

Signs you might not be getting the nutrition you need

NAME _____

DATE _____

It can be difficult to get the nutrition you need, especially if you don't feel well. Maintaining proper nutrition before and during treatment can help you¹⁻⁵:



Maintain weight and improve strength



Better tolerate treatments



Support your immune system



Feel better overall



Support recovery

Are you getting the right nutrition?

Complete this questionnaire and discuss the answers with your health care provider to establish a nutrition plan that's right for you.

During the past 2 weeks, have you experienced:	YES	NO
Weight loss without trying?		
A noticeable change in eating habits, such as:		
Eating less than usual?		
Eating a diet primarily consisting of softer food?		
Eating very little solid food?		
During the past month, have you experienced:		
Nausea?		
Vomiting?		
Diarrhea?		
Loss of appetite?		
Difficulty chewing?		
Less involvement in daily activities, like housework, preparing meals, spending time with family and friends, etc?		

Adapted from the Patient-Generated Subjective Global Assessment (PG-SGA) tool⁶



nutrition for **STRENGTH**

For additional support, visit nutritionforstrength.com



Resources



Nutrition tips



Recipes

Nutrition questions?
DIAL A DIETITIAN

1-800-986-8912

8:30 AM-5 PM

Monday-Friday EST

References: 1. Isenring EA, et al. *Br J Cancer*. 2004;91(3):447-452. 2. Nayel H, et al. *Nutrition*. 1992;8(1):13-18. 3. Marin Caro MM, et al. *Clin Nutr*. 2007;26(3):289-301. 4. Odelli C, et al. *Clin Oncol*. 2005;17(8):639-645. 5. Bauer JD, et al. *Support Care Cancer*. 2005;13(4):270-274. 6. Bauer J, et al. *Eur J Clin Nutr*. 2002;56(8):779-785.

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