

Breathing Science is Life.®



Nutrition for NTM

Michelle MacDonald, MS, RDN, CDE // May 17, 2019

“Eat as if what you choose makes a difference.”

“It does.”

OVERVIEW

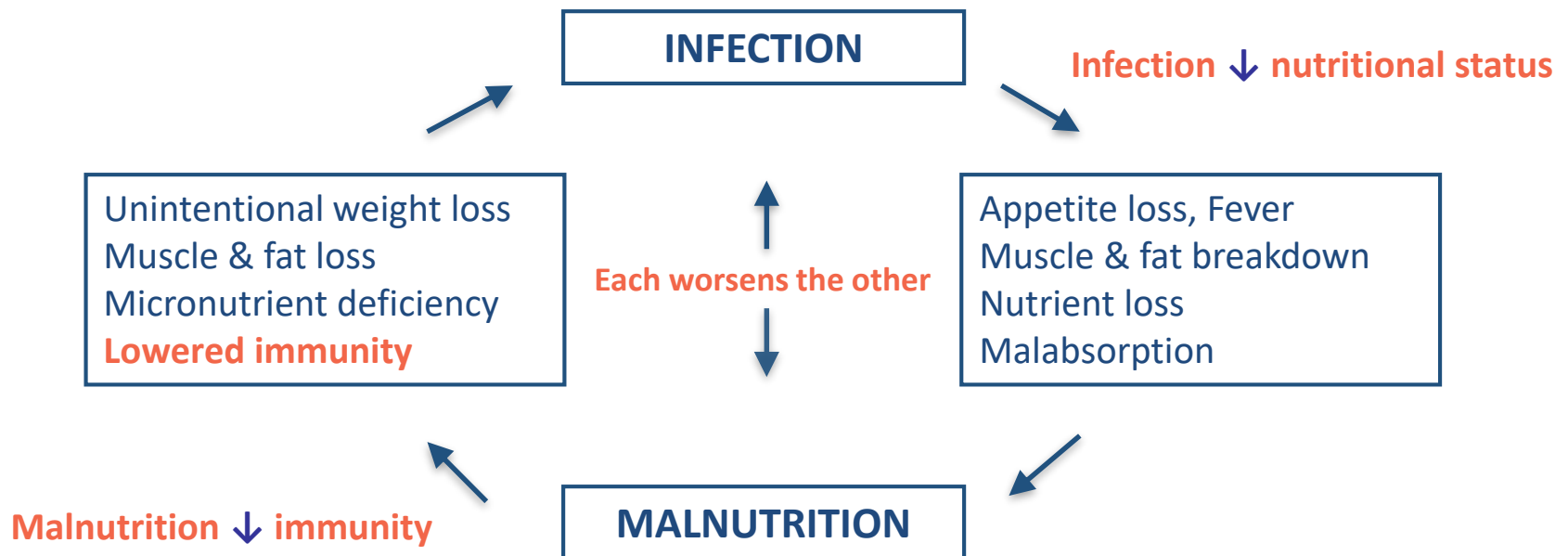
- **Important Reminder:** Nutrition is *therapy*
- **Bird's-eye View:** Cycle of Infection & Malnutrition
- **How Should I Eat?**
- **What About Reflux?**

IT'S IMPORTANT TO REMEMBER:

- Nutrition *is a component of your therapy.*
- If “MAC is eating my lunch,” then...
- Eating well *gives you energy* to breathe, cope, ***fight infection,*** focus & think, maintain a healthy weight, move

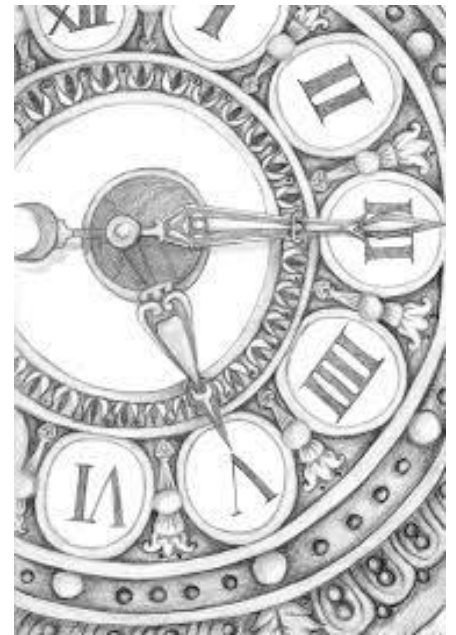


BIRD'S-EYE VIEW: CYCLE OF INFECTION & MALNUTRITION



HOW SHOULD I EAT? **Purposefully**

- **Treat food like medicine. “Food is a drug.”**
 - take food by the clock, on a schedule: do not miss a “dose.”
 - don’t wait until you are hungry to eat: nibble often.
 - if you don’t eat, you waste away.
- **Choose favorite foods any time of day.**
 - enjoy breakfast foods for lunch, snack or dinner.
- **Eat when you have more energy.**
- **Keep snacks handy.**



HOW SHOULD I EAT?

