

NUTRITION

DURING LUNG CANCER TREATMENT



Nutrition concerns for patients undergoing lung cancer treatment include:



Decreased
appetite



Weight loss



Fatigue



Dehydration

Obtaining adequate calories, protein and nutrients is essential for preventing weight loss. These four tips may help you maintain a healthy weight.

1 If your appetite is poor, or if you feel full quickly while eating ...

Eat small meals or snacks that are high in calories and protein several times throughout the day, rather than three regular-sized meals.



2 If you're experiencing nausea ...

Bland foods that are low in odor are generally well-tolerated with nausea.



3 If preparing meals is tiring ...

Have easy-to-prepare snacks on hand, such as yogurt, cereal, pudding, soup, crackers with peanut butter or cheese, and sandwiches.



4 To stay hydrated ...

Drink eight to 10 cups of hydrating fluids daily.

