

This worksheet will help you prepare for your visit with the UCSF Oncology Dietitian. During the visit they will help you identify nutrition goals and develop realistic and sustainable plans to help you reach those goals.

To get the most out of your visit, here are some helpful pieces of information to gather/note for your meeting:

Your weight history for the past few months. Be sure to indicate any unintended weight loss (how many pounds and when detected).

Make a list of any foods or food groups that you avoid or are allergic/have intolerances to.

Describe a typical day of eating - start with the first meal of the day (including snacks and beverages) all the way through until the next morning.

List traditional meals you observe, or important family traditions related to food/diet.

The Dietitian will also review any of the following symptoms you may be currently experiencing, and when they started.

Please note any current barriers to eating such as:

- Fatigue
- Loss of appetite
- Changes in the way food tastes
- Nausea
- Vomiting
- Difficulty chewing or swallowing

Please note any current digestive issues such as:

- Diarrhea
- Constipation
- Uncomfortable abdominal gas or bloating

If you have, or are taking any nutritional supplements please gather these for the appointment so they will be nearby to discuss with the Dietitian (i.e. vitamins, minerals, herbal supplements, protein drinks/supplements)

Thank you. We look forward to meeting with you!