put everything in the blender or a food processor and blend for 1 minute.
- Pour into a casserole dish and bake for 1 hour at 350 °F.
- Serve immediately.

## **Lunch: Elizabeth's Healthy Meals**

### **Soups, Salads and Sandwiches**

What should I be eating for lunch...soups, sandwiches, leftovers? Lunch should give you energy for the rest of the day, not send you off for a nap. Eating too much lunch or a lunch with a lot of meat or carbs is guaranteed to do just that. Picture a hamburger and fries or pizza lunch – and then remember how you feel after eating it. It sits in your stomach for a long time and makes you want to sit in your chair and doze.

You can support your energy and good health by making lunch lighter with lots of vegetable, very little meat, and very little carbohydrate. Soup and salads are great for this. Leftovers can help make lunch quick and easy by adding leftover diced meats to soups or salads. Canned ready prepared soups are not the way to go – they have too many calories and too much salt. In many cases the vegetables are cooked beyond soft. Dried packaged soup mixes often have a lot of unrecognizable ingredients and also too much salt. It is quick and easy to prepare good soups in a crock pot, or on the fly using items from the fridge and pantry.

Plan ahead when you cook, make more than you plan to eat at that meal. Add a little leftover meat, vegetables, pasta or rice to broth and you can easily have a quick fresh soup. I save the leftovers in little containers in the freezer and once a week or so, use them to make soup. Frozen vegetables are make soup preparation easy. The following pages will give you some ideas.

### **Easy Chicken Tortilla Soup (serves two-three)**

This soup uses prepared ingredients to make a south of the border spicy soup. Make it as spicy as you would like. The pepper can open up your stuffy nose or sinuses if you are having trouble with allergies.

- 1 cup sliced or cubed pre-cooked chicken
- 1 tablespoon cooking oil
- 1 cup chopped onion
- 1 tablespoon chopped garlic
- 1 cup ready made chunky salsa
- ½ cup frozen corn
- 4 cups low sodium chicken or vegetable broth
- Low sodium corn tortilla chips
- Optional – chili powder or flakes, low fat sour cream, cilantro
  - Add oil to a large saucepan over medium heat, add onion and let it cook for a few

- minutes until soft, add the garlic and cook another minute or so.
- Add the broth, salsa, corn and chicken. Bring to a boil and let it simmer for 10-15 minutes.
- Taste it and decide if you want to add some chili powder or flakes to spice it up more.
- Ladle hot soup into bowls or large mugs, crumble 2 tortilla chips on the top of each bowl of soup.
- Serve with a small spoonful of sour cream on the top and some cilantro.

### **Snappy Black Bean Soup**

You can make this in a half hour or less on the stove. This meal is high in fiber, low in salt and fat and has lots of flavor.

- 1 medium onion, chopped in your mini chopper or ½ cup pre-chopped onion
- 2 teaspoons garlic or two cloves (throw them in the mini-chopper with the onion)
- 1 15 oz can of low sodium black beans
- 1 15 oz can diced low sodium tomatoes

- 2 tablespoons chili powder
- ½ cup cilantro
  - Put everything except the cilantro in the pot and let it simmer on the stove for 20 minutes (longer is fine, too, just watch it to make sure it does not dry out).

### **Wild and Raspberry Chicken Veggie Wraps (serves two)**

Use leftover or pre-cooked chicken for this recipe. You could even use drained canned chicken but keep in mind it will have lots of salt. Use the vegetables you have on hand. This sauce is great for adding zip to many foods, lots of flavor, no sodium or fat!

- ¼ cup The Original Roasted Raspberry Chipotle Sauce (by Fischer & Wieser®)
- 2 10-inch low carb tortillas
- 2 cups washed/dried baby spinach leaves
- 1 cup sliced or diced cooked chicken
- ½ cup unsalted sliced toasted almonds or unsalted peanuts

- 2 green onions chopped or ¼ small red onion chopped
  - Spread sauce on one side of both tortillas.
  - Divide remaining ingredients between the two tortillas.
  - Roll the tortillas up and put a toothpick through each one to hold them together.

**Crock Pot French Onion Soup (serves two to three)**

Start this early in the day because it takes 11-12 hours to cook. Or, make it the day before, and finish with the bread for a quick cook's day off. French Onion Soup is a classic old favorite that used to require stirring, stirring, stirring to get the onions just right. This is much easier than that and it is very good! Buy your onions already cut at the store and you'll hardly even need to raise a knife to make this one!

1 tablespoon olive or other cooking oil  
 2 cups sliced onions (1 large or 2 medium sized)  
 – the slices cut in half  
 ¼ teaspoon sugar  
 ¼ teaspoon salt  
 2 tablespoons dry white wine  
 1 14 oz can low sodium beef broth  
 ¼ teaspoon dried thyme  
 1 teaspoon chopped garlic

A slice of French, Italian, or sourdough bread for each bowl of soup (trim to fit in the bowl). A slice of low fat Swiss cheese for each bowl of soup

- Place the oil in a small crock pot and cover it.
- Turn on the cooker and allow the oil to heat for 5 minutes while you prepare the onions.
- Peel the onions if you are fixing them yourself. Cut the onion in half top to bottom and then slice into thin half moons until you have about two cups.
- Add the onions to the oil in the crock pot. Sprinkle with sugar and salt. Stir them

around to coat the onions with the oil, sugar and salt.

- Cover and cook until the onions are dark brown but not burned, about 10 hours. If you think about it, stir them several times during the day. Don't fuss with them too much though or it will take longer for them to cook.
- When the onions are done, add the wine, broth, thyme and garlic and let them cook for 1-2 hours longer.
- When you are ready to eat, toast the bread in a toaster oven or a regular toaster until it is dry and toasted. If you are using your regular toaster, you may have to put them down several times. Don't turn the temperature up too high or they will get too brown.
- When the bread is toasted lay a slice of cheese on each slice so it begins to melt.
- Dish the soup into the serving bowls and put your toasted bread with cheese into the bowl. If the cheese isn't quite melted, pop the bowl of soup in the microwave for 20 seconds or so.

**Supper: Elizabeth's Healthy Recipes**

What should people with COPD eat for supper? Traditionally, this is heaviest meal of the day. Changing this into a meal that is more in balance with the rest of the day can really help you loose weight, reduce symptoms of reflux (GERD), and if you have diabetes – even out your blood sugar levels. Nutritionally, we should reduce the amount of meat we eat at this meal and increase the amount of vegetables. It's also important to change from foods made with flour and sugar to whole grains, high fiber, low carb choices. What makes the most difference, however, is portion size. A serving of meat should be approximately the size of a deck of cards and a serving of potatoes, rice, pasta is one cup. Fill in the gap with vegetables – preferably fresh or frozen.

