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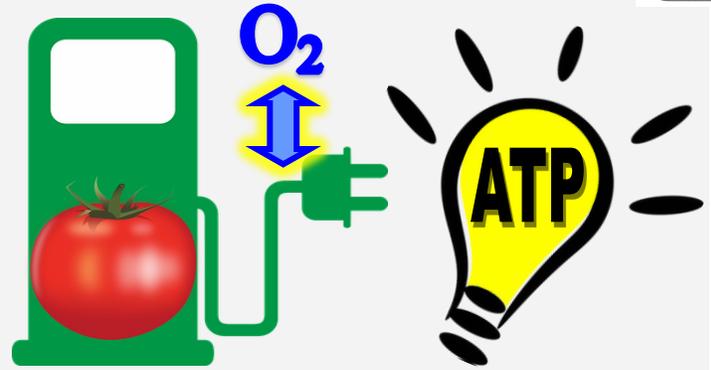
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OXYGEN: THE REAL POWER BEHIND FOOD

Did you know oxygen is important for nutrition?

The food you eat is made up of carbohydrates, protein, fats, or a combination of these. All of these “macronutrients” can be used to make ATP (adenosine triphosphate). **ATP is energy** for your cells and is needed to do nearly ALL chemical reactions in the body!



While there are different ways to make ATP, the **most efficient way** is through **aerobic respiration**; meaning “requires oxygen”. So oxygen gets into the body through the lungs and travels to the tissues and cells to do its part in a step called **“oxidative phosphorylation”**. After many steps of breaking down food, this last step is where the most ATP is made in the **body from fatty acids and glucose**. **Oxygen is required** for this step to work. Like an assembly line, oxygen waits at the end to do the final part in making ATP. If oxygen wasn’t there, the line would back up and stop running. Enough ATP couldn’t be produced to **keep up with the demands of the body**...even when other ways are used.

Diseased or destroyed lungs can prevent oxygen from reaching this step, meaning less ATP made from your food. The airways may become narrow or blocked and/or lose their elasticity. Lungs get destroyed or gummed up by **pollutants** which include: vape, smoke, aerosols, dust, chemicals, sprays, etc.

Some signs and symptoms of lung disease are related to nutrition: →

Anorexia may occur.. usually not by choice. Since the lungs are damaged, it takes so much effort to do even one of the simplest tasks - eating. In lung disease, it may be hard to eat enough calories to keep a healthy weight. Fatigue may occur because without enough oxygen and food, there is not much ATP to go around. **Some helpful tips** related to nutrition include:

- Chronic Cough
- Shortness of Breath
- Wheezing
- Blue Skin/nails
- Fast heartbeat
- **Fatigue**
- **Weight Loss**
- **Anorexia**



Add less
sauce,
dressing, or
butter to food



Eat Smaller, More Frequent Meals

Take a multivitamin



Lung disease is a major concern for everyone, being the **3rd leading cause of death**. This vaping epidemic brings even more concern to this area. If you or a loved one smoke or vape, please consider stopping. Go to mylifemyquit.com or 1-800-QUIT-NOW.

If you already experience fatigue, weight loss, and difficulty eating: talk to your Health Care Provider and a Dietitian about what you can do to manage.

Remember: even though oxygen is not a food, our food isn’t much without it!