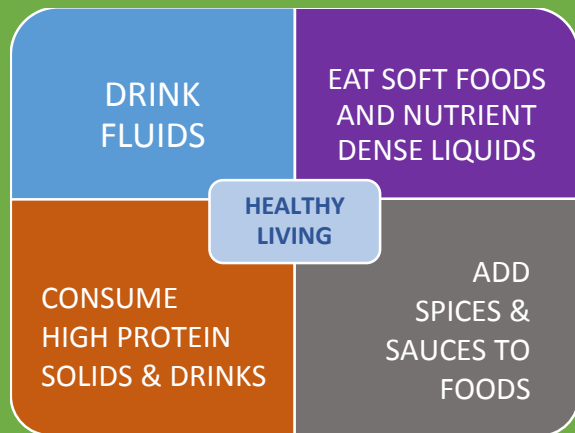


NUTRITION FOR A BETTER YOU



Drinking plenty of fluids like water, broth, soups, and juices will ensure hydration and electrolyte balance

Consuming high protein foods will help maintain energy, healthy weight, and body function

Soft foods and nutrient dense liquids will help maintain energy needs and provide relief from esophageal irritation

Using spices and adding sauces to foods will ensure adequate calorie consumption and enhance taste when appetite is lacking



Have more questions?

Ask your doctor about consulting a Registered Dietician who can help provide a plan to fit your needs

GET SUPPORT YOU ARE NOT ALONE

Going through cancer treatment can be a difficult process both physically and emotionally. Support is often key to successful treatment and recovery.

ASK FOR HELP FROM FAMILY & FRIENDS



FIND SUPPORT PROGRAMS & SERVICES IN YOUR AREA



KEEP YOUR DOCTOR AND CANCER SPECIALISTS INFORMED



For more information, visit
www.lungcanceralliance.org



UNDERSTANDING RADIATION THERAPY



NON-SMALL CELL LUNG CANCER GUIDE



WHAT TO EXPECT



SYMPTOMS



NUTRITION

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EMPOWERING YOU
WITH INFORMATION