Meat is thought to be one of the biggest inflammation stimulants. It is not necessary to eliminate meat entirely, but there are some easy ways to reduce the amount you eat and still feel like you are eating real food. One way is to move away from meals that include a chunk of meat like steak, chicken breasts, pork chops to meals that add pieces of meat to other foods. For example is the grilled chicken, which I may marinade and make extra on a Sunday and use it on a green salad for dinner or lunch another day. Later in

the week I might make the Mango Chicken Salad recipe included in this guide. My meat reduction plan includes several meals during the week without meat and several meals with cubes or slices of meat added.

<b><i>Foods to Reduce or Avoid</i></b>	<b><i>Healthy and Tasty Alternatives</i></b>
Biscuits	Part of a whole grain bagel or a whole grain English muffin
White bread	Whole grain bread
Flour tortilla	Low carb or whole grain tortilla
White rice	Brown rice or converted rice
Potatoes	Sweet potatoes, yams, red potatoes cooked without peeling
Pasta	Don't overcook pasta – al dente or use low carb or whole grain pasta

### ***Have it Your Way Grilled Chicken Breasts***

You may use any one of the following marinades and make a variety of different tasting meals. Prepare the marinade in the morning and put the chicken in it and let it sit in the refrigerator all day. Then cook the chicken on a George Forman type electric grill or under the broiler using the following instructions. I like the electric grill because it is fast and easy to clean. Because the grill sits on the counter, I don't need to bend to watch it. In the summer, I take the grill outside, eliminating the need to run the fan for the cooking smells. Make several chicken breasts at one time and then you will have extra for other meals such as wraps, salads or soups.

#### ***Two boneless, skinless chicken breasts:***

- Rinse the chicken with running water, blot dry with a paper towel and cut each in half.
- Put them in a bowl with a lid or a zip lock bag and add one of the following marinades.
- Let the chicken sit in the marinade for at least ½ hour, better yet, all day.
- Stir the chicken around in the marinade a few times while marinating to make sure all the pieces get a chance to soak in the flavor.

#### ***To cook on an electric grill:***

- Heat up the electric grill on medium heat until the light goes out.
- Place the pieces of chicken in the grill and cook them for 5-8 minutes.
- You can tell when they are done by using a meat thermometer – 165 ° F degrees, or pierce the thick part of the meat with a fork and the juices should run clear. Of course they take more time to cook if they are thicker.

Broil the chicken breasts below—and those on the following pages—or cook them in a frying pan on the top of the stove. Either way, they are delicious and nutritious!

#### ***Herbed Dijon Marinade***

2 teaspoons lemon juice  
 2 cloves garlic – pressed or chopped  
 2 tablespoons olive or canola oil

2 teaspoons Dijon mustard  
 1 teaspoon dried rosemary

### **Bar-B-Q Marinade**

2 tablespoons low sodium ketchup  
 1 tablespoon red wine vinegar, balsamic vinegar  
 or apple cider vinegar  
 1 clove garlic – pressed or chopped  
 1 tablespoon honey, real maple syrup, agave  
 nectar or molasses

2 tablespoons olive or canola oil  
 1-2 dashes of hot pepper sauce  
 1-2 dashes of Colgin’s Liquid Smoke® of your  
 choice

(Note: Colgin’s Liquid Smoke® is a great find; lots of flavor and no sodium, fat or sugar!)

### **Teriyaki Marinade**

2 tablespoons lemon or lime juice  
 1 teaspoon grated fresh ginger or 1 teaspoon dried  
 ginger  
 2 cloves garlic – pressed or chopped

1 tablespoon honey, real maple syrup, agave  
 nectar or molasses  
 2 teaspoons low sodium soy sauce  
 2 tablespoons olive or canola oil

### **Grilled Fish – Salmon, Halibut, Cod, Talipa**

Fresh frozen fish is quick and easy to prepare on an electric grill. It is very high in anti-inflammatory agents and heart health. The American Heart Associations dietary recommendations encourage us to eat 3.5 ounces of fish at least twice a week. Frozen fish is available in re-sealable bags and is the best nutritionally. If you buy a bag of frozen fish, you can remove as many pieces as you need, thaw it in the refrigerator overnight, brush it with a seasoning marinade and cook it quickly on the grill. Not as much fun as fishing though! If you do not want to make a brushing marinade, try the spray style salad dressings to flavor your fish.

Here is a brushing marinade that will be sufficient for 3-4 fish fillets:

- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley
- ¼ teaspoon onion powder

After you have mixed together the above ingredients, prepare the fish as instructed below.

- Wash and pat dry the thawed fish.

- Place it on a plate and brush with the marinade.
- Heat the electric grill to medium high.
- Place the fish on hot grill and grill for 3-8 minutes depending on the thickness of the pieces. They are done when they flake easily with a fork and are no longer translucent in the middle.
- Serve the fish with a squeeze of lemon.

**Healthier Crispy Fish (serves two or more)**

Some people like their fish to be crispy on the outside. Frying it in lots of oil is rather defeating the purpose of eating fish. Here is a recipe that gives you a flavorful, crispy fish – in a more healthful way.

2 or more fish fillets (halibut, cod, salmon, talipa)

Flour to dust fillets

Onion powder

1 egg, beaten with 2 teaspoons water

Panko Breading Crumbs®

2 tablespoons cooking oil

- Wash and pat dry the thawed fish.
- Put two pie plates or shallow soup bowls on the counter by the stove.
- Pour about ½ cup (for 2-3 filets) Panko crumbs in one and the egg mixture in the other.
- Place the fish on a plate and dust them all over with flour.
- One at a time, dip the pieces of fish in the egg mixture followed by the Panko crumbs – coating them well.
- To cook them, place them in a frying pan with 2 tablespoons cooking oil heated over medium heat.
- Cook until nicely browned on the first side and turn over to brown the other side.
- Turn the heat down to medium low and cover to cook until done. They are done when they flake easily with a fork and are no longer translucent in the middle. Serve with a squeeze of lemon.

**Potatoes, By the Way**

Potatoes are as American as the French fry. Most of us have regarded potatoes as filler for many meals, from breakfast potatoes, lunch with French fries, supper with baked potatoes or potato salad. Potatoes pack a lot of extra calories, not so much because they are potatoes but because they are tastier with lots of fat and salt. Sometimes it works better to change to something else rather than struggle with trying to eat a potato that just doesn't taste as good as you expect. If you are trying to curb calories, fat, and sodium, consider substituting brown rice, vegetable salads or sweet potatoes. Here are some ideas to help you do just that!

