

### Preventing Lung Cancer

There isn't one food that causes lung cancer. But processed meat, red meat and alcohol may raise your risk of lung cancer.

Take Action:

- Eat a plant-based diet rich in fruits and vegetables.
- Keep your weight and blood sugar in a healthy range (ask your doctor what is right for you).

### A Quick Guide to Understand the Relationship Between Food and Lung Cancer



### Guidance on Antioxidants, Vitamins, Supplements and Lung Cancer

There is no data to support that eating any one food or taking any supplement will help cure or fight your lung cancer. Beta-carotene supplements actually increase the risk of lung cancer in individuals that smoke. You should be wary of any claims that a certain food or supplement will cure your cancer.

Take action:

- Aim to get all of your nutrients through your diet instead of supplements. Only take a supplement if your doctor recommends it.
- Aim to eat a reasonable amount of fresh fruits, vegetables and whole grains, many of which are rich in antioxidants.
- Do not take beta-carotene if you smoke.

### Nutrition and Lung Cancer Side Effects

You may have to change your diet if you are experiencing lung cancer side effects. Always talk to your doctor about any side effect you are experiencing.

Take action:

- To help with digestive side effects, eat a bland diet, eat small meals often and add healthy fats to pack more nutrients into what you can eat.
- To help with mouth sores, use a straw, avoid food that is too hot, cold, spicy or crunchy, and ask your doctor for a special mouth rinse.
- Ask for a referral to a palliative care team, which is made up of healthcare professionals who specialize in helping patients manage their side effects.

### Getting Help

Diet changes can be overwhelming but there are resources to help guide you.

Take action:

- Ask for a referral to a registered dietitian who specializes in cancer.
- Get nutrition tips and tricks from the members of the Lung Cancer Survivors Community on Inspire. Visit [Lung.org/community](https://www.lung.org/community) to get started.
- Visit [Lung.org/lung-cancer-nutrition](https://www.lung.org/lung-cancer-nutrition) for more information.