

Questions to Ask Your Cancer Dietitian

Diet and nutrition play an important part in your cancer recovery and future well-being. A registered cancer dietitian may be able to help. They can recommend foods that support your health and may even help manage cancer symptoms and treatment side effects. Our list of printable questions below can help you feel prepared for meetings with your dietitian.

Access the full article here: www.mesothelioma.com/treatment/nutrition/questions/

01: Preparing for Your First Session With a Cancer Dietitian

Diet and nutrition may play an important role in your cancer treatment and recovery process. Dietitians may be able to recommend foods that support your overall health and well-being.

Information to Tell Your Dietitian

Gathering information ahead of time can help your dietitian understand your needs and concerns. They can then recommend the best foods for during and after treatment.

Your Diagnosis Details

Type of Cancer	
Date of Diagnosis	
Stage of Cancer	
Doctors & Cancer Centers I Have Received Treatment From	
List of Symptoms & Side Effects	

Your Cancer Treatment Status

- I haven't started treatment yet
- I'm currently in treatment
- I've finished treatment

Your Treatment Details

Radiation:

- Done
- Undergoing
- Will Undergo

Chemotherapy:

- Done
- Undergoing
- Will Undergo

Immunotherapy:

- Done
- Undergoing
- Will Undergo

Surgery:

- Done
- Undergoing
- Will Undergo

Hormone Therapy:

- Done
- Undergoing
- Will Undergo

Targeted Therapy:

- Done
- Undergoing
- Will Undergo

Other:

- Done
- Undergoing
- Will Undergo

Other:

- Done
- Undergoing
- Will Undergo

02: General Questions for Your Dietitian

During your first meeting with your dietitian, it can be helpful to ask some general questions to find out more about how they can help. Be honest about reservations you might have, including those about sticking to or paying for your new diet. Dietitians can often provide tips on how to deal with these concerns.

Questions

Answers

1. Have you worked with my type of cancer before?	
2. Why is nutrition important for cancer patients?	
3. How can a good diet help me during and after treatment?	
4. Will you create recipes for me?	
5. How often will we meet?	

03: Questions About How Your New Diet Will Work

Don't be afraid to ask specific questions about what you should and shouldn't eat. Cancer dietitians have heard it all and are well-versed in any concerns you might have. Be as direct as you like, and don't worry about asking the wrong things.

6. What foods should I avoid?	
7. What foods can help fight cancer?	

8. Can certain foods lower my risk of the cancer spreading or coming back?	
9. How strict will I need to be with my diet?	
10. Will I have to change how often I eat?	
11. Will I have to cut out any foods completely?	
12. What can my caregivers, friends and family do to help?	

You should also feel free to ask any questions about food terms you're not familiar with. Dietitians may mention terms like antioxidants and phytochemicals. Clearing up any confusion can help you understand your diet and the goals your dietitian is helping you achieve.

04: Questions About How to Incorporate Foods Into Your Diet

Your dietitian may give you specific goals for things like protein and fluid intake. If you're unfamiliar with this kind of diet, it can be helpful to ask extra questions. This can help you and your care team be on the same page.

13. Are organic foods better?	
14. Will I have to become vegetarian or vegan?	

15. Are there benefits of following a specific type of diet, like keto or the Budwig diet?	
16. What are good sources of protein?	
17. How can I add fiber to my diet?	
18. Is vitamin D important?	
19. Does sugar cause cancer?	
20. Will I have to cut out red meat?	
21. How can I increase my fluid intake without feeling uncomfortable from drinking too much water?	
22. Are there any dietary supplements I should take?	

05: Questions About Managing Cancer Symptoms

You can also ask questions about how to manage your specific symptoms. This is by no means an exhaustive list of symptoms nutrition may help with. Please supplement these questions with any other symptoms and side effects you may be feeling. We've added a customizable question at the end of the list to help with this.

23. How can I increase my appetite?	
24. How can I manage my nausea?	
25. What foods can I eat to reduce some of my symptoms (e.g., constipation and indigestion)?	
26. Is there a healthy way to gain weight again?	
27. I'm experiencing [insert symptom]. Can diet help?	

06: Additional Notes

Additional Support for Mesothelioma Patients

Mesothelioma's rarity may mean that your dietitian hasn't worked with your type of cancer before. This doesn't mean you can't work with them. Dietitians who have worked with similar cancers, like lung cancer, may be able to help.

We also offer various other mesothelioma patient resources, like a [free mesothelioma guide](#).

These resources can help you learn more about how to navigate your diagnosis and treatment.

With this list of questions, you're one step closer to a productive appointment.

Request a *Free* Mesothelioma Guide

Our book will be sent to you within 24 hours.



Mesothelioma.com

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