By the way, if you have asthma and are sensitive to sulfites, most packaged, prepared potatoes are packaged with sulfites as preservatives. Many restaurants and fast food places do not cook potatoes from scratch, they use packaged potatoes.

**Sweet Potatoes or Yams**

Do you know that sweet potatoes and yams have more nutrition than the standard potato? A quick way to prepare them is to wash them and cut them into thick 1 inch slices and bake or steam until tender. They cook about the same speed as regular potatoes. My husband prefers regular potatoes so I steam regular and sweet potatoes together at the same time so we can each have what we want. Sweet potatoes and yams cook quickly in your microwave oven. Once they are cooked, the skins come off easily. Skip the traditional holiday embellishments of marshmallows and brown sugar.

### **Herbed Red Potatoes (serves 4)**

These are a change of pace from plain old boiled potatoes. Red potatoes do not need to be peeled, just wash them and if they are small (about the size of an egg) cut them in half or leave them whole. Steaming them is fast and the dressing has a lot of flavor – so you won't need much salt.

6-8 small or 3 medium red potatoes  
 1 tablespoon lemon juice  
 1 large clove garlic, pressed  
 1 tablespoon chopped fresh oregano (¼ teaspoon dried)  
 1 tablespoon chopped fresh parsley (¼ teaspoon dried)  
 1 teaspoon chopped fresh rosemary (a pinch of dried)  
 1 tablespoon olive oil  
 Salt and pepper to taste

- Bring water to a boil in a pot with a tight fitting lid and a steaming basket.

- Wash potatoes and cut into bite size pieces.
- Put in the steamer and cook until tender – about 10 minutes if cut into small pieces.
- Cook them longer if they are in bigger pieces.
- While the potatoes are cooking, mix together the other ingredients to make a dressing.
- When the potatoes are done, toss them with the dressing. Serve warm.
- If there are leftovers, heat them in the microwave or eat them cold as potato salad.

### **Mashed Cauliflower Potatoes**

I know it sounds whacky but this is a very adequate stand in for mashed potatoes but only much healthier. Don't knock it until you've tried it!

⅔ cup plain fat-free Greek Yogurt (or 1- 5.3 ounce container)  
 1 head cauliflower, cored and roughly chopped  
 1 small or ½ medium onion, peeled and quartered  
 2 cloves garlic, peeled  
 2 tablespoons butter spread  
 ¼ cup grated Pecorino Romano cheese

- Bring a large pot of water with a steamer basket immersed in it, to a boil.

- Add cauliflower, onion and garlic and cook for about 8 minutes or until fork tender.
- Lift out the steamer basket and drain the vegetables.
- Put the vegetables, butter, yogurt, and cheese in a food processor and blend until smooth, the consistency of mashed potatoes.

### **Summer Corn on the Cob (In medium crock pot, four-five ears)**

People who struggle with lack of energy should know how to prepare this: no big pot of boiling water to handle...no heating up the house in the summer...no wrestling with corn husks. The corn needs to cook for 2 hours, so you can start this, sit down and rest and then put the rest of dinner together.

4-5 ears fresh corn in their husks

$\frac{3}{4}$  cup water

- Pull back the husks enough to remove the silk from each ear of corn.
- Rinse each ear with cold water and pull the husks back up.
- Tie the top with a piece of twine or strip of husk so they will stay covered while cooking.
- Stand the ears of corn up in the crock pot (don't stack them horizontally). If you need to, you can wad up a piece of foil to make a spacer so the ears don't fall over.
- Pour in  $\frac{3}{4}$  cup water, cover and cook on high for two hours until very tender. (If the corn is young, right out of the field, it may cook in an hour)

### **Easy Stuffed Peppers in the Crock Pot (serves three or more)**

Here is a familiar dish that you put together in the morning when you have more energy and then just serve with a salad at suppertime. If you have a small appetite you might want to cut the peppers in half – top to bottom and fill each half – in which case you will have six servings. These freeze fine after they are cooked. Freeze them on a baking pan and then store in the freezer in a zip lock bag. Thaw and heat them in the microwave for meals at another time.

3 bell peppers

1 lb uncooked ground beef or ground turkey

1 egg

$\frac{1}{2}$  cup oatmeal

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon garlic powder

$\frac{1}{4}$  teaspoon pepper

$\frac{1}{4}$  teaspoon crushed red pepper

$\frac{1}{2}$  cup uncooked brown rice

1 cup spaghetti sauce

- You will need a medium crock pot if you leave the pepper whole, or a large crock pot if you cut them into six pieces.
- Wash the peppers, cut the tops off and clean out the seeds and membranes. If you want to cut them into halves top to bottom – do so.
- Make the filling by mixing the rest of the ingredients (except the spaghetti sauce) in a bowl. Stuff the peppers with the filling. Place the peppers in the crock pot and pour the spaghetti sauce over them.
- Turn the crock pot on high for an hour and then to low for seven more hours.

**Crock Pot Turkey Breast in the Crock Pot (5-6 quart crock pot)**

Turkey breast is easy to prepare and delicious when cooked in the crock pot. One day's cooking can provide a lot of convenient leftovers for soups, sandwiches, wraps and salads. If you have a freezer, buy turkey breast when it is on sale and cook it later. Be sure to completely thaw it in the refrigerator before cooking it. Thawing may take 24 hours or more.

1 turkey breast (6 to 6½ pounds)

2 teaspoons cooking oil

1 teaspoon rosemary

1 teaspoon granulated onion powder

- Rinse the turkey and pat it dry with paper towels.
- Rub it all over with the cooking oil.
- Sprinkle with rosemary and onion powder.

- Place the breast, meaty side up in the crock pot.
- Cover and cook on low for 7-8 hours.
- Check for doneness with a meat thermometer, it should read 170°F degrees.
- Remove the breast from the cooker and let it stand at least 10 minutes before cutting it.

**Crock Pot Split Pea Soup (serves four)**

Split pea soup is an old classic usually made with ham to give it a smoky, meaty flavor. Because ham has a lot of fat, sodium and nitrates, use Colgin's Liquid Smoke® instead. It does not contain salt, fat or sugar and contributes a lot of flavor. Make a meal out of this soup by serving it with a salad and piece of whole grain bread.

1½ medium yellow onion, minced

2 carrots, minced

1 rib celery, minced

1 tablespoon minced garlic (2 cloves)

½ pound dry split peas

½ teaspoon Colgin's Liquid Smoke®

3½ cups reduced sodium chicken broth (may need a little more if too thick)

2 bay leaves

¼ teaspoon ground cloves (or 1 whole clove)

½ teaspoon ground black pepper

¼ teaspoon red pepper flakes

- If you have a standard sized food processor, cut the onion into quarters, the

carrots and celery into 1 inch pieces and place together in the food processor with the garlic and give it all a whirl. If you have a mini chopper, you will have to process them individually.

