

Nutrition and Lung Cancer

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Meals to Heal

Objectives

- The goals of nutrition before, during, and after the completion of treatment
- Sources of nutrition for healing and maintenance- what to include and what to avoid

American Institute for Cancer Research

- Be as lean as possible without becoming underweight.
- Be physically active for at least 30 minutes every day.
- Avoid sugary drinks. Limit consumption of energy-dense foods.
- Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
- Limit consumption of red meats (beef, pork and lamb) and avoid processed meats.
- If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
- Limit consumption of salty foods and foods processed with salt (sodium).
- Don't use supplements to protect against cancer.
- And always remember . . . Do not use tobacco in any form

Maintain a Healthy Weight

- Waist circumference
 - Men < 40 inches
 - Women < 35 inches
- Smaller, more frequent meals and snacks
- Focus on fiber & protein
 - Mindful eating
 - Increase satiety
 - Stabilize blood sugar
 - 25-30 grams fiber per day

Nutrient Dense Food First



- Minimally processed plant based
 - 8-10 servings of fruits and vegetables every day
 - Green leafy vegetables
 - kale, chard, mustard/collard greens
 - blueberries , blackberries
 - Make your grains “whole”
 - 100% whole wheat/grain, barley, amaranth, rye, quinoa
 - Beans & Legumes
 - Excellent source of iron, protein, fiber and folate
 - Hummus – try adding avocado, lima beans, or edamame
- Healthy Fats
 - Nuts, seeds, avocado, olives/olive oil, canola oil, flax seed, fish
- Calcium rich foods
- Lean protein

Nutrition Through Treatment

- Protein
 - Building blocks of red & white blood cells
 - Maintains strength, rebuilds tissue
 - Key nutrient for maintaining immune function
- Vitamins and minerals
 - Iron, Vitamins C and B for making blood cells
 - Antioxidants to help maintain integrity of cells
 - Calcium + Vitamin D for bone health
- Calories
 - Provide energy for all bodily functions
 - Keeps body from breaking down protein
 - Increased need when body is stressed
- Fluids
 - Required for blood volume
 - Electrolyte balance



Proper Nutrition

- Help the body to maintain healthy cells and support repair
- Maintain a sense of well-being
- Reduce risk of illness
- Help to maximize the impact of treatment

Poor Nutrition

- ▶ Can reduce quality of life and functional status
- ▶ Increase risk for other illness
- ▶ Reduce our body's natural defenses
- ▶ Limit body's ability to repair itself

Maintain Your Weight

- Weight loss during treatment can increase fatigue
- Adequate nutrition are essential for:
 - Rebuilding and maintaining blood cells
 - Immune function
 - Preserving lean muscle mass
 - Optimizing energy
 - Hydration



Caution when using supplements

- Not FDA regulated
- Blood thinning or thickening properties
 - Vitamin K (K2)
- Altered metabolism
 - Grapefruit, Green tea & Velcade
- Antioxidants and chemo/radiation
- Hormonal properties
 - Soy Isoflavone & Estrogen
- High dose of herb/vitamin toxicity
- Fact check:
 - Memorial Sloan Kettering Herbal Database
 - Quack Watch

Color	Phytochemical	Fruit/Vegetables
Red	Lycopene	Tomatoes and tomato products, pink grapefruit, watermelon
Red/purple	Anthocyanins, polyphenols	Berries, grapes, red wine, prunes
Orange	α -, β -carotene	Carrots, mangoes, pumpkin
Orange/yellow	β -cryptoxanthin, flavonoids	Cantaloupe, peaches, oranges, papaya, nectarines
Yellow/green	Lutein, zeaxanthin	Spinach, avocado, honeydew, collard and turnip greens
Green	Sulforaphanes, indoles	Cabbage, broccoli, Brussels sprouts, cauliflower
White/green	Allyl sulphides	Leeks, onion, garlic, chives

Whole Foods First

Resources

- American Institute for Cancer Research
 - www.aicr.org
- Academy of Nutrition and Dietetics
 - www.eatright.org
- www.foodsafety.gov
- Memorial Sloan Kettering Herbal Database
 - www.mskcc.org/mskcc/html/11570.cfm
- Quack Watch
 - www.quackwatch.com