



MAKING EVERY MOUTHFUL COUNT

A guide to support
patients with nutritional
concerns in Idiopathic
Pulmonary Fibrosis (IPF)

This booklet has been prepared and produced by Boehringer Ingelheim Limited for patients with IPF. Marie Clare Oliver, a registered dietitian specialising in Pulmonary Rehabilitation has reviewed and contributed to the content in this booklet.

Please contact your healthcare professional if you require further information.

IPF AND WEIGHT LOSS

Idiopathic pulmonary fibrosis (IPF) is a progressive disease.

In some people, the scarring of the lungs develops quickly and in others, it may take much longer.

The rate of progression is unpredictable and can vary considerably. Some patients with IPF may struggle to maintain a healthy body weight.

Unintended weight loss and malnutrition can be caused by an inadequate consumption of essential nutrients, such as proteins, carbohydrates, essential fatty acids, vitamins, minerals and trace elements, from food and drink.

This guide provides information about nutritional concerns, as well as eating and drinking well, to maintain a healthy body weight.

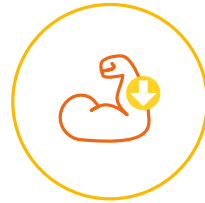
It is not intended to replace your doctor's advice. If you have any concerns or questions about your health or condition please speak to your healthcare professional.



Why is maintaining a healthy body weight important?

Maintaining a healthy body weight includes maintaining your muscle mass, which is especially important in older people. Maintaining a healthy muscle mass is associated with better outcomes in people with respiratory diseases.

Unintended weight loss in patients with IPF can be a big problem – malnutrition can have a negative impact on health and quality of life in the following ways:



REDUCES MUSCLE MASS AND MUSCLE STRENGTH



IMPAIRS IMMUNE FUNCTION



IMPAIRS WOUND HEALING



HOSPITAL READMISSIONS



ANXIETY AND DEPRESSION



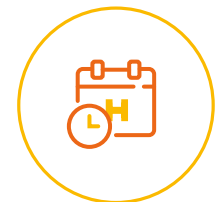
FATIGUE AND TIREDNESS



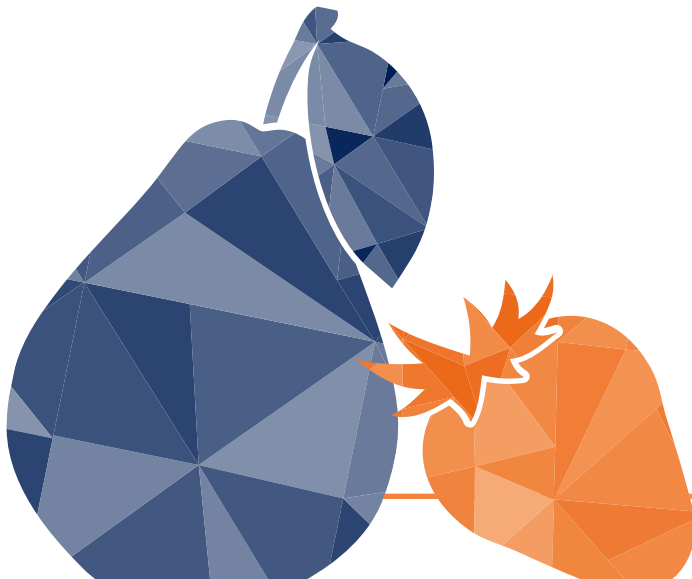
LACK OF INTEREST IN FOOD AND DRINK



MORTALITY



LONGER HOSPITAL STAYS



HOW TO SPOT SIGNS OF WEIGHT LOSS

Look out for signs of weight loss as your IPF progresses and speak to your doctor or nurse as soon as possible if you experience the following signs on the diagram.