- Place all ingredients in the crock pot and cook on low for 7-8 hours or until the vegetables are no longer crisp.
- Traditional recipes might have you puree the soup to make it absolutely smooth, which does not affect the flavor. I prefer its natural texture and serve it right out of the crock pot.

**Better for You Spaghetti Sauce with Italian Sausage (crock-pot method)**

Italian sausage is generally made from pork or a pork/beef combination. One traditional Italian sausage link has 320 calories, 28 grams of fat - 69 grams of cholesterol and 650 grams of sodium. By substituting turkey Italian sausage, that changes to approximately 150 calories, and 9 grams of fat. Depending on the brands available to you, the sodium can range from 360-650 mg per sausage. So the important thing is use just a little carefully to add flavor and watch the sodium in the other ingredients. By the way, spaghetti sauce freezes well, so I make a lot of it in my crock pot and freeze the rest to use later.

**Note:** If you need to reduce sodium levels – drain and rinse the canned tomatoes. This takes a lot of the added salt out of them. Discard the drained juice. Replace it with 1 cup low sodium beef or vegetable broth and ½ cup water or red wine.

1 onion chopped  
 1 stalk celery chopped  
 3 cloves garlic chopped  
 1 carrot chopped  
 2 cans (28 ounces) of low sodium diced tomatoes  
 2 tablespoons dried oregano  
 2 teaspoons dried basil  
 ½ teaspoon red pepper flakes  
 3 links Jennie-O Sweet Lean Turkey Italian Sausage® or ½ lb sausage

Serve over cooked pasta of your choice

- Chop the onion, celery, carrots, and garlic in a food processor or mini chopper.
- Slice the sausage links into small pieces.

- You can remove the casings if you wish and crumble the sausage into a frying pan.
- Turn the crock pot on to high and place the sausage in it. Let them cook, stirring occasionally for about 15 minutes.
- Place the chopped vegetables in with the sausage and cook it for another 15 minutes to soften them – you may need to add a couple of tablespoons of water to keep them from scorching.
- Add the tomatoes and seasonings to the sausage and vegetables.
- Turn the crock pot to low and allow it to simmer for the day.

A word about cooking pasta, cook it until *ala dente* which means still chewy in the middle, this reduces the quick carb level in the pasta making it more blood sugar friendly. Also, I don't try to lift and drain cooked pasta before serving it. I turn the heat off and dish it directly onto the serving plate with a pasta fork (spaghetti or fettuccini) or slotted spoon (other shapes).

**Sweet Potato and Spinach Sauté (serves four)**

This recipe uses an unusual combination of spices to make this dish very flavorful and low on salt. The cooking technique results in a no fat side dish that is really healthy for you.

½ cup chopped onion or (1 medium onion)  
 4 teaspoons minced garlic (4 medium cloves)  
 1 cup + 1 tablespoon low sodium chicken or vegetable broth  
 ½ teaspoon turmeric  
 ½ teaspoon coriander  
 ½ teaspoon cumin  
 ¼ teaspoon cardamom  
 1 tablespoon lemon juice  
 2 cups sweet potatoes, peeled and cubed  
 4 cups washed and dried fresh spinach – chopped if leaves are big (or 6 oz thawed, squeezed, frozen spinach)  
 2 tablespoons chopped fresh cilantro  
 Salt and pepper to taste

- Place 1 tablespoon of broth in a large skillet and heat it up.
- Add the onion and sauté it for 5-6 minutes.

- Add the garlic and sauté for another minute, reduce the heat to low.
- Add the seasonings and mix them into the onions and garlic.
- Add the rest of the broth and the sweet potatoes and cover.
- Simmer over low heat, stirring occasionally for about 15 minutes or until the potatoes are tender. Turn the heat up to medium and toss the spinach in. cover and allow the spinach to wilt, stirring occasionally.
- Remove the lid and allow the remaining liquid to thicken by cooking for another couple of minutes.
- Add the cilantro and salt and pepper if you wish.

**Baked Spinach with Parmesan (serves four)**

Make this baked side dish ahead of time and reheat it in the microwave. This also means that you can make this once, and double or triple the recipe, put away the leftovers and reheat in the microwave later for one of those cook's day off meals.

2 10-ounce packages of frozen chopped spinach, thawed and squeezed dry  
 ¾ cup finely chopped yellow onion  
 ½ cup fat-free sour cream  
 2 tablespoons grated Parmesan cheese  
 ⅓ cup low fat milk  
 ¼ teaspoon garlic powder  
 1 tablespoon Parmesan cheese – to sprinkle on the top

- Preheat the oven to 350°F.
- Lightly oil an 8x8 or 9x9 inch square pan.
- In the pan mix together all the ingredients except the Parmesan cheese for the top.
- Cover the pan with aluminum foil and bake for 25 minutes or until the onion is tender.
- Sprinkle the top with the 1 tablespoon of Parmesan cheese.

**Note:** If you triple the recipe, use a 9x13 inch baking dish so the onion will cook completely.

## **Salads**

Salads come in a million variations! They are a great way to get fruit and vegetables into your diet. When I grew up, a meal always consisted of a meat main dish, a side dish such as potatoes, noodles or rice, a vegetable and/or salad. For most of the year, salad meant a wedge of head lettuce with dressing on it. Times have really changed – many types of lettuce and fresh vegetables are available year around. Lettuce salads come ready to eat in a bag.

One way to cut down on the work of preparing a meal is to reduce the number of things we put on our plates at one time. Many vegetable salads can be prepared in advance and keep well. Make a salad in the morning when you have more energy and serve it for tonight's supper and again tomorrow for lunch. If I have leftovers of more than one salad, I make a combination plate with them. Add a little sliced up leftover meat or cheese and there is a good meal!

When the weather is warm, or a lighter meal is in order, I serve a meat main dish and a vegetable or salad. I don't prepare a side dish at all – it saves lots of time, makes good nutritional sense and if you are trying to loose weight, it takes away the temptation of controlling portions of something that should be last on my list to eat anyway.

