



Start your **FREE** conversation about general dietary information in just 2 easy steps!\*

1

Call Abbott at **800-858-8386**  
Enter code 506 when prompted  
**Monday through Friday, 9am to 5pm EST**

2

**Discuss the nutrition topics selected for you by your health care provider:**

**Sample meal planners to help manage blood sugar**

- 1500-calorie plan
- 1800-calorie plan
- 2000-calorie plan

**Support your treatment**

- Caregiver nutrition resources
- Food safety
- Healthy eating habits before, during, and after treatment
- Nutrition tips to manage side effects
- Nutrition to prepare for/recover from surgery
- Recipes and tips to increase calories and protein
- Weight gain

**Meal plans, grocery lists, and tips for healthy eating can be sent to you upon request.**

\*This service cannot provide an individualized nutrition assessment. Abbott has partnered with your health care provider to offer this resource to help improve your diet. Abbott cannot provide medical advice. Contact your health care provider with personal medical questions.

**Sample meal planners**

- 1500-calorie plan
- 1800-calorie plan
- 2300-calorie plan
- 3000-calorie plan

**General diet & nutrition information**

- Enteral products information
- Healthy carbohydrates
- Healthy snacking tips
- Nutrition for people on dialysis
- Plant-based food choices
- Protein
- Weight gain

Nutritional Support  
for Patients with Cancer

Dial-a-Dietitian

**(800) 858-8386 \*506**

**Medical Oncology**

Bridgewater  
East Brunswick  
Edison  
Jersey City

Monroe Township  
Somerset  
Robbinsville  
Rutherford

**Radiation Oncology**

Darby, PA  
Flemington  
Freehold  
Langhorne, PA

Monroe Township  
New Brunswick  
Plainsboro  
Somerset

**Breast Surgery**

Monroe Township

New Brunswick



[asteracancercare.com](http://asteracancercare.com)



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Nutritional Support  
for Patients with Cancer



# Patient Education Tailored to Help Patients Manage Their Symptoms



## Difficulty Swallowing

Cancer treatments, particularly those targeting the head & neck, can damage cells, & make it difficult to swallow.



## Mouth Sores

Chemotherapy and radiation therapy eliminate rapidly growing cells, including the healthy cells that line the inside of the mouth. This can result in oral sores & infections.



## Taste Changes

Cancer treatments may affect taste receptors in the mouth & alter the sense of taste & smell. Certain cancer treatments may also cause a bitter, metallic taste.



## Wounds & Incisions

Proper healing of surgical incisions and other wounds are important, especially during treatments. Cancer treatments can make it difficult to maintain good nutrition, which may slow wound healing.



## Weight Loss

Cancer and cancer treatments put stress on the body that may cause loss of muscle and appetite, leading to weight loss.



## Fatigue

Treatments can be very draining on the body, leading to fatigue.



## Nausea & Vomiting

Nausea and vomiting can be caused by treatments especially chemotherapy. Dehydration reduced nutrition intake & digestive system issues can occur, as a result.



## Diarrhea

Treatments may damage the gastrointestinal tract, causing diarrhea. Diarrhea can lead to dehydration & reduced absorption of nutrients.