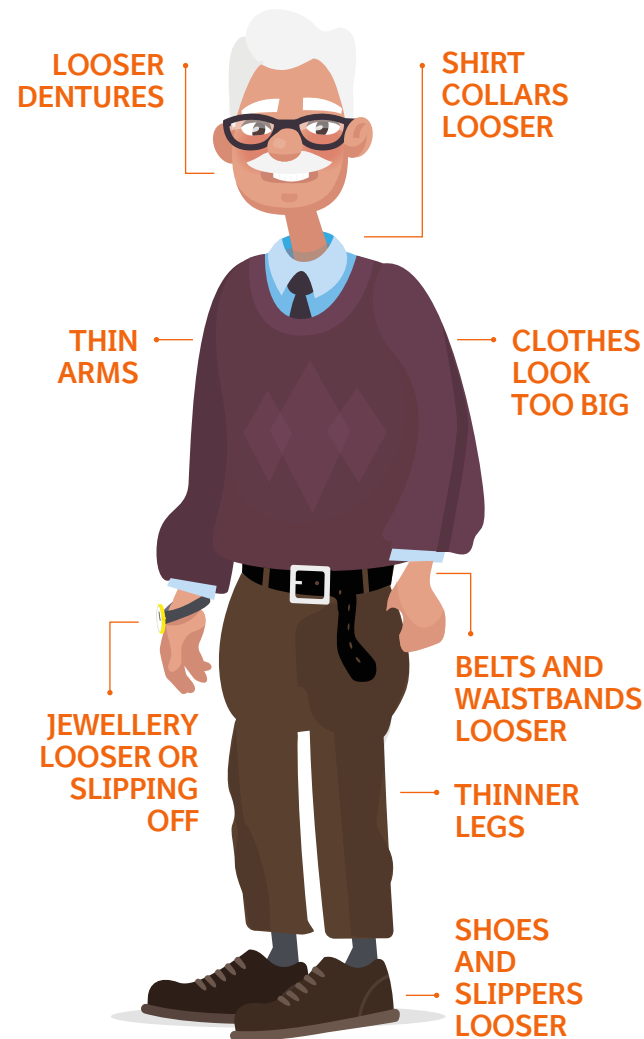
Why is a balanced diet important?

A balanced diet can help maintain a healthy weight and ensure your body is getting all the nutrients it needs to work properly and support immune function.

A balanced diet can be combined with pulmonary rehabilitation to help maintain muscle mass. You can talk to your doctor or nurse for a referral to start pulmonary rehabilitation if required.

Achieving a balanced diet

You can access the Eatwell Guide at https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf to see government recommendations on eating healthily and achieving a balanced diet.



A balanced diet supports healthy body functioning and reduces the risk of additional symptoms, various diseases and conditions.

BEING OVERWEIGHT

Being overweight (a body mass index (BMI) >30) may further increase the strain on the heart and lungs in some patients with IPF, as they must work harder to get extra oxygen to the 'additional' weight which makes breathing more difficult.

Therefore, it is important for IPF patients to work towards a healthy weight and maintaining it. If you have any concerns, it is important to talk to your doctor or nurse who can advise you on the best course of action to take.

A body mass index (BMI) >30 can have a negative impact on health and quality of life, as it may:



IMPAIR LUNG
FUNCTION



INCREASE THE RISK
OF DEVELOPING
OTHER DISEASES



Have no idea what your BMI is?

You can check your BMI using an online calculator, which is available at www.nhs.uk/live-well/healthy-weight/bmi-calculator/

There will also be information to help you understand your result. You could also speak to your healthcare professional who can help you calculate your BMI.



WHY DOES UNINTENTIONAL WEIGHT LOSS OCCUR?

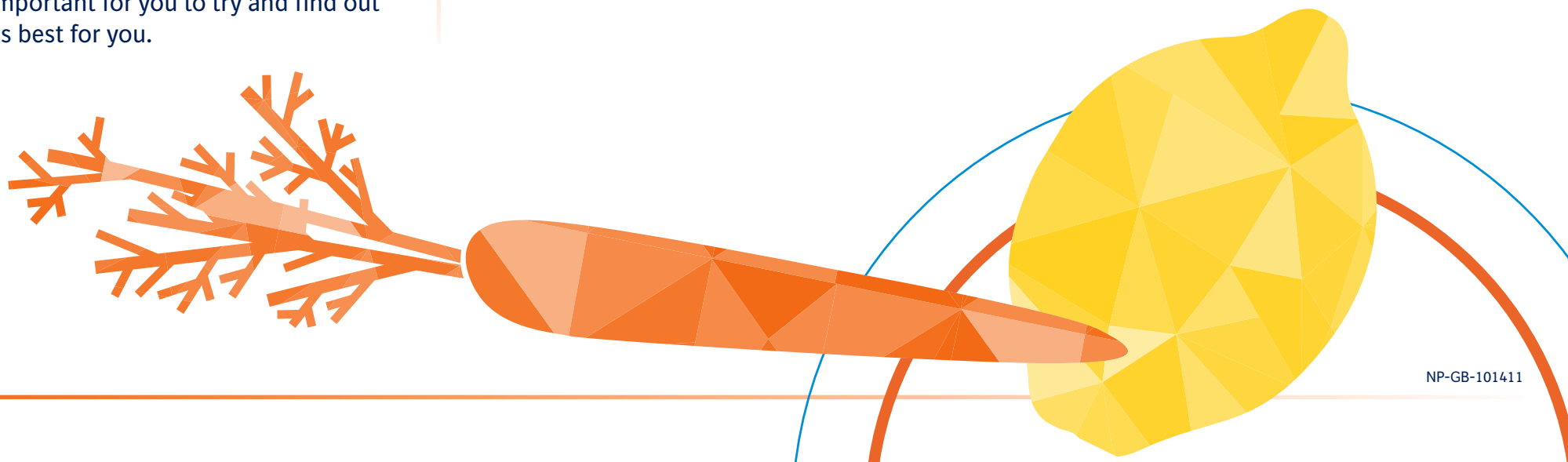
You may have been experiencing unintentional weight loss as a result of a loss of appetite, difficulty in chewing, poor dental health, dry mouth and/or taste distortion.

