Diet and nutrition

europeanlung.org/diet-and-nutrition/

Most respiratory conditions are caused by an interaction between genetic and environmental factors such as smoking, pollution and diet. There is increasing evidence that diet and nutrition play a role in the development and progress of lung disease.

Areas for action

- More research is needed on the impact of diet on lung conditions
- Greater public awareness is needed of the impact of diet on lung conditions
- Health authorities should ensure screening of nutritional status and awareness of over and underweight
- Increased consumption of fruit and vegetables, antioxidants, flavonoids, fish and omega-3 fatty acids are all associated with better lung function and should be encouraged

Being either obese or underweight can have harmful consequences for lung health

A high intake of highly processed foods may accelerate decline in lung function

60–90% of people with obstructive sleep apnoea are obese

A high intake of fruit, vegetables and fish is recommended

The amount of trans-fats and omega-6 fatty acids in the diet should be restricted

An ideal weight should be maintained with a body mass index (BMI) between 21 and 30