If you are low on energy, the salad kits are great for you. You can select the type of salad complete with dressing and toppings – put it in a bowl and you have a great salad. If you have more energy you can make a green salad and keep it for several days. I buy leaf lettuce – I happen to like red leaf lettuce. I fill a big bowl in my sink with cold water and pull the leaves off the head, swish them in the water and toss them into a large colander in the other side of my sink. I turn the leaves over in the colander several times to drain the extra water off them. Dry the lettuce using a salad spinner before storing it or let it air dry in the fridge. Lettuce will keep for several days in a tightly closed bowl or bag if it is washed and dry. When I want salad, I just add toppings and dressing in a bowl at the table. Lots of toppings are available already chopped up, or use a mini chopper to make short work of vegetables to put on your salad.

A nutrition boosting and sodium reducing trick with salads is to skip the croutons and use unsalted nuts to add a little crunch. I also add crunch to salad by adding cubed or sliced jimica. This is a great vegetable to get acquainted with. It has a sweet wet flavor that is very refreshing – much in the same way watermelon is refreshing. Jimica looks like a cross between a russet potato (color) and a beet (shape). To serve it, cut it into slices or cubes – I find it easier to peel the pieces than try to peel the whole thing first. It stores well in the fridge.

## **Have It your Way Cabbage Slaw (prepare it ahead and chill overnight – serves four)**

Here is a recipe you can prepare several ways and a day ahead. The basic ingredients are the same with different dressings and last minute toppings. You can buy the ingredients pre-cut, or use a food processor to chop them. Make a meal out of it by adding some sliced cooked chicken, turkey, or shrimp – maybe left over from yesterday?

### **Basic Slaw Starter Kit**

1 small head of green cabbage or Napa cabbage – thinly sliced or finely chopped

Or 4 cups pre chopped coleslaw mix from the fresh foods aisle

½ bag (or about 1 cup) grated carrots

2 green onions thinly sliced, or ¼ c finely chopped red onion, or sweet onion

1 medium bell pepper (red, green or yellow) chopped or thinly sliced

- Put the above ingredients in a bowl and toss them together.

- Mix up one of the following dressings in a small jar or measuring cup and pour over the cabbage mixture.
- Serve at room temperature or cover and chill overnight.
- Take the salad out of the fridge while you prepare the rest of your meal – to let it warm up a bit so the dressing flows easily.
- Toss the salad at the last minute and throw on any last minute toppings before you serve it.

### **Asian Dressing**

2 tablespoons low salt soy sauce

2 tablespoons rice vinegar

2 teaspoons sesame, canola or corn oil

1 tablespoon grated ginger root or 1 teaspoon dry ground ginger

1 medium clove garlic, finely chopped (1-2 teaspoons)

¼ teaspoon crushed red pepper flakes

Add one of these last minute toppings (optional):

- Small handful of unsalted peanuts
- 2 tablespoons toasted sesame seeds
- Drained canned mandarin oranges or fresh orange segments
- Small handful of crisp chow mien noodles
- Small handful of sliced toasted almonds
- Small handful of dried cranberries

### **Tex-Mex Dressing**

Add 1 cup of thawed frozen corn or 1 small can (drained) whole kernel corn to the vegetable mix

2 tablespoons lime juice

2 teaspoons canola or corn oil

¼ cup reduced fat mayonnaise, plain yogurt, or non-fat sour cream

1-2 spritz of the Colgin's Liquid Smoke® of your choice, or if you want to get wild and wacky, finely chop 1 can of chipotle chili in adobo sauce, but be careful! Hot Hot Hot!

¼ cup salsa

1 medium clove garlic, finely chopped (1-2 teaspoons)

**Note:** If you are having trouble with sinus and nasal congestion – the peppers may open you right up!

### **Plain Jane Oil and Lemon Dressing**

4 tablespoons lemon juice or wine vinegar of your choice  
 2 teaspoons olive oil  
 1 medium clove garlic, finely chopped (1-2 teaspoons)  
 ¼ teaspoons black pepper  
 ¼ teaspoon crushed red pepper flakes  
 ½ teaspoon coarse salt

Add one of these last minute toppings (optional)

- ½ cup chopped apple or pear
- ½ cup chopped pineapple
- Small handful cup dried raisins or cranberries
- Small handful of unsalted nuts of your choice
- Small handful of crumbled feta cheese

### **Low Fat Roquefort or Blue Cheese Dressing**

Bottled cheese style salad dressings are generally very high in fat and salt. They are expensive as well. A serving of salad dressing is usually 2 tablespoons – many of us are too generous when pouring out of a bottle. Stay away from this dressing if you need to keep your sodium level very low – cottage cheese and Worcestershire have a lot of sodium in them.

½ cup non-fat plain yogurt  
 ½ cup non- or low-fat cottage cheese  
 6 tablespoons low fat milk or milk substitute  
 ½ teaspoon lemon juice  
 ¼ cup roquefort or blue cheese – crumbled  
 dash of Worcestershire sauce

- Put the yogurt, cottage cheese, milk and lemon juice in the blender and blend until smooth.
- Add the cheese and Worcestershire sauce and blend just until mixed.
- Store the dressing in the refrigerator; it should not sit on the counter.

### **Lower Sodium Ranch Dressing**

Lots of people are hooked on ranch dressing. They like it on lots of things besides salad, such as veggies, chips, baked potatoes. If you read the label, you will see it is a very unhealthy dressing with quite a few mystery ingredients. Here is a substitute you can make at home. I like to jazz it up a bit with a ¼ teaspoon smoked paprika, gives a nice color too!

1 cup fat-free or low-fat buttermilk  
 ½ cup fat-free or low-fat sour cream  
 1 teaspoon dried dill – crumbled (or 1 tablespoon snipped fresh dill)  
 1 teaspoon dried parsley- crumbled (or 1 tablespoon snipped fresh parsley)  
 1 tablespoon Dijon mustard  
 2 teaspoons dried minced onion or 1 teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon pepper

- Combine all the ingredients in a shaker style salad dressing jar.
- Shake well.
- Refrigerate for at least 2 hours to blend the flavors.

### **The Original Roasted Raspberry Chipotle Sauce Balsamic Vinegar Dressing**

The Original Roasted Raspberry Chipotle Sauce produced by Fischer & Wieser® was an exciting discovery! It has no sodium or fat. You may find it at many stores with the marinades, salad dressings or condiments. Costco and Sam's Club sometimes carry it as well. It comes with a little sheet of recipes fastened to the neck of the bottle. This salad dressing comes from the bottle and I love it.

- Mix together equal parts of Fischer & Wieser® The Original Roasted Raspberry Chipotle Sauce and balsamic vinegar.
- If it is too spicy or vinegary for you, cut it with a little water.