This may also be exacerbated by the side effects from treatment, such as diarrhoea, nausea and vomiting.

How to manage factors contributing to unintentional weight loss?

There is no single, definite solution to resolve symptoms contributing to unintentional weight loss. It is important for you to try and find out what works best for you.

THE FOLLOWING PAGES PROVIDE RECOMMENDATIONS AND SUGGESTIONS ON WHAT YOU CAN DO TO MANAGE:



DIARRHOEA

Persistent diarrhoea can hinder the absorption of important nutrients, such as carbohydrates, fat, protein, vitamins and minerals.

Inform your doctor or nurse if you have experienced diarrhoea

They may prescribe medicines and/or discontinue any laxatives that you might be on, as well as advise you on what else to consider when managing diarrhoea.



You can also try:

Speak to your doctor or nurse if you think your diet may be impacting your symptoms, as generalised dietary advice doesn't work for everyone.

Recommendations may involve:

- Eating small frequent meals
- Drinking enough fluid apart from meals
- Sitting after eating
- Not eliminating all fibre



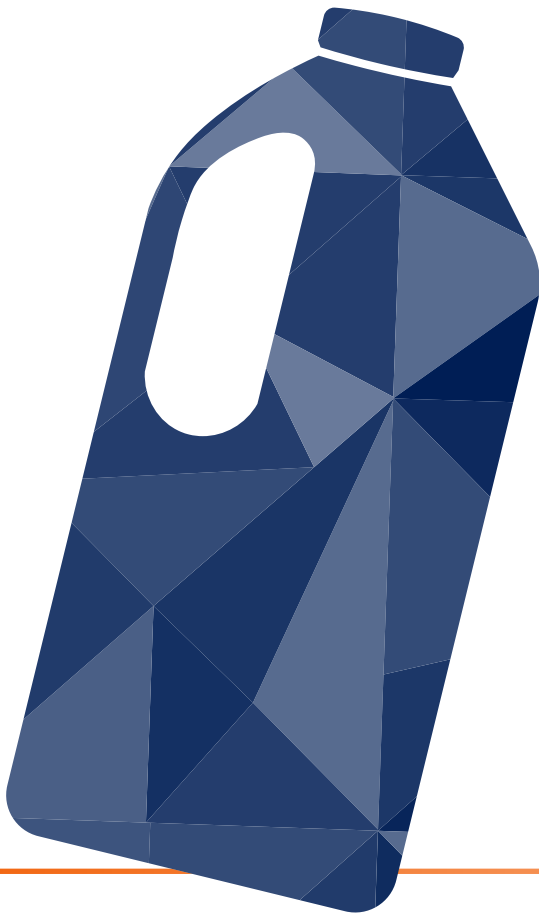
You can reconsider:

- Reducing your intake of fatty or spicy foods
- Reduce large amounts of coffee or caffeinated drinks and/or fruit juices. You can reintroduce these drinks when your diarrhoea is resolved



LOSS OF APPETITE

A lack of appetite can result in inadequate consumption of essential nutrients. It is important to find ways for you to eat and ensure a balanced nutritional intake.



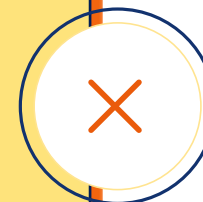
You can also try:

- Eating small but frequent meals – aim to have 6 small meals or snacks a day
- Planning meals to include your favourite foods
- Eating high-calorie foods in your meal first
- Having a milky drink, if you can't manage a meal
- Choosing high-protein and high-calorie snacks
- Getting some fresh air – this may stimulate your appetite



Avoid:

- Skipping meals
- Having a drink while eating or before a meal which may make you feel bloated and full



NAUSEA AND VOMITING

Nausea and vomiting can result in dehydration, as well as a lack of appetite. It is important to discover ways to help you tolerate food intake and improve the experience.

