

**MODULE 6**  
**NUTRITION FOR YOUR CHRONIC LUNG DISEASE**

**My Food Journal**

**Do your meals look like this?**

Potatoes  
Grains  
Pasta

Meats  
Fish  
Dairy  
Nuts  
Legumes

Vegetables  
Fruit

- Include small snacks between small meals
- Limit caffeine and alcohol

**FOOD JOURNAL**

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