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Title: Dietary habits in patients with chronic obstructive pulmonary disease (COPD)

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Body: The aim was to assess dietary habits of persons with COPD in comparison with person without disease. Methods: A stratified two-stage sample of the population of the Republic of Serbia was used. Information was obtained from interviews and measurements of anthropometry. Out of 7.673 households selected. In the households, there were 15.563 adults aged ≥20 years, of which 14.522 were interviewed, yielding a response rate of 93.3%. Results:. More than a half of respondents ate vegetables every day, and there was no significant difference between respondent with COPD and those without. Regarding alcohol consumption there was no significant difference in binge drinking or heavy alcohol consumption between respondents with disease and controls.

Table 1 Dietary habits in patients with COPD

	Respondents with COPD N (%)	Controls N (%)	P
Consumption of fruits			
Every day	313 (39.6)	6019 (44.3)	0.008
Less than every day	474 (60.4)	7619 (55.7)	
Consumption of vegetables			
Every day	433 (56.5)	7385 (55.4)	0.521
Less than every day	333 (43.5)	5946 (44.6)	
Binge alcohol use			
At risk	29 (3.9)	580 (4.4)	0.431
Not at risk	721 (96.1)	12591 (95.6)	
Heavy consumption of alcohol			
At risk	32 (4.2)	606 (4.6)	0.566
Not at risk	718 (95.8)	12565 (95.4)	

Conclusion: This is an important finding because beneficial effects of fruits and vegetables on respiratory function and lower COPD mortality risk among patients have been demonstrated.