RECOMMENDATION

- Inform your doctor or nurse that you are experiencing nausea and/or vomiting
- Ask your doctor or nurse if anti-sickness medications are appropriate



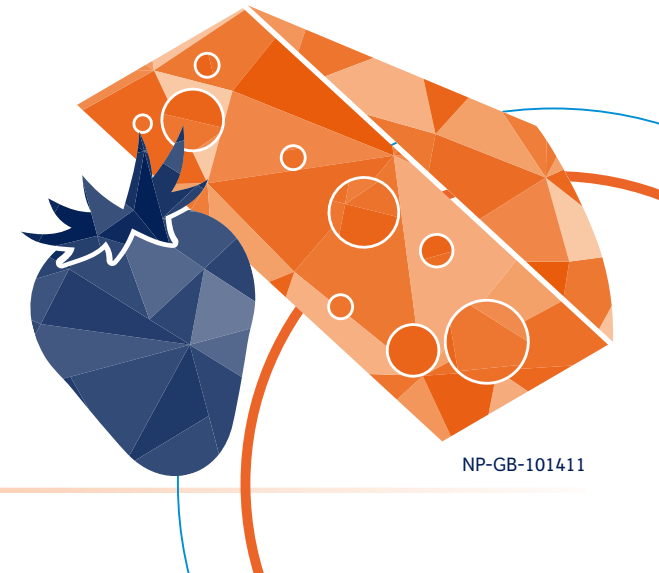
You can also try:

- Eating dry foods, such as toast or crackers
- Eating small, frequent meals
- Having drinks and sipping slowly during meals, rather than on an empty stomach
- Avoid food with unpleasant or strong odours
- Food or drinks containing ginger (e.g. crystallised ginger, ginger tea or ginger biscuits) – this may help to reduce the feelings of nausea (unless on certain blood-thinning medication)



Avoid:

- Greasy, fatty or fried foods
- Eating large meals
- Eating infrequently
- Eating too quickly
- Wearing tight or restrictive clothing
- Lying flat after eating

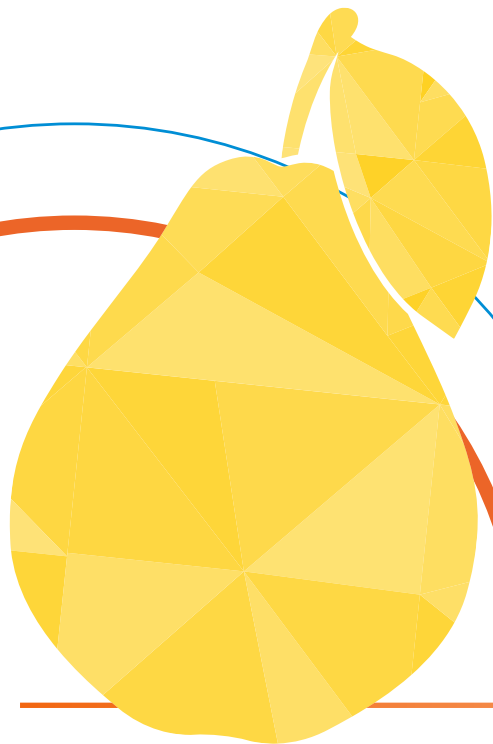


LOSS OF TASTE AND TASTE DISTORTION

Loss of taste and taste distortion can impair your eating habits or decrease your eating, stopping you from consuming adequate nutrients your body needs to function. It is important to find out the types of food and tastes that you can enjoy to ensure you are eating enough nutrients.

You may try:

- Consuming food and drink with strong flavours e.g. use spices, herbs, sugar, lemon and marinades when cooking
- Cleaning your teeth/dentures regularly, use mouthwash and floss
- Cooking new recipes and experimenting with different seasonings and sauces



IMPACT OF VITAMIN D DEFICIENCY

Vitamin D is naturally present in a small number of foods, but it is generally difficult for us to get the recommended amount of vitamin D through food alone. Our main source of vitamin D is from the action of direct sunlight on our skin when we are outdoors.

During the autumn and winter months, the sun in the UK may not be strong enough for our body to make enough vitamin D.

As such, Public Health England recommends adults to consider taking a daily supplement of vitamin D.

Why is vitamin D recommended?

Vitamin D helps our body to absorb calcium and phosphate from our diet and is essential for healthy bones, teeth and muscles.

