

Mealtime tips for people who have COPD

- Sit upright.
- Take breaks to conserve energy.
- Use pursed-lip breathing to help open airways during exhalation.
- Take small bites and sips to allow more time for breathing.
- Eat and drink at a slow pace.
- Use an oral hold with food or liquids. Once you're ready to swallow, hold it in your mouth for a moment to allow time to breathe before swallowing.
- Avoid using a breath-holding maneuver.
- Avoid talking while eating or drinking.

Strategies to increase nutrition and decrease fatigue

- Choose high-calorie foods and drinks.
- Consider easy-to-chew foods.
- Eat high-protein snacks.
- Limit your salt intake.
- Drink at the end of meals to avoid feeling full too early.

Source: Mansolillo, Angela. The Essentials: Dysphagia and COPD*. MedBridge Education.

<https://www.medbridgeeducation.com/courses/details/essentials-dysphagia-copd-angela-mansolillo>