

Nutrition Guidance for Lung Cancer

Before Radiation Treatment

IT IS IMPORTANT THAT YOU EAT A HEALTHY DIET FULL OF VEGETABLES (TRY TO TAKE IN AT LEAST FOUR SERVINGS DAILY) AND FRUITS (STRIVE FOR TWO TO THREE SERVINGS DAILY). DRINK MILK, WATER AND FRUIT JUICES MADE WITH 100 PERCENT JUICE.

During Radiation Treatment

DURING TREATMENT IT IS VERY IMPORTANT THAT YOU TRY TO PROVIDE YOUR BODY WITH ADEQUATE NUTRITION TO KEEP YOUR BODY HEALTHY AND STRONG DURING TREATMENT.

MAINTAIN WEIGHT

- Try to maintain weight during your treatment
- If you are overweight, do not follow a strict weight loss diet
- Consume six small meals throughout the day

IF LOSING WEIGHT

- Increase intake of foods high in calories and protein
- Eat six small meals throughout the day
- Consume snacks between meals
- Try high protein foods like cheese on crackers, deviled eggs, cottage cheese and fruit, custard or peanut butter on apple slices
- Try homemade milkshakes made with ice cream, milk, powdered milk and fruit, or try commercial nutritional supplements such Ensure High Protein,[®] Boost Plus,[®] Glucerna[®] or Carnation Instant Breakfast Sugar-Free[®]

CONSUME MORE WATER

- Consume more water and non-caffeinated beverages
- Drink at least six to eight cups of room-temperature fluids to help prevent dehydration
- Reduce or eliminate alcoholic beverages

TAKING MULTIVITAMINS

- Some multivitamins come in liquid form; ask your pharmacist for suggestions
- Do not take more than recommended doses of certain vitamins or minerals unless prescribed by a doctor

IF THROAT IRRITATION DEVELOPS

- Avoid strongly acidic foods/beverages such as orange juice, lemonade, grapefruit and tomatoes
- Avoid rough textured foods such as fried foods, toast, peanuts, popcorn, granola and most raw vegetables and hard fruits
- Avoid strong spices such as Tabasco[®] sauce, chili powder, jalapeno peppers, curry, etc.
- Avoid alcohol and alcohol-containing beverages (includes some commercial mouthwashes)
- Choose foods that can be enjoyed at room temperature, lukewarm or cool, such as Jell-O,[®] yogurt, casseroles, creamed soups, watermelon, smoothies, popsicles and puddings
- Blend and moisten foods that are dry into soups, gravies and casseroles
- Try gargling with a solution made up of 1/2 teaspoon salt, 1/2 teaspoon baking soda, and 1 quart room temperature water

See other side for after treatment guidelines.

Nutrition Guidance for Lung Cancer

After Radiation Treatment

ACHIEVE A HEALTHY WEIGHT

- Start by losing weight gradually
- Avoid weight gain and increases in abdominal fat

EXERCISE DAILY

- Participate in moderate activity for at least 30 minutes a day, then aim for 60 minutes a day
- Limit sedentary habits such as watching television

CONSUME MORE WATER AND NON-CAFFEINATED BEVERAGES

- Reduce alcohol intake
 - Men: limit two drinks per day
 - Women: limit one drink per day
- One drink equals
 - 5 oz of wine
 - 12 oz of beer
 - 1.5 oz of 80-proof liquor

CONSUME MORE FRUITS AND VEGETABLES

- Consume at least three servings of vegetables and two servings of fruit daily
- Try to include more vegetables that have a lot of fiber such as broccoli, potato skins, carrots, prunes, apples, etc.

REDUCE INTAKE OF RED MEATS TO 18oz PER WEEK

AVOID PROCESSED MEATS

- Processed meat is defined as red meat that has been preserved by smoking, curing, salting or adding other chemical preservatives
- These include sausage, bacon, ham, bologna, salami and corned beef

REDUCE INTAKE OF FOODS HIGH IN SALT

- Consume more fresh and frozen vegetables
- Reduce intake of processed foods
- Read food labels and pick foods with less than 20 percent sodium per serving
- Use sodium only when cooking and not at the table
- Use natural herbs and spices to flavor foods in place of salt

REDUCE INTAKE OF FOODS HIGH IN FAT

- Limit intake of junk foods that are processed such as cookies, chips, candy bars, high-fat pastries, cheese burgers, fried foods and pizzas