### **Spinach Salad (serves two)**

Spinach is very high in nutrition. Buy pre-washed baby spinach and you don't even need to cut it up. Buy sliced/cleaned mushrooms and pre-cooked crumbled bacon to make this salad quick to prepare. You can double or triple the recipe to serve more people. You can make it directly in the individual salad bowls if you wish, then pass the dressing around to spoon over the greens. You could make a supper meal of this by adding tuna, salmon or chicken.

4 cups washed and dried baby spinach leaves  
 8 oz of sliced mushrooms  
 ½ small red onion, thinly sliced  
 ¼ cup dried cranberries  
 ¼ cup sliced toasted almonds  
 3 tablespoons cooked crumbled bacon (optional)

#### **Dressing:**

2 tablespoons canola or olive oil  
 1 tablespoon honey or agave nectar  
 1 tablespoon low sodium ketchup  
 ½ cup apple cider vinegar  
 2 teaspoons Worcestershire sauce

- Place the spinach in a bowl.

- Top with mushrooms, sliced onion, cranberries, almonds and bacon.
- Mix the dressing ingredients in a jar or measuring cup. You may need to heat it briefly in the microwave to make the honey mix in.
- Traditional spinach salad usually has you pour the warm dressing over the prepared greens. Suit yourself!
- These salad ingredients will keep well for a few days in the fridge if you store them in separate containers.

### **Summer Fruits and Cheese Salad (serves two)**

This salad is quick to fix and mixes fresh fruit with cheese and salad greens. You could use whatever fruits are on hand or in season. If you wish, add sliced, leftover chicken or turkey to make it more filling.

¾ cup green seedless grapes  
 3 fresh apricots cut into eighths  
 3 dried figs or dates, sliced  
 ½ pound mixed salad greens  
 2 tablespoons lemon juice  
 1 tablespoon olive oil

Salt and pepper to taste  
 3 ounces goat, gorgonzola, or feta cheese

- Toss all ingredients except cheese together.
- Top with cheese.

**A Chicken Salad Meal (serves three to four)**

This recipe is very similar to the popular chicken salads you can buy at the deli counter. This salad has enough substance to be a meal by itself with whole grain bread or crackers. Or, serve it as one of several salads on a salad plate for some variety.

4 cups diced pre-cooked chicken (2 chicken breasts or buy pre-cooked sliced chicken in a package)

½ cup raisins

½ mango cut into ½ inch cubes (optional)

1 cup washed and dried green grapes

**Dressing:**

⅓ cup low or non-fat plain yogurt

⅓ cup low or non-fat cottage cheese

2 tablespoons mango chutney

1 tablespoon low fat sour cream

1¼ teaspoon curry powder

2 tablespoons fresh minced parsley (I snip parsley with a pair of scissors)

Put the yogurt, cottage cheese and sour cream into a blender or mini chopper and mix until smooth. Add the remaining ingredients and stir together until mixed well.

½ cup chopped pineapple (drained if using canned)

- Cut the chicken into bite sized peaces and put into a bowl.
- Add the fruits and toss them to combine.
- Gently toss the chicken and fruit with the dressing.
- Chill for about 3 hours or longer.
- Stir in the pineapple just before serving.

**Marinated Vegetables (make it ahead, serves 4 or more)**

This is one of those dishes you can make the day before and it tastes better the next day. These great tasting fresh vegetables can be served as a side dish with meats or sandwiches, or added to a plain green salad to liven it up. You can change this around by using different vegetables or dressings – if you don't use the Balsamic Vinaigrette recipe below, be sure to select a ready made dressing that is low in fat and sodium.

**Vegetables:**

1½ cups diced raw broccoli florets

1½ cups diced raw cauliflower florets

1 medium zucchini, sliced (about 1 cup)

1 cup sliced carrots

½ cup chopped red or sweet onion

1 cup sliced bell peppers

Balsamic Vinaigrette Dressing:

**Note:** This dressing also makes a great marinade for meats or vegetables to be broiled or grilled.

½ cup water

⅓ cup balsamic vinegar

⅓ cup finely chopped fresh parsley

2 tablespoons olive, canola or corn oil

½ teaspoon pepper

Put all the dressing ingredients in a shaker jar and shake well. Refrigerate until needed

To assemble the salad:

- Place all the vegetables in a large bowl and stir them together.
- Make the dressing and pour it over the vegetables, stirring well.
- Cover and refrigerate 6-24 hours, stirring occasionally.
- Stir again right before serving.

**Marinated Shrimp Salad (serves four)**

Fish and seafood are important sources of vitamins and omega-3 fatty acids which help to reduce inflammation. Fix this to have as a side dish for a meal, or add it to a plain salad to dress it up.

For a main course meal or luncheon for guests, consider serving these three salads together with whole grain crackers or bread:

- Asian Cabbage Slaw (make this in the morning or the day before)
- Marinated Vegetable Salad (make this the day before)
- Marinated Shrimp Salad (make it an hour before serving)

1 pound ready to eat peeled large shrimp

**Marinade:**

3 tablespoons fresh lemon juice

2 tablespoons olive oil

4 teaspoons garlic – pressed or chopped (4 medium cloves)

3 tablespoons fresh chopped parsley

1 large firm ripe tomato, chopped, seeds and excess pulp removed

Pinch red pepper flakes

Salt and pepper to taste

- If you are using frozen shrimp, make sure it is completely thawed – use the thawing instructions on the side of the package.
- Rinse shrimp and pat dry with paper towels. (It is always important to rinse shrimp to reduce the opportunity for it to make you ill). Wet or frozen shrimp will dilute the marinade and won't be as good.
- Mix the marinade ingredients and toss with shrimp.
- Let the shrimp marinade in the refrigerator for an hour or more to give the flavor time to develop.

**A Taste of the Southwest Salad**

This is reminiscent of our old favorite taco salad which was high in calories, fat and salt, which must be why we liked it so much! Anyway, here is a salad that may remind you of those flavors and still support your good health.

1 head romaine lettuce

1 15 oz can of black or pinto beans – reduced salt if possible, rinsed and drained

½ cup thawed frozen corn - drained

1 medium avocado, cubed

1 medium tomato, diced

1 small can sliced black olives – rinsed and drained

2 oz low-fat cheddar cheese, grated

Salsa of your choice

Lime juice to taste

- Chop lettuce and place on salad plates or bowls.
- Sprinkle beans, avocado, corn, olives and tomato over the lettuce.
- Top with cheddar cheese, your favorite salsa and a squeeze of lime juice.
- Serve with baked, reduced salt corn chips and salsa.

**Black-Eyed Pea Salad (Texas Caviar) (serves six)**

Make this salad the day before as it is better if the flavors have time to blend. It keeps well for several days in the refrigerator. There are many versions of this salad around. I have been to parties where it was served as a dip for tortilla chips, kind of a healthy replacement for the old five layer dip. You can spice it up or down depending on the kind of chilies you use. You could also add chopped avocado and tomatoes.

