After a diagnosis of cancer, it can be difficult to get the nutrition you need, especially if you don’t feel well. Good nutrition is important as weight loss can lead to disruptions in your treatment. Maintaining proper nutrition will help you:

- Keep up your strength and energy
- Tolerate your treatment
- Maintain or gain weight
- Improve quality of life
- Increase performance/functional status

Please answer the following questions to determine if you are at risk for malnutrition.

<table>
<thead>
<tr>
<th>Over the past 6 months, have you experienced:</th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>Significant weight loss without trying</td>
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<tr>
<td>A noticeable change of your eating habits, such as:</td>
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<tr>
<td>• Eating less overall</td>
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<tr>
<td>• Eating a diet that primarily consists of softer foods</td>
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<tr>
<td>• Being unable to eat</td>
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<tr>
<td>Nausea</td>
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<td>Vomiting</td>
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<tr>
<td>Diarrhea</td>
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<tr>
<td>Loss of appetite</td>
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<tr>
<td>Difficulty chewing</td>
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<tr>
<td>Difficulty swallowing</td>
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<tr>
<td>People expressing concern about your weight loss</td>
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<td></td>
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<tr>
<td>Less involvement in normal daily activities, such as housework,</td>
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<tr>
<td>preparing meals, spending time with friends or family, etc</td>
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</tr>
</tbody>
</table>

Adapted from: the Subjective Global Assessment (SGA) of Nutritional Status.

If you answered “yes” to at least one question, you may be at risk for malnutrition. Speak with your health care provider to find out which nutrition plan is right for you.

Start Strong to Stay Strong™

Use nutrition to help maintain your weight and keep your muscles strong

1. Eat 5-6 meals throughout the day, even though you may not feel hungry
   - Have food ready at all times
   - Prepare and freeze extra servings for easy meals
   - Carry high-calorie snacks, such as dried fruits, nuts, or an oral nutritional supplement

2. Make every bite count
   - Eat nutrient-dense foods that are high in calories, protein, vitamins, and minerals
   - Add non-fat dry milk powder to casseroles, mashed potatoes, soups, and hot cereals
   - Be aware that what you drink can have empty calories. For example, instead of drinking soda, reach for fruit juices, milk shakes, milk, or an oral nutritional supplement

3. Incorporate oral nutrition supplements into your daily diet
   - Nutrient-rich drinks with protein, calories, vitamins, and minerals will help you stay strong during your treatment
   - Drink 2 servings of oral nutritional supplements, such as Ensure® Clinical Strength, each day between meals or when taking medications*

Your Nutrition Prescription

Ensure® Clinical Strength®
Helps maintain and rebuild muscle when you need it most

Ensure® Clear™
When you need or want a refreshing, clear, fruit-flavored drink

Glucerna®
For patients with diabetes to help minimize blood sugar spikes

Juven®†
Targeted nutrition to help build lean body mass which supports healing

INSTRUCTIONS:
Drink _____ daily between meals or when taking medicine.‡

Abbott Nutrition makes it easy to get the nutrition you need

Look for Ensure and Glucerna at major retailers. Juven is available at Walgreens and Rite Aid®.

Order these products by calling 1-800-258-7677.

Find these products online at Abbottstore/nutrition4cancer.com.

Visit Ensure.com, Glucerna.com and Juven.com/recipes for recipes and sample meal plans.

Abbott Nutrition makes it easy to get the nutrition you need

* Ensure Clinical Strength 2x/day has 3 g of Revigor® (CaHMB). Juven 2x/day has 3 g of Revigor. Do not exceed 4 total servings per day of Ensure Clinical Strength and Juven.
† Use as a part of a complete, balanced diet.
‡ Check with your doctor before taking any oral nutritional supplements with medication.

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