

Diet and nutrition

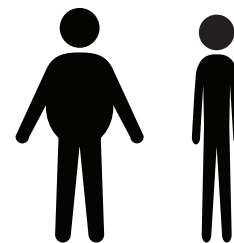
europeanlung.org/diet-and-nutrition/

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



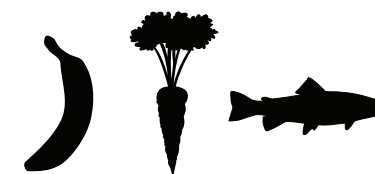
Being either **obese** or **underweight** can have harmful **consequences for lung health**



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



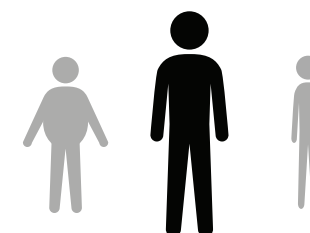
60–90% of people with **obstructive sleep apnoea** are **obese**



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**