

Dear [Patient's Name],

We hope this message finds you well. As part of your cancer treatment plan, we understand the importance of proper nutrition in supporting your health and recovery. Below is your tailored nutritional guidance pathway:

Nutritional Goals

- Maintain a healthy weight
- Support immune function
- Minimize treatment side effects

Recommended Nutritional Strategies

Before Treatment

- Increase protein intake from sources like lean meats, fish, and legumes.
- Incorporate a variety of colorful fruits and vegetables into your meals.

During Treatment

- Stay hydrated with plenty of fluids.
- Consider small, frequent meals to manage appetite changes.
- Work with a dietitian for personalized meal planning.

After Treatment

- Focus on whole foods to promote recovery.
- Continue to monitor your weight and nutritional intake.

Please schedule a follow-up appointment with our dietitian to discuss your nutritional needs in detail. We are here to support you throughout your journey.

Best regards,

[Your Name]

[Your Title]

[Hospital/Clinic Name]

[Contact Information]