1 4 ounce can of diced green chilies – hot or mild,  
your choice  
½ medium bell pepper, diced (green or any color  
you like)  
½ small white onion, diced  
2 tablespoons red wine vinegar  
1 tablespoon olive oil  
1 teaspoon minced garlic  
dash teaspoon hot pepper sauce  
2 15.5 ounce cans no-salt added black-eyed peas  
– rinsed and drained

- Either buy the peppers and onions pre-chopped, or chop them coarsely in a mini-chopper.
- Wisk together the vinegar, oil, garlic and pepper sauce in a medium bowl.
- Add the chopped vegetables and green chilies and stir it to blend.
- Add the black-eyed peas and stir.
- Cover well (you don't want everything in your fridge to taste of garlic) and refrigerate for at least four hours, better overnight.

**Snacks**

There are many snack foods at the grocery store. However, most of them are not worth eating because they are low on nutrition, high in salt, unhealthy fats, sugar and/or high fructose corn syrup. As you age, every bite needs to count so you don't gain weight and yet get the nutrition you need.

Included in this guide are some easy and tasty items to prepare and keep on hand for snacks. Most of us should be eating three meals a day and two to three snacks. If you have diabetes, this approach helps moderate blood sugar levels. For those without diabetes, this approach helps maintain energy all day. Even people without diabetes will feel tired a couple of hours after a meal if you aren't eating the right types of foods.

If you have trouble maintaining your weight and energy, snacks are very important for you. If you are trying to lose weight, snacks can help you control hunger and appetite – pick your snacks and serving sizes carefully. A snack might be one snack bar, or two or three crackers with dip, a piece of fruit, or sliced veggies. Choosing fruit or veggies for a snack may mean that you can get away with eating a larger portion.

**Nuts as Snacks**

Nuts make great snack. Choose raw nuts or nuts low in sodium or better yet, unsalted. They are very good for you, unless you are allergic to them. Portion control is very important – a serving is 1 ounce – or the amount that fits into the palm of one cupped hand. A snack portion would be one serving. If you have a tendency to nibble, nibble, nibble and you need to lose weight – store them out of sight to remove temptation.

**Dried Fruit as Snacks**

There are lots of dried fruits available. They work well for many people, however people with diabetes need to be careful to include them sparingly. Also read the labels. Not all dried fruits are as healthy as they might seem. For example, I tried some dried blueberries and then read the label. They were coated in sugar and the sugar content was sky high! If you have asthma or are sensitive to sulfites, dried fruits are often sulfured before they are dried to keep the fruit's lovely color. You can buy unsulfured dried fruit at the

health food store. Again, it is easy to eat too much dried fruit as a snack, so watch the portion size. A serving is  $\frac{1}{4}$  cup.

### ***Cheese and Crackers as Snacks***

These can be great snacks but also high in salt if you are not careful. Choose whole grain, low sodium crackers and if you are watching your weight or cholesterol, pick low fat cheeses or cheese substitutes. A portion for a snack would be three to four crackers with a thin slice of cheese on it. In general, cheese is considered one of the foods that may contribute to inflammation.

### ***Popcorn as a Snack***

Popcorn by itself can be a tasty snack because it is high in fiber so it fills you up and is satisfying. Movie theatre style popcorn tastes so good because it is drowning in fat and salt, up to 50 grams of fat! In addition, the sizes are huge so it is easy to eat 300-500 calories, hardly qualifies as a “snack.” Popcorn is not a substitute for a meal because it lacks much in the way of vitamins and minerals. Popcorn can be a quick and easy snack to make at home. Be sure to watch the portion size, which should be no more than three cups. Many bags of popcorn are five to six cups. To avoid mindlessly munching the whole thing, pour your serving in a bowl and put the rest away.

When you are shopping for popcorn to cook at home, pay attention to the labeling. Two brands that are low in fat are Healthy Choice and Orville Redenbacher’s SmartPop® or Orville Redenbacher’s Light Natural®. If you make your own, air-pop regular popcorn and control the fat and salt by spritzing it with one or two sprays of a non-fat, butter-flavored cooking spray. Consider jazzing it up with red pepper, paprika, garlic or onion powder instead of salt.

### ***Fresh Fruit as a Snack***

Fresh fruit is excellent for snacks, high in nutrition and fiber. If you have diabetes, be sure to watch the amount of fruit you eat as it may increase your blood sugar. If you are counting carbs, usually  $\frac{1}{2}$  apple or pear is a serving of fruit. Imagine the size of a tennis ball – that is a serving of fruit. I like to jazz up slices of tart apples with a little almond or peanut butter. Use the spread sparingly unless you are trying to gain weight. To control portions of fruits like grapes – remove a snack portion, size of a tennis ball and put it in a bowl – put the rest away.

**Healthy Dip for Veggies**

This cheese dip is quick to make, inexpensive, low in fat and sodium. If you want to get creative, you could use different seasonings, like roasted garlic and parsley instead of onion and paprika.

½ cups extra-light cream cheese  
 ¼ cup grated parmesan cheese  
 1 green onion, finely chopped  
 ½ teaspoon smoked paprika

**Veggies:**

Sliced cucumber  
 Celery sticks  
 Carrots sticks

Jicama slices or sticks  
 Steamed green beans

- Mix this together and serve with veggies or spread on whole grain crackers.
- If it is a little thick for dipping, mix in a little plain low-fat yogurt or low fat sour cream to thin it.

**Healthy Cranberry Dip for Fruit**

This pretty and yummy dip for fruit is very quick to make. Cinnamon and ginger add a nice flavor and are considered to be anti-inflammatory.

½ cup nonfat or low-fat vanilla, lemon or peach yogurt  
 ½ cup whole-berry cranberry sauce  
 ½ teaspoon ground cinnamon  
 ⅛ teaspoon ground ginger

**Serve with:**

Apple slices  
 Banana slices

Orange sections  
 Melon cubes or spears  
 Pineapple chunks

- Mix the dip ingredients together in a medium bowl.
- You can store this dip in an air tight container in the fridge for up to three days.

**Fruit and Nut Snack Bars**

These bars are quick to make, tasty and nutritious. You can keep them on hand instead of cookies. They are low in fat and salt. You could substitute almonds or cashews – just make sure they are not salted.

1 cup raw or roasted peanuts (unsalted)  
 1 tablespoon minced fresh ginger (available in a little jar in the fresh foods at the store)  
 2 tablespoons sesame seeds  
 1 cup raisins or dried cranberries  
 2 tablespoons honey

- Put everything except the honey in a food processor and grind it all until finely chopped.