RECOMMENDATION:

- Adults (and children over 5) should consider taking a daily supplement of vitamin D during the autumn and winter
- People at risk of vitamin D deficiency should consider taking a daily supplement of vitamin D all year round

More information and advice can be found here: <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d>

Speak to your healthcare professional if you have any concerns about vitamin D intake.

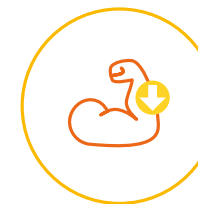
Vitamin D is found in:

- Oily fish (e.g. salmon, sardines, herring and mackerel)
- Red meat and liver
- Egg yolks
- Food fortified with vitamin D – some dairy products, soy milk and cereals have added extra vitamin D into their content

Vitamin D deficiency can have a negative impact on your health in the following ways:



BONE PAIN



MUSCLE WEAKNESS



IMPAIRED LUNG FUNCTION



IMPACT ON IMMUNE FUNCTION



TOOTH DECAY

TIPS FOR MAKING THE MOST OUT OF YOUR FOOD AND DRINKS

Eating a healthy and balanced diet is important, especially if you have lost your appetite or have unintentionally lost weight. In these instances, to get the most nutrition from the food you are eating, choose foods which are high in protein and calories including full fat dairy products, oily fish, pulses, nuts and avocados.

However, if you're struggling to eat more, it is important that you try boosting the calories in the food you are already eating by adding sugar, jam or honey to porridge, cereal or puddings and cook with oil to make every mouthful count.

Not sure how or where to begin? Don't worry, we have included some simple fortified recipes at the end of this booklet to help you get started.

TRY TO HAVE AN EXTRA



TO HELP REGAIN WEIGHT



Choose full fat and full sugar products rather than 'diet', 'low fat' or 'healthy eating' varieties as these provide more calories.



Add butter, cream, cheese, mayonnaise or oil into savoury options such as mashed potato, soups or scrambled eggs.



Add sugar, honey, jam, cream or dried milk powder into sweet options such as porridge, rice pudding or custard.



Serve meals with a sauce or an accompaniment. Try a rich gravy, cheese or white sauce with your main meal and custard, cream or ice cream with your dessert.



Drink nourishing fluids such as fruit juice, smoothies, fortified milk, lassis (yoghurt based drinks) or milkshakes.



Make your own fortified milk at home
Mix 4 tablespoons of skimmed milk powder into 1 pint of milk (full fat ideally).

FORTIFY YOUR MEALS WITH 100 CALORIE BOOSTERS

Savoury options

- A small handful of grated cheese
- 1 tablespoon of mayonnaise
- 1 tablespoon of peanut butter
- 1 tablespoon of oil
- 2 cubes of butter
- 2 tablespoons of pesto
- 2 tablespoons of hummus
- 2 heaped tablespoons of dried milk powder

Sweet options

- 1 heaped tablespoon of sugar
- 1 small pot of full fat yoghurt
- 1 tablespoon of double cream
- 2 tablespoons of chocolate sauce
- 2 tablespoons of golden syrup
- 2 tablespoons of lemon curd
- 2 tablespoons of condensed milk
- 2 tablespoons of honey
- 2 scoops of ice cream

Snacks and drinks with 100 calories to have between meals

- A small handful of nuts
- A small handful of dried fruit
- 1 banana
- 1 shortbread finger
- 1 bag of crisps
- 1 slice of malt loaf
- 2 Jaffa Cakes
- 3 cream crackers
- 3 squares of milk chocolate
- 5 jelly babies
- 150 ml of full fat milk
- 150 ml of lassi
- 200 ml of orange juice
- 250 ml of regular cola



TRACK YOUR WEIGHT AS YOU GO

Weigh yourself once a month to track how you are doing, so you can adjust your diet as needed. You should also talk to your doctor or nurse if you are continually losing weight.

Not sure if you are at risk of losing too much weight?

You can use a self-screening calculator, which is available at www.malnutritionselfscreening.org/self-screening.html

All you need is your current weight and height and your weight 3–6 months ago before you began to lose weight. You may wish to bring your result to your doctor or nurse appointment to support your discussion about weight.

DATE	WEIGHT	WEIGHT DIFFERENCE FROM 1 ST MEASUREMENT

Always talk to your doctor or nurse if you have concerns about your weight.

Your doctor's or nurse's contact information:

NAME:

ADDRESS:

PHONE:

EMAIL:

STRUGGLING TO EAT MORE?

Aim to eat 6 small meals, snacks or nourishing drinks a day.

Click on these links to find some ways to fortify your meals to increase calorie and protein intake.

