

Lung Cancer – Foods and Supplements		
	Possible Benefits	Avoid
Foods	<ul style="list-style-type: none"> • Fruits • Vegetables • Foods high in caretenoids (carrots, canataloupe, sweet potatoes) • Foods high in selenium (brazil nuts,) • Green Tea • Curcum • Soy • Foods high in quercetin (capers, dill, kale, buckwheat, sweet potatoes, apples) 	<ul style="list-style-type: none"> • Red meat • Processed meat
Supplements	<ul style="list-style-type: none"> • Vitamin D (early stage) • Astragalus • Ginseng • Sun Soup • Coriolus versicolor • Omega 3 (epa:dha \geq4:1) • Homeopathic remedies • Melatonin • Curcumin 	<ul style="list-style-type: none"> • Selenium supplements • Vitamin A supplements • Beta carotene supplements • Vitamin D (advanced stage)