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Electrolytes, glucose, BUN and creatinine help assess overall clinical and fluid volume status and need to be obtained if parenteral (intravenous) nutrition is a possibility. Plasma calcium, magnesium, and phosphorous concentrations should also be assessed periodically, particularly in the setting of poor oral intake or diarrhea.

Laboratory Tests to Assess Nutrition

That's why medical nutrition therapy (MNT) is an essential part of cancer care for many people. MNT combines nutritional counseling with a specialized diet plan. The goal is to help you feel your best while managing issues such as digestion problems, heart conditions, or weight gain.