

# Other High Calorie/High Protein Snacks You May Consider:



Snacks between meals are helpful ways to increase calorie/protein intake.



Kueh Bahulu\*  
4 pieces (30g)  
100 kcal, 3g



Chicken Pau  
1 piece (60g)  
140 kcal, 5g

Tau Sar Piah\*  
1 piece (40g)  
170 kcal, 3g



Siew Mai,  
2 piece (50g)  
160 kcal, 4g



Pandan Chiffon Cake\*  
1 piece (40g)  
100 kcal, 3g



Rice Cracker  
2 slices (30 g)  
120 kcal, 5g

## Tips for Dry Mouth, Taste and Smell Changes:

- Choose softer or moist foods, or use soups, gravies, sauces or milk to soften solid foods
- Take sips of fluids throughout the day or in between bites of food. Gargle your mouth with the fluids
- Suck on ice chips or sugar-free sweets to produce saliva
- Use new flavouring or spices to enhance the taste of your food

Clinic B2

Nutrition and Dietetics

TTSH Medical Centre, Level B2

Contact:

6357 7000 (Central Hotline)

6357 8322 (Appointment Hotline)



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Department of  
**NUTRITION & DIETETICS**

## Eating Well with Chronic Lung Disease





# Chronic Obstructive Pulmonary Disease (COPD)

COPD is a long-term and progressive lung disease that causes blockage in the airflow from the lungs and other breathing-related problems.

COPD affects your lungs and may affect other parts of your body, resulting in:



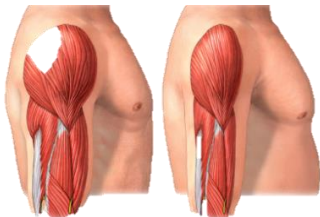
Weaker Lungs



Weaker Bones



Dry Mouth, Taste and Smell Changes























Arms/Legs Muscle Loss

These symptoms may lead to poor oral intake and undernutrition, causing:

- Worsened shortness of breath
- Poorer muscle strength
- Increased need for help for daily activities

Food provides your body with nutrients and fuel to perform all activities, including breathing. Eating well will help to control these symptoms and keep you feeling fit and strong.

**Food fortification strategies** are ways to increase the nutritional content (calories [kcal] and proteins [g]) of your foods and drinks without increasing the volume or quantity you need to consume:

 <p>Bread 1 slice (30g) 80 kcal, 3g</p>	 <p>Canned Tuna in Oil 1/3 can (40g) 90 kcal, 10g</p>	 <p>Margarine 2 tbsp (30g) 180 kcal, 0g</p>	 <p>Sliced Cheese 1 slice (20g) 70 kcal, 4g</p>	 <p>Tofu 2/3 block (200g) 100 kcal, 10g</p>
 <p>Porridge (1 bowl, 250 ml) 210 kcal, 3g</p>	 <p>Egg 1 large whole (60g) 80 kcal, 7g</p>	 <p>Peanut Butter 2 tbsp (30g) 190 kcal, 8g</p>	 <p>Mayonnaise 2 tbsp (30g) 110 kcal, 0g</p>	 <p>Braised Peanuts 3 tbsp (45g) 110 kcal, 6g</p>
 <p>Cream Cracker 3 piece (30g) 120 kcal, 2g</p>	 <p>Fruit Jam* 2 tbsp (30g) 110 kcal, 0g</p>	 <p>Chocolate Spread* 2 tbsp (30g) 170 kcal, 2g</p>	 <p>Honey* 2 tbsp (30g) 90 kcal, 0g</p>	 <p>Canned Sardines 1 piece (70g) 100 kcal, 10g</p>
 <p>Oats / Nestum 4 tbsp (30g) 120 kcal, 5g</p>	 <p>Kaya* 2 tbsp (30g) 110 kcal, 0g</p>	 <p>Chicken Floss 2 tbsp (30g) 130 kcal, 10g</p>	 <p>Ham 2 slices (55g) 70 kcal, 10g</p>	 <p>Curry Gravy 1/2 Cup (125ml) Fish: 220 kcal, 1g Meat: 240 kcal, 3g</p>

\*This food may contribute to high blood sugar levels for people with diabetes.