



# Personalized Nutrition Consultations

Talk to a registered dietitian about nutrition and cancer.



PearlPoint Nutrition Services®, a program of The Leukemia & Lymphoma Society (LLS), offers free nutrition education and consultations to patients and caregivers of **all cancer types**.



## Schedule a Free Nutrition Consultation

Our registered dietitians have expertise in oncology nutrition and provide free one-on-one phone consultations to patients and caregivers of **all cancer types**.

Consultations may include:

- Answers to questions about nutrition
- Strategies to manage side effects
- Recommendations to improve your nutrition
- Tips for meal planning and grocery shopping
- Information and advice for caregivers
- Questions to ask your healthcare team
- Additional nutrition resources

### Contact us:

- Schedule online at: [www.LLS.org/Consult](http://www.LLS.org/Consult)
- Call: 877.467.1936

### Visit [www.LLS.org/NutritionResources](http://www.LLS.org/NutritionResources) for:

- Food prep tips and safety guidelines
- Sample meal plans, snack ideas and grocery lists
- Healthy recipes
- Tips to manage side effects
- Caregiver resources

The Leukemia & Lymphoma Society, Inc. offers PearlPoint Nutrition Services® for information purposes only. It is not intended to substitute for the advice of your healthcare team or provide medical diagnosis, treatment or therapy. Please seek the advice of your healthcare team before making any changes to your medical plan, diet or physical activity.

The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Find out more at [www.LLS.org](http://www.LLS.org).