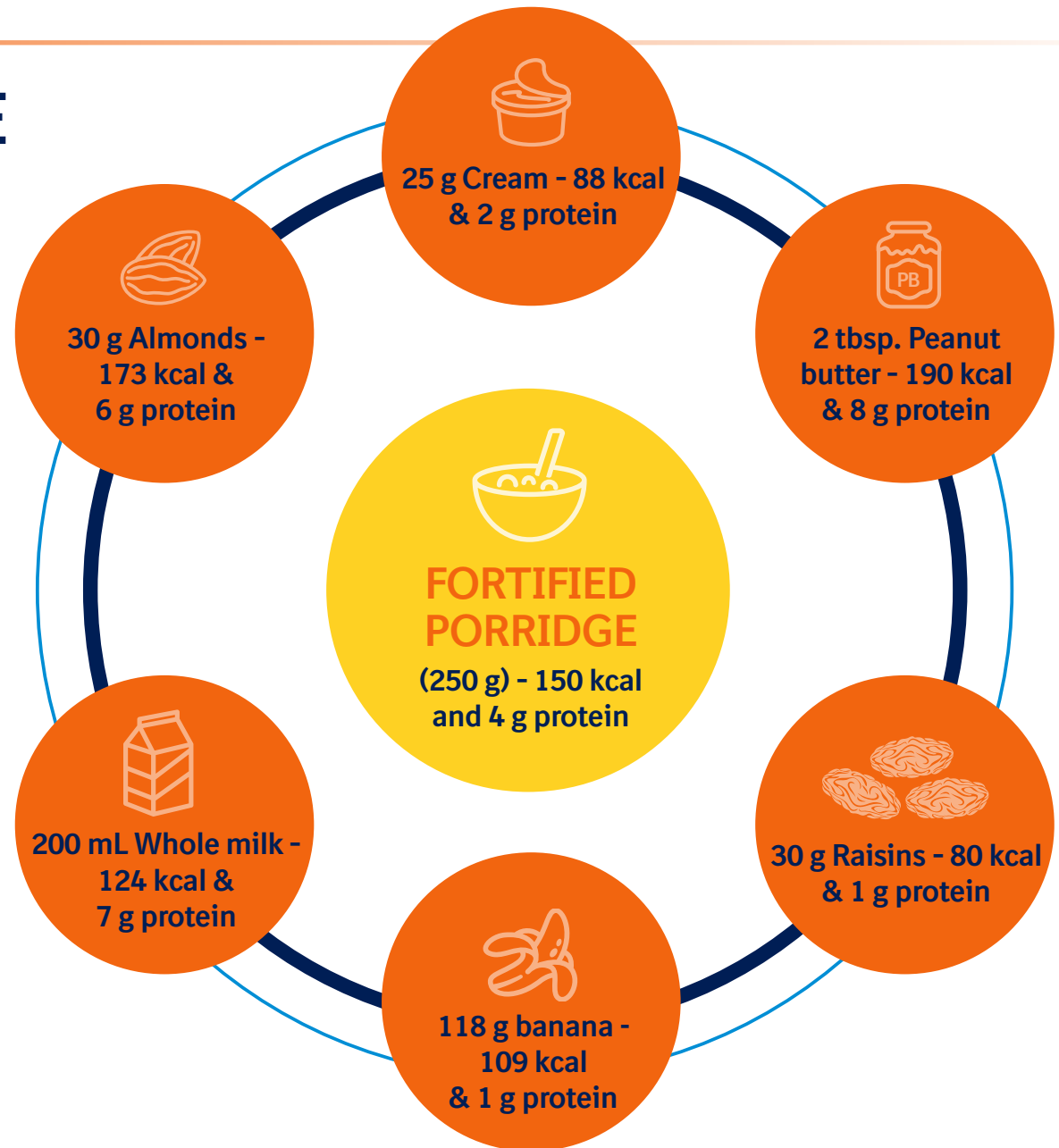
- **FORTIFIED PORRIDGE**
- **FORTIFIED BREAKFAST SANDWICH**
- **FORTIFIED SOUP - POTATO & LEEK**
- **FORTIFIED SPAGHETTI BOLOGNESE**
- **FORTIFIED SMOOTHIE**
- **FORTIFIED CHICKEN JALFREZI CURRY**
- **FORTIFIED CHICKEN BIRIYANI**