# Meal Planning Assistance Tailored to Oncology Patient Goals

## Weight maintenance during cancer treatment

Choose foods high in protein

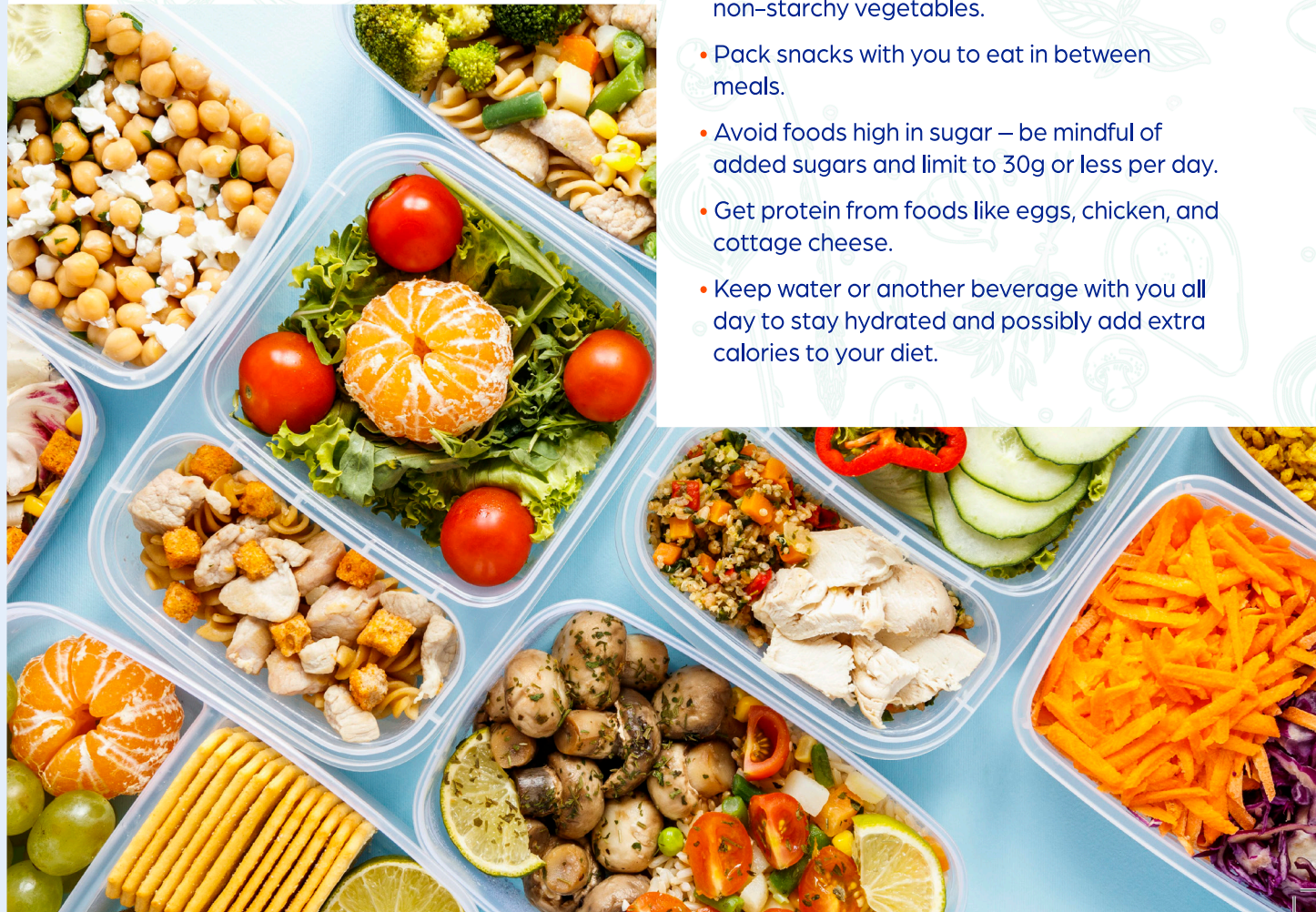
Eat whole grain and fiber-rich carbohydrates

Eat healthy fats

Eat non-starchy vegetables high in vitamins, minerals, & fiber

Drink 6 to 8 cups of water every day

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# Tips for Eating Healthier:

- Eating the right kinds of foods before, during, and after cancer treatments can help you feel better and stay stronger.
- Stick to an eating schedule so you eat even when you aren't hungry.
- Include protein-rich foods with every meal and be sure to eat them first.
- Eat smaller meals regularly including protein-rich foods, whole grains and high-fiber foods, low-fat dairy products, and non-starchy vegetables.
- Pack snacks with you to eat in between meals.
- Avoid foods high in sugar – be mindful of added sugars and limit to 30g or less per day.
- Get protein from foods like eggs, chicken, and cottage cheese.
- Keep water or another beverage with you all day to stay hydrated and possibly add extra calories to your diet.