

Dial a Dietitian



**TURN OVER
FOR DETAILS**



Dial a Dietitian

Start your **COMPLIMENTARY** conversation about your diet in just 2 easy steps!

1

**Call Abbott Nutrition at
800-858-8386**

Enter code [363] when prompted

Monday through Friday, 9 AM to 5 PM EST

2

**Discuss the nutrition topics
selected for you by your
healthcare provider:**

General diet and nutrition information

- ☐ Protein
- ☐ Healthy carbohydrates
- ☐ Healthy snacking tips
- ☐ Weight-loss tips

Help manage weight

- ☐ Lose (1500-calorie plan)
- ☐ Maintain (1800-calorie plan)
- ☐ Gain (2300-calorie plan)

Help manage blood sugar and weight

- ☐ Lose (1500-calorie plan)
- ☐ Maintain (1800-calorie plan)
- ☐ Gain (2000-calorie plan)

Nutrition for people with cancer

- ☐ Healthy eating habits before, during and after treatment
- ☐ Recipes and tips to increase calories and protein
- ☐ Tips to manage side effects (e.g., weight loss, taste changes, nausea, diarrhea, fatigue, dehydration, mouth sores)
- ☐ Caregiver resources

Nutrition for people on dialysis

- ☐ Protein
- ☐ Restricted phosphorous
- ☐ Restricted potassium
- ☐ Restricted sodium

Meal plans, grocery lists, and tips for healthy eating can be sent to you upon request.

Abbott Nutrition has partnered with your healthcare provider to offer this resource to help improve your diet. Abbott Nutrition cannot provide medical advice. Contact your healthcare provider with personal medical questions.