

Nutrition & LUNG CANCER

HOW TO COPE WITH YOUR SIDE EFFECTS

Side effects from lung cancer treatment can make it challenging to eat enough protein and calories. Try these recommendations to help maintain your weight while undergoing treatment.

APPETITE LOSS

- Try eating small meals and snacks more frequently throughout the day
- Eat high-calorie and high-protein foods such as eggs, chicken, or low-fat yogurt
- Make a shake or smoothie with protein
- Add healthy fats like avocado, nut butters or olive oil to your food
- Go for a walk before eating to build up an appetite

Try eating a small meal or snack every 3 hours!



Apple Pie Protein Smoothie*

1/2 cup soy, almond or rice milk
1/2 cup sweetened applesauce
1/2 ripe medium banana
1/4 teaspoon vanilla extract
1/4 teaspoon cinnamon
1/2 cup ice cubes (optional)
1 scoop whey protein powder

Combine all ingredients into a blender.
Blend until smooth.

Try this!



NAUSEA AND VOMITING

- Focus on eating bland foods that are low in fiber, soft and not spicy
- Avoid eating large meals
- Sip fluids slowly throughout the day
- Eat dry foods like toast, crackers and some cereals
- Eat food slowly
- Avoid coffee, high-fat meats, overly sweet foods, and any food with strong odor

FATIGUE

- Get regular exercise when you can
- Set specific goals for yourself
- Stay hydrated by sipping on water throughout the day
- Drink juices, protein drinks, or milk to get more calories in throughout the day
- Find activities that you enjoy and lower stress like walking, baking, knitting, yoga or doing a puzzle

"I'm going to walk for 15 minutes 5 times this week!"



Ask your doctor about a special mouth rinse for sores!



MOUTH IRRITATION

- Floss daily
- Brush your teeth with a gentle toothpaste after eating
- Avoid eating foods that are too hot or too cold
- Eat soft foods
- Drink fluids through a straw to bypass any mouth sores



LUNG CANCER INITIATIVE
A NETWORK OF HOPE AND ACTION

LUNGCANCERINITIATIVE.ORG

Sources: Nutrition and Lung Cancer Side Effects. (2021). Retrieved from American Lung Association: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/treatment/stay-healthy/side-effects> ; Nutrition During Lung Cancer Treatment. (2021). Retrieved from John Hopkins Medicine: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/lung-cancer/nutrition-during-lung-cancer-treatment-infographic> ; Nutrition for the Person with Cancer During Treatment. (2019). Retrieved from American Cancer Society: <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/nutrition-for-the-patient-with-cancer-during-treatment.pdf> ; *Recipes for People with Cancer. (2021). Retrieved from Memorial Sloan Kettering Cancer Center: <https://www.mskcc.org/experience/patient-support/nutrition-cancer/recipes>