**Before Radiation 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 as 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

**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**
- 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 18 oz 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