



implement these strategies, as well, if you are eating adequately. The priority during treatment is to get in that nutrition, get in the calories, and get in the protein to support the healing process. The other strategies in the survivorship guidelines, we kind of push them to the wayside until you finish healing or complete that healing process.

One organization I would like to make you aware of is a great resource called the American Institute for Cancer Research and they are found at AICR.org. It's a philanthropic organization it's been around for several decades, and they've done the real research, I always like to point out the evidence-based research versus kind of what you might just find randomly on the internet.

When people are interested in doing you know healthy things and changing their lifestyle to trying to take care of themselves, I always want you to kind of first take a good look at the evidence-based guidelines because I find there's a lot to do there kind of before we move off and look at other strategies. The food-related recommendations for survivorship include eating a diet rich in whole grains, vegetables, fruits, and beans and although that's only one little square up there, this is a big deal. So, over the years we've done the research, back in the olden days when I was a young dietitian, we learned there were vitamins and minerals, we know there was a handful of them, and we memorized them, and now we know there's over 10 000 nutrients. So, there isn't a single pill or supplement that we can take that is going to give us the benefit that these foods actually provide for our body. People always say, well, how do I get all of that out of these nutrients? The answer to that is eating a good volume of two and a half cups of vegetables a day is kind of the goal a cup and a half of fruit a day and a wide variety of these different foods. So, kind of almost rotating through different fruits and vegetables.

The next recommendations that are included in terms of food include limiting the consumption of junk food, sugar sweetened drinks, red and processed meats, as well as alcohol. These are the things that we know have a negative impact on our health as well as our nutritional status. And then also an interesting recommendation is to not use nutritional supplements for cancer prevention. In other words they're not saying that some nutritional supplements don't have benefit, obviously if your Doctor is recommending calcium supplement or vitamin D supplement, that's very appropriate. But what they're saying is make sure that



ideas and so I use these kind of food lists, I call them menu generators, that just kind of help you kind of widen the variety of foods that you may be able to tolerate.

Another resource in the same direction, also called a menu generator is, *Cook for Your Life*. So, cook for your life was developed by a chef who went through cancer treatment, and the materials are organized under side effects if that's how you wish but it's also um organized for dietary considerations. So, there's a section you can look at it through gluten-free or, vegetarian, or nut free as well as it helps you tailor recipes, so not that you would necessarily use the recipes that they're suggesting but it's kind of a great starting place. So they have everything from treatment-related through survivorship, as well as cancer prevention, and this website is available also in Spanish.

And then, of course, our great resource, *Lung Cancer Choices*, is now available in its 5<sup>th</sup> Edition. It's an in-depth, evidence-based resource with a lot of great information, including a lot more information that's available in the chapter on nutrition. So, I want to thank you all for attending, and please stay tuned or come back again for our next session, where we're going to discuss frequently asked questions and common patient concerns; thank you.