

Many cancer patients experience symptoms including poor appetite (31%), vomiting and/or nausea (26%) and quickly feeling full (21%).

As a caregiver to someone with lung cancer, you can play an important role in helping him or her eat well. Good nutrition may help your loved one feel better, keep up strength and energy, maintain weight, and better tolerate symptoms. Below are some nutritional tips for you and your loved one. Before making any dietary changes, talk with your loved one's healthcare team.

Seek Professional Advice

The nutritional needs of people with cancer can vary, so it may help to ask your loved one's doctor to refer you to a registered dietitian (RD) who specializes in oncology nutrition (CSO, Certified Specialist in Oncology Nutrition) to design a meal plan. Check with your insurance to see if they will cover a few sessions; they often do.

Get Help Shopping & Cooking

Sometimes you might be too tired to shop or cook. Don't be afraid to ask family and friends to help prepare meals or do the grocery shopping for you. Many grocery stores deliver, or you can pick them up once you have placed your order online. Search online or call to see if your grocery store provides this service. You may also want to consider using a meal delivery service for people with cancer like meals-to-heal.com.

Stock Up

It's a good idea to keep your pantry filled with a variety of foods to give your loved one the nutrients needed when he or she is sick with cancer. The **Heal Well Guide** from the American Institute of Cancer Research has a wealth of nutritional information and suggestions on what to eat.

Talk About Supplements

Speak to your loved one's health care team about any over-the-counter products or supplements he or she is using or considering. Take them to the doctor to talk about them and be sure that the ingredients do not interfere with your loved one's health or cancer treatments.

Make Eating Easier

Your loved one may not always feel hungry, but it's important for him or her to eat to maintain health and adequate nutrition. Encourage your loved one to eat small, frequent meals during the day like high-calorie shakes. When cooking for your loved one, use herbs and spices to make foods more appealing. Download **Eating Hints** from the National Cancer Institute for more ideas and information.



The "Your Journey Together" Program was created by Celgene Corporation in collaboration with LUNgevity Foundation for caregivers of people with lung cancer. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your loved one's healthcare team for questions you have about managing your loved one's condition.

