

## NUTRITION AFTER LUNG TRANSPLANT

### Nutritional Guidelines Following Lung Transplant

Healthy eating habits are an important link to maintaining good physical condition. It also helps to reduce your risk of complications from high cholesterol, infections, diabetes and obesity.

**Weight Control:** To control your weight you must maintain a balance between the number of calories you eat each day and the number of calories you use each day. For weight loss, women can reduce fat to 40 grams a day and men to 60 grams a day which will help to control calorie intake.

Prednisone can increase hunger and contribute to weight gain. Most of the calories you **need** daily are to maintain your muscles. Since prednisone can decrease your muscle mass, it is important to remain active to keep your muscle mass. It is important to exercise five to six times per week to adequately protect your muscles. To start, walking is the best choice. You should ask your surgeon before you do any other type of exercise.

**Cholesterol:** The medications used to help the body accept your new organ can cause an increase in your cholesterol. High cholesterol levels can lead to heart disease. It is important to choose lean cuts of meat and to limit foods high in animal fat or cholesterol, such as egg yolks. Select low fat milk and dairy products. Use monounsaturated margarine and oils in cooking.

#### *Quick Tips*

- Wash hands frequently when working with food
- Avoid cross-contamination
- Cook all animal foods to appropriate temperatures
- Do not eat raw or undercooked meats
- Drink from safe water supplies

#### You Should Know


Do not use salt substitutes that contain potassium.

#### You Should Know

Well water should be tested periodically for contamination.

HEALTHY CHOICES	UNHEALTHY CHOICES
<p><b>Meats and Meat Alternatives:</b></p> <ul style="list-style-type: none"> <li>• Any lean meat, fish or poultry (prepared without salt)</li> <li>• Peanut butter</li> <li>• Low fat frozen dinners with less than 600 mg of sodium</li> <li>• Dried beans, peas, lentils</li> </ul>	<p><b>Meats and Meat Alternatives:</b></p> <ul style="list-style-type: none"> <li>• Canned, salted or smoked meats or fish</li> <li>• Bacon, ham, sausage, luncheon meats, frankfurters, chipped beef, salt pork, herring, caviar, anchovies, sardines</li> <li>• Canned or frozen dinners</li> <li>• Poultry skin</li> <li>• Fried foods (including deep fried foods)</li> </ul>
<p><b>Dairy, Milk, Yogurt, Cheeses:</b></p> <ul style="list-style-type: none"> <li>• Milk- nonfat, ½% or 1%, soy milk, rice milk</li> <li>• Yogurt, frozen yogurt, ice milk</li> <li>• Natural swiss cheese</li> <li>• Low sodium, low fat cheeses</li> <li>• Low sodium, low fat cottage cheeses</li> <li>• Egg yolks, maximum of 3-4 per week</li> <li>• Egg substitutes</li> <li>• Egg whites</li> </ul>	<p><b>Dairy, Milk, Yogurt, Cheeses:</b></p> <ul style="list-style-type: none"> <li>• Whole milk, 2% milk, cream</li> <li>• Buttermilk, malted milk</li> <li>• Half and half</li> <li>• Processed cocoa</li> <li>• Processed, regular cheese</li> <li>• Bleu, feta and other high sodium cheeses</li> <li>• Regular cottage cheese</li> </ul>
<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• Enriched or whole grain bread and bread products with unsalted tops</li> <li>• Plain macaroni, noodles, rice and spaghetti cooked without salt</li> <li>• Cornbread, pancakes, waffles, biscuits (made with vegetable fat, no salt and using egg substitute or egg whites)</li> <li>• Unsalted cooked cereal</li> <li>• Regular dry cereals (one serving a day)</li> <li>• Homemade soup with low sodium ingredients</li> <li>• Soups, canned low sodium, low fat</li> <li>• Broth or bouillon, low sodium</li> <li>• Crackers, low sodium</li> </ul>	<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• Rolls or bread sticks with salt on the outside</li> <li>• Salted crackers</li> <li>• Bread stuffing mixes, rice mixes, macaroni or noodle mixes containing seasoning packets</li> <li>• Salted snack foods; pretzels, potato chips, popcorn, snack crackers</li> <li>• Instant hot cereals</li> <li>• Creamed soups, regular or low-sodium</li> <li>• Bouillon, regular</li> <li>• Soups, regular canned, dried or packaged</li> </ul>
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Fresh, frozen or canned without salt added</li> <li>• Tomato juice, unsalted</li> <li>• V-8 juice, unsalted</li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Canned vegetables with salt added</li> <li>• Olives, sauerkraut, pickles</li> <li>• Pickled vegetables</li> <li>• Vegetable juices</li> <li>• Vegetables with seasoned sauces</li> <li>• Pre-made spaghetti/tomato sauce</li> <li>• Instant mashed potatoes, boxed potatoes</li> <li>• High potassium vegetables (<i>Refer to the high potassium food list in this section if you have been advised to avoid foods high in potassium</i>)</li> </ul>