FORTIFIED PORRIDGE

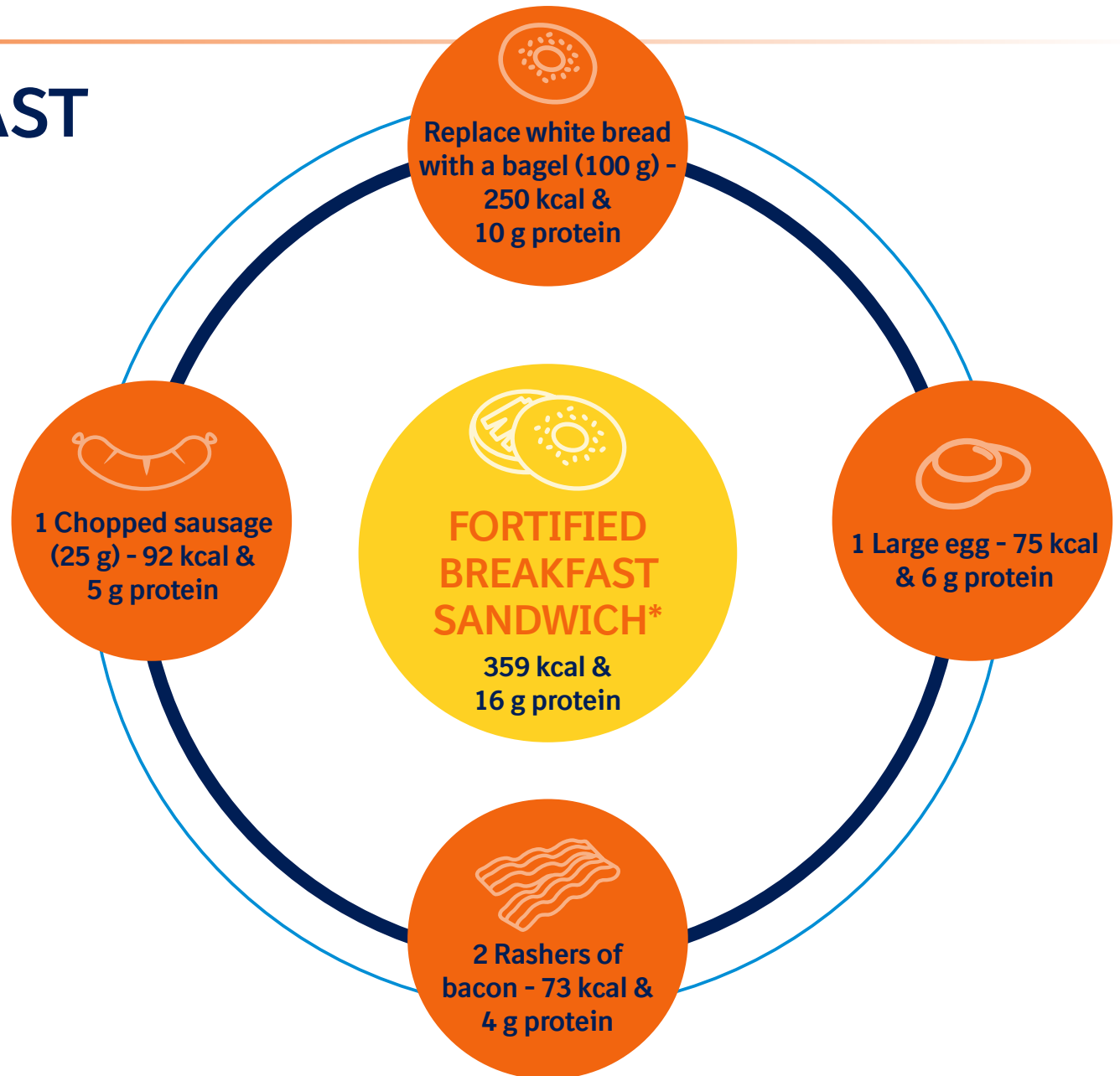
If you just added peanut butter, cream and a banana, that would be 635 kcal vs 250 kcal and 25 g vs 4 g of protein

You can add other ingredients to your taste



FORTIFIED BREAKFAST SANDWICH

Made with a bagel, one large egg, chopped sausage and bacon – this would be 849 kcal vs 359 kcal and 41 g vs 16 g of protein



