這份工作表將幫助您為自己與 UCSF 腫瘤營養師的就診做好準備
在這次就診期間，營養師將幫助您確定營養目標，還會幫助您制定現實且可持續的計畫，以幫助您實現這些目標

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.

為了充分利用您的就診，以下是一些可為您的會面收集/寫下的有用資訊：
To get the most out of your visit, here are some helpful pieces of information to gather/note for your meeting:

您過去幾個月的體重歷史。請務必註明任何預期之外的體重減輕（幾磅以及何時發現的）
Your weight history for the past few months. Be sure to indicate any unintended weight loss (how many pounds and when detected).

製作任何您避免或過敏/不耐受的食物或食物群組的清單
Make a list of any foods or food groups that you avoid or are allergic/have intolerances to.

描述在進食方面典型的一天是什麼樣的—從一天的第一餐開始（包括零食和飲料），一直到第二天早晨
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.

列出您遵守的傳統餐食習俗，或者與食物/飲食相關的重要家庭傳統
List traditional meals you observe, or important family traditions related to food/diet.

營養師還會討論您目前可能有的任何以下症狀以及症狀開始的時間
The Dietitian will also review any of the following symptoms you may be currently experiencing, and when they started.

請寫下任何當前的進食障礙，例如 *Please note any current barriers to eating such as:*
- 疲勞 *Fatigue*
- 食慾不振 *Loss of appetite*
- 食物嚐起來不一樣了 *Changes in the way food tastes*
- 噁心 *Nausea*
- 嘔吐 *Vomiting*
- 咀嚼或吞嚥困難 *Difficulty chewing or swallowing*

請寫下任何當前的消化問題，例如 *Please note any current digestive issues such as:*
- 腹瀉 *Diarrhea*
- 便秘 *Constipation*
- 很不舒服的腹部脹氣或腹脹 *Uncomfortable abdominal gas or bloating*

如果您曾服用或目前在服用任何營養補充劑，請為預約把這些補充劑整理好、放在身邊，以方便在預約時與營養師討論（即維生素、礦物質、草藥補充劑、蛋白質飲料/補充劑）
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)

謝謝您。我們期待與您見面
Thank you. We look forward to meeting with you!