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.