

# Nutrition Education

Virtua Health · 1-888-Virtua-3 · [www.virtua.org](http://www.virtua.org)



## **Healthy eating is an important part of your cancer treatment**

Eating a well-balanced diet while undergoing cancer treatment often helps patients feel better and experience fewer side effects. Many patients also feel better emotionally, because we all know that when we eat healthy we feel healthy.

### **Individualized nutrition counseling**

Virtua's outpatient nutrition program offers individualized nutrition counseling with a registered dietitian (RD) specially trained in developing meal plans for cancer patients. This service is provided at our outpatient offices in Voorhees and Mount Holly.

### **Before making an appointment**

Virtua Health accepts most insurance providers for nutrition services, however, some plans may not cover this service. Please check with your insurance carrier to see if you're covered. A discount may apply if you do not have insurance coverage.

For more information or to setup an appointment with an RD, call 1-888-Virtua-3 (1-888-847-8823).