NUTRITION SERVICES

Oncology dietitians at the Cedars-Sinai Outpatient Cancer Center provide nutrition counseling services to patients and their caregivers as an integral part of cancer care. Our Registered Dietitians (R.D.) are masters-level clinicians with specialized training and expertise in medical nutrition therapy. Our primary aim is to help patients optimize their nutritional status in order to assist them in achieving treatment goals while maintaining physical and emotional strength.

**Counseling**

- Screen and assess for nutrition risk
- Design individualized dietary guidelines
- Instruct on how to minimize and cope with treatment side effects that might lead to weight loss, dehydration, and an overall decrease in energy.
- Provide information regarding nutritional and dietary supplements.
- Recommend dietary changes that may help to decrease the risk of cancer recurrence.
- Offer strategies for family or caretakers to help patients maximize nutrition intake and quality of life.

**Advocacy**

- Help communicate your nutritional needs to your doctor and other medical service providers
- Assist with the appropriate referrals to specialists when needed

**Accessing Community Resources**

- Assist qualified patients in receiving nutritional supplements at home
- Assist qualified patients in applying for home meal delivery services

**For More Information**

- To schedule an appointment with a dietitian, please call (310) 423–1116