



COPD Lifestyle Tip:

Try to avoid cold liquids with your meals. Drinking cold liquids with a meal causes the blood vessels in the stomach to constrict and can result in indigestion.

*COPD Lifestyle Tip:
Eating a green salad
before our meal or
protein is bad...the
salad blocks the acid
in the system from
breaking down the
protein.*

*(The muffin batter is
ready for the cupcake
forms)*



*Lois Sietman of the
Creative Cooking
School*

*Proves that efficient,
no fuss cooking for
COPDers is fast and
nutritious.*

*The muffins were
delicious!*





A few gems from Lois:

*Vegetables in their raw state are harder to digest. Cooking vegetables starts the break down process and makes the fiber in them easier to digest.

*When combining foods, usually two foods from the same food group are more compatible and therefore easier to digest.

*Fruits should be eaten alone and generally later in the day. Fruit pushes the body toward an alkaline state which inhibits digestion of future meals. The exception is melons.

*Talking increases gas. Talking adds air to our stomach and uses oxygen in our system we need to breathe easier.

I hope to do this again...if COPDers are interested. We can have the COPD classes here (limit eight) or elsewhere. Lois teaches regularly in Port Orchard.

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A article in my local daily newspaper, The Kitsap Sun (Angela Dice) caught my attention. A new cooking school was beginning in the area and the varied classes were intriguing, but none were offered for COPDers.

I contacted Lois Sietman of the Creative Cooking School by email and asked if she was interested in teaching COPDers proper nutrition? I went on to say that we had special eating requirements due to oxygen restriction.

She was interested and mentioned being caregiver for her father the final ten years of his life as a cardiac patient with nutritional needs similar to ours.

The date was set for February 17 at my house... a trial run and a student of one – me.

COPD cooking and nutrition classes are another EFFORTS inspired idea based on our need to be educated.

Lois has been in the food industry 27 years, including 8.5 years as the Pastry Chef at the Washington State Convention & Trade Center in Seattle.