HEALTHY CHOICES	UNHEALTHY CHOICES
<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>Any fresh, frozen or canned fruit or fruit juices</li> </ul> 	<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>Adding salt to fruits (such as watermelon)</li> <li>Glazed or crystallized fruit</li> <li><b>Grapefruit, grapefruit juice, papaya, pomegranate, pomelo, starfruit and seville oranges</b></li> <li>High caloric fruits canned in heavy syrup</li> <li>High potassium fruits (<i>Refer to the high potassium food list if you have been advised to avoid foods high in potassium</i>)</li> </ul>
<p><b>Snacks:</b></p> <ul style="list-style-type: none"> <li>Fresh fruits and vegetables</li> <li>Popcorn, unsalted</li> <li>Baked potato chips or baked corn chips</li> <li>Baked crackers, low fat, low salt</li> </ul>	<p><b>Snacks:</b></p> <ul style="list-style-type: none"> <li>Salted popcorn, microwave popcorn</li> <li>Potato chips, taco chips, corn chips</li> <li>Regular crackers</li> <li>Regular pretzels</li> <li>Regular salted nuts</li> <li>Other salty snack foods</li> </ul>
<p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>Water</li> <li>Milk- nonfat, ½%, or 1%</li> <li>Milk, soy or rice</li> <li>Coffee, decaf coffee</li> <li>Teas</li> <li>Fruit juices</li> <li>Powdered drink mixes, low sodium</li> </ul>	<p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>Buttermilk, whole or 2% milk</li> <li>Cream, half and half</li> <li>Gatorade®</li> <li>Powerade®</li> <li>Vegetable juices</li> <li>Instant cocoa mixes</li> <li>Instant cappuccino mixes</li> </ul>
<p><b>Desserts:</b></p> <ul style="list-style-type: none"> <li>Gelatin or sugar free gelatin desserts</li> <li>Fruit whips, fruit ice, sherbet</li> <li>Homemade tapioca, rice pudding</li> <li>Custard made with milk</li> <li>Jelly, jam, honey, syrup</li> <li>Hard candy, marshmallows, gum drops</li> <li>Small amounts of cake, cookies or pie – limit to two servings per week!</li> </ul>	<p><b>Desserts:</b></p> <ul style="list-style-type: none"> <li>Instant pudding or other dessert mixes</li> <li>Whipped topping</li> <li>Frozen pies</li> <li>Minced meat pies</li> <li>Coconut</li> <li>High calorie desserts</li> </ul>

HEALTHY CHOICES	UNHEALTHY CHOICES
<p><b>Fats, Oils (use sparingly):</b></p> <ul style="list-style-type: none"> <li>• Olive oil, canola oil, margarine or other vegetable oils</li> <li>• Low fat salad dressing</li> <li>• Low fat cream cheese</li> <li>• Unsalted nuts</li> </ul>	<p><b>Fats, Oils:</b></p> <ul style="list-style-type: none"> <li>• Gravy, cream sauces, cheese sauces</li> <li>• Butter, lard, salt pork</li> <li>• Sour cream, cream cheese</li> <li>• Coconut oil, palm oil, palm kernel oil</li> <li>• Salted nuts</li> <li>• Hydrogenated oils</li> </ul>
<p><b>Seasonings and Condiments:</b></p> <ul style="list-style-type: none"> <li>• Herbs and spices without salt, sodium or potassium chloride</li> <li>• Small amounts of low sodium soy sauce (this is still fairly high in sodium)</li> <li>• Ketchup, mustard</li> <li>• Limit barbeque sauce</li> <li>• Low sodium steak sauce</li> <li>• Low sodium Worcestershire sauce</li> <li>• Lemon</li> <li>• Garlic</li> <li>• Onion</li> </ul>	<p><b>Seasonings and Condiments:</b></p> <ul style="list-style-type: none"> <li>• Salt substitute (potassium chloride)</li> <li>• Celery salt, garlic salt, onion salt</li> <li>• Chili sauce</li> <li>• MSG (monosodium glutamate)</li> <li>• Salt, sea salt</li> <li>• Meat tenderizers with salt, sodium or MSG</li> <li>• Soybean paste</li> <li>• Regular sauces - soy, teriyaki, steak or Worcestershire</li> </ul>

## HIGH POTASSIUM FOOD LIST

If you have been told to avoid foods high in potassium, these are the foods you should avoid:

### **Fruits:**

- Apricots
- Banana
- Dates
- Honeydew melon
- Kiwi fruit
- Nectarine
- Orange
- Orange juice
- Prunes
- Prune juice
- Raisins

### **Miscellaneous:**

- Bran buds or 100% bran
- Dried beans or peas
- Nuts
- Potato chips
- Salt substitute
- Soy milk and nuts
- Yogurt

### **Vegetables:**

- Artichokes
- Avocado
- Bamboo shoots
- Chard
- Fresh brussels sprouts
- Fresh or raw beets
- Greens; beet collard or mustard
- Kohlrabi
- Okra
- Parsnips
- Potatoes
- Pumpkin
- Rutabagas
- Spinach
- Sweet potatoes
- Tomatoes
- Tomato sauce, puree
- Tomato juice
- V-8
- Winter squash
- Yams

### **Use in Limited Amounts:**

- Bran flakes
- Coffee
- Milk
- Peanut butter
- Tea

