

PNEUMONIA

An acute inflammation of the lung lining (parenchyma) is known as pneumonia.

CAUSES

1. Infection:- viral, bacterial or fungal, bacterial pneumonia are more common than viral.
2. Aspiration of food / drink into respiratory passage.
3. It is common complication of respiratory disorders.
4. Risk factors:
5. Hospitalization or stay in camps and military bases.
6. Alcoholism.
7. Extremes of age.
8. Tobacco smoking.
9. Cardiac disease.
10. Diabetes.
11. Malnutrition (poor nutrition).
12. HIV status.
13. Low immunity.
14. Environmental pollution.

DIETARY MANAGEMENT

1. Fruits and vegetables are top suppliers of antioxidants, which help your body resist and heal from infections and disease.
2. Whole grains provide valuable amounts of carbohydrates, your body's main fuel source, as well as a host of vitamins, minerals and antioxidants.
3. nutritious whole grains include oats, brown rice, quinoa, air-popped popcorn and barley.
4. Choose sources low in saturated fats, such as beans, lentils, skinless white-meat poultry and fish.
5. Avoid saturated fat sources, such as red and processed meats, that can increase inflammation.
 - Olive oil, fatty fish, avocados, soy milk, nuts, olives, peanut butter, sunflower seeds and tofu are all foods that are rich in healthy fats.
 - Consume lots of vitamin A, maintains the integrity of the respiratory mucosa: Liver oils of fish like cod, shark, and halibut are richest source of vitamin A.
 - Egg, milk and milk products, meat, fish, kidney and liver.
 - Yellow orange coloured fruits and vegetables, dark green leafy vegetables.
 - Increase intake of vitamin C, it has antioxidant property: foods of animal origin are poor in vitamin C.
 - Citrus fruits, green vegetables.
 - Include zinc in your diet, it boosts up your immunity:
 - Meat, poultry and milk, sea food - shell fish, crab, shrimp, and sea plants etc.
 - Plant foods are low in zinc, Whole wheat grains provide good amount of zinc.

NOTE

- a. Take bed rest or reduce activity during infection.
- b. Yoga will help by breathing exercises. Breathing exercise will help better utilization of available lung space.
- c. Avoid sharing things such as towels, beverages with infected people.

- d. Avoid contact with infected people.
- e. Avoid crowded places.
- f. Avoid smoking and alcohol.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .