



**AMERICAN  
LUNG  
ASSOCIATION®**

## **LUNG CANCER NUTRITION TIPS**

- **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!**