- Add the honey and blend it in.
- Press it into a square about ¾ inch thick on a piece of waxed paper in a square pan.
- Refrigerate for at least an hour.
- Cut into two inch squares.
- You can store them in a container in the refrigerator – separate the layers with waxed paper so they don't stick together.

## Deserts and Special Treats

### Berry Creamy (serves two)

Here is a quick easy desert treat with a taste of chocolate to make it really special. They say dark chocolate is good nutrition because it has less sugar and fat, so who am I to argue? This sounds like it would be good with other fresh fruit as well, like blueberries, blackberries, cherries...

1 basket (2 cups) fresh strawberries or raspberries  
– washed and dried

1 small 8 ounce container of low-fat vanilla yogurt

2 ounce dark chocolate - melted

- There are two ways to serve this depending on if you are having guest:  
Mix the yogurt and berries together and

drizzle chocolate over the top  
Fancy for Valentine's Day and Other Occasions: Put yogurt on a plate or in a bowl, place berries in the yogurt and then drizzle chocolate over the top. Maybe you can make hearts on top with the chocolate?

### Blueberry and Peach Crisp (serves four)

This dessert is quick to fix and very nutritious. You can doll it up with a little vanilla yogurt on top. Make this with fresh fruit in the summer and frozen fruit in the winter. I use fresh nectarines rather than peaches because I don't like to peel peaches. To peel fresh peaches easily, dip them in boiling water for a minute, take them out and rinse under cold water. The skins will slide right off. If you have diabetes, you may want to stay away from this dessert as it may have too much sugar for you.

10 oz fresh or frozen blueberries (thawed and drained)

1 lb fresh or frozen peach slices (thawed and drained)

¼ cup unsweetened apple juice

#### Topping:

½ cup almonds

½ cup oatmeal (uncooked)

1 cup pitted dates

2 tablespoons unsweetened apple juice

½ teaspoon cinnamon

- Preheat oven to 350°F degrees.
- You will need an 8 inch square or 9 inch round baking pan. Scatter the blueberries

around in the bottom of the pan and then layer the peaches on top.

- Drizzle ¼ cup apple juice over the fruit.
- To make the topping, put the pitted dates, oats, almonds and cinnamon in the bowl of a food processor.
- Process for a minute or so, until blended, then add the apple juice and mix in. It should still have a coarse, kind of lumpy, texture.
- Crumble the topping over the fruit in an even layer.
- Bake for 45 minutes
- Serve warm or cool

## ***How Can I Gain Weight?***

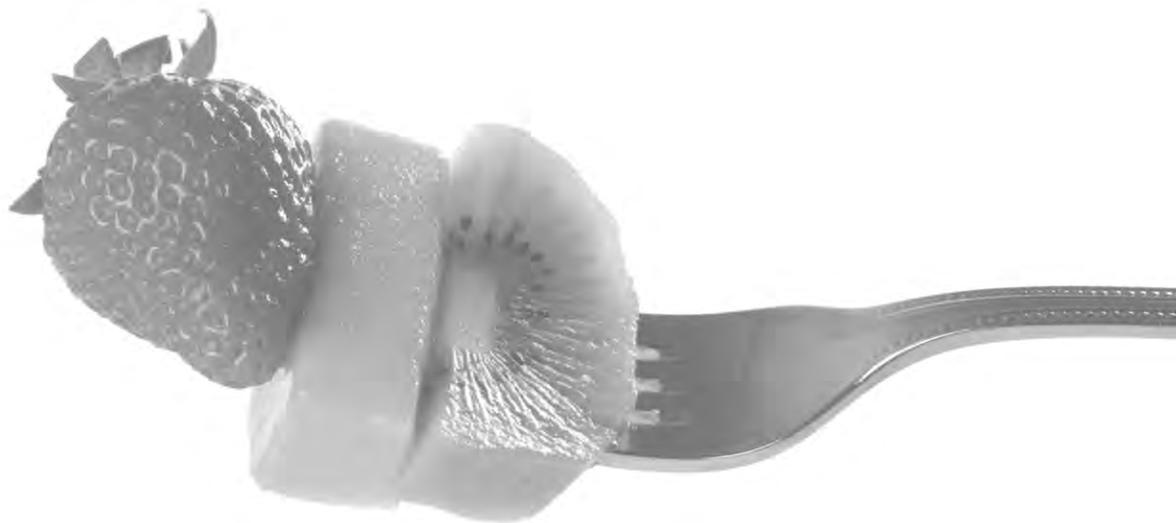
If your COPD is severe or you have other things going on that cause you to be underweight, you may find that you have more energy if you really pay attention to what you are eating. When you are very thin, you lose your muscle mass which means you lose your strength and are at greater risk for infection. Often, folks in this situation do not have much appetite either. Here are some suggestions that may be helpful.

- To keep medications from blunting your appetite, eat before you take them unless specifically required to take them on an empty stomach.
- Take time to clear mucous well in advance of meal time. Take care to spit mucous out rather than swallow it.
- Eat a little bit, even a few bites every few hours; do not skip meals or snacks.
- Make sure the food is worth eating – lots of calories with lots of nutrition.
- Eat a little bit, even if you do not feel like it.
- Do not drink fluids within one half hour before eating and wait up to an hour after eating.
- Rest before and after you eat.
- Eat the foods with the most nutrition first.
- Consider supplementing what you eat with a medical nutrition product like Pulmocare or a high density nutritional shake made with mixes that contain protein and other nutrients.
- Make a plan to keep the types of food you need/like on hand in a form that is easy for you to use – particularly if you live alone.
- If you do not have the energy to cook or shop and that is the reason for under weight, investigate Meals on Wheels and other services. You also may consider hiring some part time in-home help.

## ***Foods that May Cause Gas and Bloating***

This is not an issue for everyone, but some people with severe or very severe COPD experience shortness of breath when they eat foods that cause gas and bloating. Of course, if you are sensitive or allergic so some foods, gas and bloating may be the result. For example, lactose intolerance, gluten intolerance (Celiac disease) and other food sensitivities can make foods more of a problem for some people than others. This varies from person to person. Also raw fruits and vegetables that have more fiber may create more gas temporarily until your body gets used to processing them.

- Beans are an excellent source of protein and fiber but give many people gas, consider using Beano® to help with their digestion.
- Lactose, Sorbitol and fructose may cause excessive gas.
- Whole grains
- Beans, lentils, cabbage, brussel sprouts, onions, carrots, apricots, and prunes



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