

Tips for healthy eating

HeadStart™
Patient Assistance Program



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A healthy diet plays an important role in day-to-day health for everyone, including those with idiopathic pulmonary fibrosis (IPF), scleroderma lung disease or progressive fibrosing interstitial lung disease (ILD).

- A diet rich in nutrients and low in saturated fat, trans fat, cholesterol, salt and added sugar that includes a healthy balance of fruits, vegetables, whole grains, lean meats, poultry, fish, beans and dairy products will help you get the fuel you need throughout the day.
- A balanced, healthy diet can help you to maintain or reach a healthy weight for your body. Talk with your healthcare team about your goal weight and steps you can take to reach it.
 - If you are under your goal weight, you may be feeling low on energy. Your healthcare team may recommend a diet plan that helps you to gain weight.
 - If you are overweight, especially around your waistline, this can worsen your shortness of breath.
- Nutritional shakes can help with gaining or maintaining weight.
- You may find that eating several smaller meals over the course of the day (rather than a few large meals) may be more comfortable and prevent you from feeling too full.



Healthy eating is best when it's foods you love!

- Think of the foods you enjoy the most – there's a healthy way to prepare just about everything!
- Eat a variety of foods, including lots of fruits and vegetables, high-fibre foods, and adequate protein.
- Healthy snacks are a great way to get an energy boost between meals.

Don't forget about fluids

- It's important to drink plenty of water and other fluids every day.



Eating well when you are not feeling well

- Eat a variety of healthy foods each day, including fruits and vegetables, whole grain foods and protein foods including meats, fish, eggs, beans, etc.
- Try to limit highly processed foods such as takeout foods, and be mindful of sodium (salt), sugar and saturated fat.
- Make water your drink of choice rather than sugary drinks.
- Eat smaller, more frequent meals; it's important to eat regularly even if you aren't feeling your best.
- Be sure you're getting enough protein, calories and vitamins.
- If someone offers to help with preparing meals, take them up on it!

Keep it simple

- Cook on days you are feeling good and freeze small portions of leftovers for days when you may be a bit more tired.
- Now more than ever, there are easier ways to eat healthily even if you don't enjoy cooking, or if you're rushed for time – such as pre-cut vegetables and meats, and flavourful and healthy sauces for pastas and other dishes.

Healthy eating is a good habit to start and stay with – if you need help or more information, talk to your HeadStart™ Nurse Case Manager. Your healthcare team can also recommend a dietician or nutritionist.

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HeadStart is available to help

Call HeadStart at:

1-844-473-6338



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