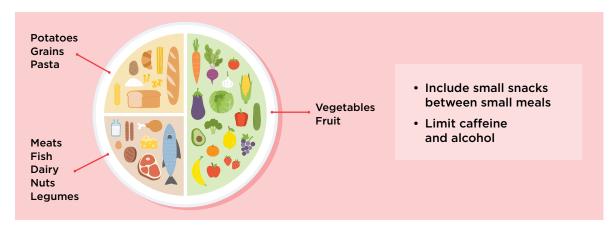
## **BREATHE Better — Stay STRONG**



## MODULE 6 NUTRITION FOR YOUR CHRONIC LUNG DISEASE

## **My Food Journal**

## Do your meals look like this?



FOOD JOURNAL		
Morning	Afternoon	Evening
Snack	Snack	Snack
Where can I make improvements in my diet?		