



Extraordinary care. Extraordinary caring.™

SWEDISH CANCER INSTITUTE

Nutrition Counseling



Cancer treatment can have a profound impact on a patient’s appetite and eating habits, whether through changes in taste and smell, nausea, a dry or sore mouth or other side effects. The Swedish Cancer Institute (SCI) offers individualized nutrition counseling for cancer patients to help them stay strong and well-nourished throughout treatment. This service is included as part of the total care package at the SCI and does not require a referral.

Benefits of nutrition counseling

Maintaining good nutrition is important for all cancer patients because those who are well-nourished tolerate treatment better. At the SCI, registered dietitians help patients make optimal dietary choices based on their individual needs.

What to expect

Registered dietitians work with patients to create nutritional care plans, address topics such as meal ideas, provide shopping tips and guidance for gaining or maintaining weight during treatment. The whole patient is considered while designing the plan, taking into account medical history, current concerns, dietary preferences and cultural backgrounds.

Other information

To access nutrition podcasts and videos at home, please visit www.swedish.org/cancerpodcasts.

No referral is needed. Available on-site at First Hill, Issaquah and Ballard and by phone to our satellite sites at Highline and Bellevue. To schedule an appointment or phone consult, please call 206-215-6213.

Also available on-site at Edmonds. To schedule an appointment, please call 425-640-4329.



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