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HOW DIETITIANS SA HELP PEOPLE WITH COPD

Dietitians
are the only
qualified and regulated
health professionals who can
assess, diagnose and treat nutritional
problems. Dietitians can support people with
COPD to make diet related changes that will
benefit their overall health. Dietitians may work with
people with COPD in a variety of ways:

- Managing weight loss or weight gain
- Ensuring a good quality diet to meet overall energy and nutrient needs
- Providing strategies to help manage weight. For example, if a person has lost weight due to infection or increased work of breathing, looking at ways to increase energy with food fortification or oral nutritional supplements.
- If a person has gained weight and is advised to lose weight, advising on dietary strategies to achieve a healthy approach to weight loss.
- Increasing knowledge on the relationship between food and health

If you have lost weight without trying, have a poor appetite or need to gain weight try to eat little and often, choosing smaller meals and snacks. Try to have a protein food at two meals, for example cheese, meat, chicken, fish, eggs, beans, pulses or nuts. If you are unable to get all the nutrition you need through your food and drink, oral nutrition supplements may be useful. Ask your Doctor to refer you to see a Dietitian.

RESOURCE:

HSE Pulmonary Rehabilitation Videos

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