- **Rely on regular eating pattern: 3 meals, 2 snacks.**
 - add mid-morning & mid-afternoon snacks
 - **STOP** skipping meals
- **Add and/or concentrate calories & protein in daily diet:**
 - ↑ intake by **250-500 calories a day** to gain **½-1 lb per week**
 - may need **2250-2500+ calories a day** to gain weight
 - may need **75-150+ grams** of protein a day
 - **30 grams protein** at each meal may ↑ muscle mass

WHAT SHOULD I EAT?

HIGH-CALORIE, HIGH-PROTEIN, NUTRIENT-DENSE FOODS
to **AVOID** weight loss, **MINIMIZE** muscle and fat losses, **REPLETE** nutrients
STRENGTHEN the **IMMUNE SYSTEM** and **SPEED RECOVERY**

EAT THIS!



1 cup full-fat Greek yogurt
1/3 cup granola
1/4 cup berries

400 calories
20 g protein

or **THIS!**



1 cup cooked oatmeal
1/3 cup walnuts
1 tsp. brown sugar
1/2 banana

400 calories
10 g protein

NOT THAT!



1 cup Lucky Charms
1 cup skim milk

230 calories
11 g protein

EAT THIS!



1 slice multi-grain toast
2 Tbsp. peanut butter
2 tsp. honey

320 calories
10 g protein

NOT THAT!



1 slice dry white toast

80 calories
3 g protein

EAT THIS!



2 slices WW bread
1 avocado smashed
2 boiled eggs

420 calories
15-20 g protein

or **THIS!**



2 eggs
½ cup bell peppers
1 oz goat cheese
¼ avocado
cooked in 2 Tbsp. olive oil

420 calories
15-20 g protein

NOT THAT!



1 Pastry

200 calories
2 g protein

EAT THIS!



5 oz roasted chicken
1 cup roasted potatoes

500 calories
40 g protein

NOT THAT!



2 slices white bread
1 slice deli ham
1 slice Swiss cheese

285 calories
14 g protein

EAT THIS!



1 serving beef bourguignon
1 ½ cups mashed potatoes

760 calories
56 g protein

NOT too much of THAT!



3 cups mixed greens
(with 2 Tbsp. oil + 1 Tbsp.
vinegar)

30 calories (270 calories)
2 g protein

WHAT ABOUT REFLUX?

- **Reflux - the condition**
 - backflow of fluid or food from the esophagus or stomach
 - a significant amount of reflux *may occur during the day and night*
 - PPIs and H2 blocker medications do *not* reduce reflux events
- **Reflux - the risk**
 - *may increase your risk for aspiration, or entry of the fluid or food into the lungs,*
 - which may, in turn, increase your risk for the development or exacerbation of a lung condition
- **Reflux precautions may protect your lungs**

What *reduces* REFLUX EVENTS?

- Lose weight (if overweight); avoid overeating
- Elevate head of bed
- Sleep on left side (versus right side)
- Eat earlier in the evening

What *can I drink* with reflux?

Recommended beverages

- caffeine-free coffee substitutes
- caffeine-free herbal teas
- low-fat milk *almond, cow, soy and other plant-based milks*
- non-citrus juices *apple, blueberry, cherry, grape, pomegranate, etc.*
- water *plain, flavored (non-citrus), infused with berries, cucumbers, etc.*



What *should I avoid drinking* with reflux?

Beverages to Avoid/Limit:

- alcohol
- caffeinated & decaffeinated coffee and tea
- carbonated beverages *beer, champagne, soda, sparkling water, etc.*
- chocolate and mint flavors
- citrus juices *grapefruit, lemon, lime, orange, pineapple, tomato*
- energy drinks
- sodas
- vinegar

What *can I eat* with reflux?

Recommended Foods:

- lean proteins
 - *beans, chicken, eggs, fish, meat, nuts, seafood, soy, turkey*
 - *dairy: cheese, milk, yogurt*
- grains *barley, oatmeal, quinoa, rice, whole-wheat*
- non-citrus fruits *apple, banana, berries, melon, peaches, etc.*
- vegetables *bell pepper, broccoli, carrot, cucumber, onion, etc.*
- herbs and spices *basil, cilantro, oregano, rosemary, thyme, etc.*



What *should I avoid eating* with reflux?

Foods to Avoid/Limit:

- **chocolate**
- **fatty meats** *bacon, bologna, hot dogs, pepperoni, sausage, etc.*
- **full-fat dairy** *cheese, milk, yogurt*
- **fried foods** *chips, French fries, deep-fried chicken/seafood, etc.*
- **high-fat sweets** *brownies, cakes, cookies, donuts, etc.*
- **hot peppers** *black, cayenne, jalapeno, etc.*
- **ketchup & mustard**
- **mint candy, gum, etc.**
- **spicy foods**
- **tomatoes and tomato sauce**
- **vinegar**

Suggested Resources

The Nutrition Source, Harvard School of Public Health

- <https://www.hsph.harvard.edu/nutritionsource/>

Locate a local registered dietitian nutritionist (RDN)

- <http://www.eatright.org/find-an-expert>

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Eat well. Experience well.