



Penn Medicine



## C A N C E R   P R O G R A M

# Nutrition Counseling for Cancer Patients

Healthy eating improves everyone's quality of life. Patients undergoing chemotherapy and radiation can learn the role of healthy eating before, during and after treatment. Patients will be counseled through meal plans that incorporate their individual food preferences about how you can eat healthy for life by making food choices for cancer prevention and survival.

### **Benefits of Nutrition Counseling:**

- Prevent weight loss
- Maintain lean body mass
- Coping with side effects of chemo and radiation therapy
- Assess the need for medical nutritional products
- Improve strength and increase energy
- Support immune function

### **Individualized nutrition counseling**

Virtua's outpatient nutrition program offers individualized nutrition counseling sessions with a registered dietitian (RD). This service is provided at our outpatient offices in Voorhees, Moorestown, Camden, and Washington Township.

### **Before making an appointment**

There is a fee for nutrition counseling. Virtua accepts most insurance providers for nutrition services, however, some plans may not cover this service. Please check with your insurance provider to see if you're covered; if not, a modest fee will be charged at the time of service.

For more information or to setup an appointment, call 1-888-Virtua-3 (1-888-847-8823).