

LUNG CANCER NUTRITION TIPS



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- Avoid low-calorie or non-nutritious foods and drinks
- Eat whenever you are hungry
- Supplement with high-calorie drinks if necessary
- Use herbs and spices to make food more appealing
- Try liquid or pureed meals if you are struggling to eat
- Eat several small meals throughout the day
- Avoid foods if they cause you constipation or diarrhea
- Avoid food that is very hot or very cold
- Mint and ginger teas can help soothe your gut
- Do not take dietary supplements without consulting with your doctor
- Eat sitting up. Do not lie down after eating
- Eat bland foods if your stomach is upset or your mouth hurts
- Eat high fiber foods to help relieve constipation
- Talk to your doctor!