*Originally based on a Tesco's cheese sandwich

FORTIFIED SOUP – POTATO AND LEEK

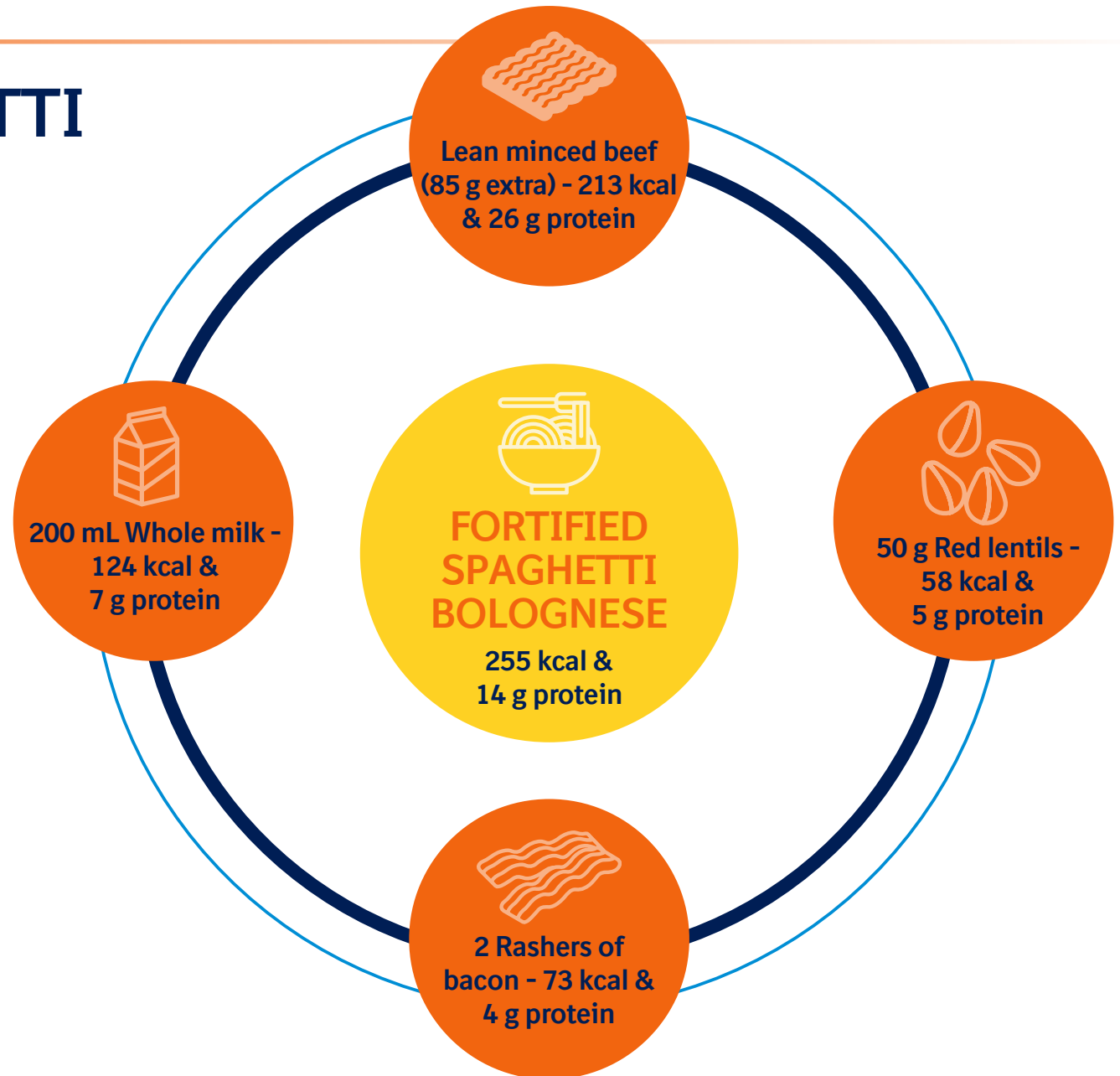
Made with whole milk, cream, chopped ham – this would be 422 kcal vs 141 kcal and 18 g vs 3 g of protein

If you used the chicken instead of ham, it would be 495 kcal vs 141 kcal and 39 g vs 3 g of protein



FORTIFIED SPAGHETTI BOLOGNESE

Made with whole milk, lean minced beef, bacon and red lentils
- would be 693 kcal vs 255 kcal
and 56 g vs 14 g of protein



FORTIFIED SMOOTHIE

Made with whole milk, banana, Greek yoghurt, whey protein powder, peanut butter and ingredients to taste including strawberries, raspberries, pear, honey, chocolate, mixed berries and mixed seeds



FORTIFIED CHICKEN JALFREZI CURRY

Made with chicken, onions, plum tomatoes and red peppers – that would be 1,138 kcal vs 432 kcal and 65 g protein vs 42 g of protein



FORTIFIED CHICKEN BIRIYANI

Made with chicken, rice, onions, raisins and stock – 1,114 kcal vs 348 kcal and 33 g vs 16 g of protein

